

Report Year 04-2015 to 04-2016

Activity 1

The Centre has further implemented the collection of documents and materials on chemical and clinical information related to the use of several medicinal plants included in the WHO monographs and widely used all over the world.

Starting from these materials the Centre has organized and conducted basic training courses targeted to medical doctors and other health care providers to give them the knowledge and skills needed for the correct and appropriate use of Traditional Phytotherapeutic Medicine:

- o At State University - Milan: Basic training courses of Traditional Chinese Medicine
 - o At University La Sapienza – Rome: Master of Phytotherapy
 - o At University Bicocca Monza - Lombardy Region: Basic training on T&CM
 - o In cooperation with Private Schools: Advanced Training in Acupuncture and Phytotherapy
- 50 students trained for year/for course.

A Master on Ethnophytopharmacology has been organized at Pavia University and will be conducted in the coming year.

At international level the Centre is promoting several basic training courses for medical doctors and other health care providers for providing knowledge and skills in the fields of T&CM and of hydrotherapy.

In alliance with FEMTEC an International School of Thermal Integrated Medicine is growing up. In this project at now are involved

- Thermae Campus
- National Children's Rehabilitation Center of Astana (Kazakistan)
- Clinical Department of the Institute of Thermal Medicine, Physical Therapy and Rehabilitation of the Ministry of Health, Russian Federation, Moscow.

100 students trained for year/ for course.

This year was organized a big conference in Moscow about the relationship between hydrotherapy and traditional medicines.

A further basic training course jointly with WHO T&CM team, for medical doctors and other health care providers will be organized and conduct, for providing knowledge and skills in the field of hydrotherapy and phytotherapy.

Activity 2

The Centre has implemented the collection of data in collaboration with several public institutions and scientific medical societies in the areas of homoeopathy, osteopathy, acupuncture, phytotherapy and hydrotherapy. Special attention has been given to cost-effectiveness studies, monitoring and survey studies. The Centre has further assessed existing partnership models for the integration of T&CM in the health care system.

As result of the research of scientific associations for implementing clinical trials, the Centre has found some societies available for developing new clinical trials:

- Italian societies of Acupuncture
- ICOM (International Council for Osteopathic Medicine)
- FoRST (Italian Foundation for Thermal Medicine Research)

As result of the research of review has been produced a document on Hydration as basis for the prevention of diseases and for the implementation of the subjective and objective wellbeing. That information is reflected in the Manifesto of Hydration, the document that sets for the golden rules of appropriate hydration from experts in the field. Milan, June 11 2015: From EXPO 2015 an official call upon Italy's Healthy Ministry to adopt a National Hydration Day as the first step towards a World Hydration Day.

Meeting centred on the presentation of the Manifesto of Hydration and the Consensus Paper on the risk and harm for human health of inadequate or inappropriate hydration.

The two documents make up the scientific contribution on hydration to the Charter of Milan, the legacy of Milan EXPO 2015 to future generations.

Activity 3

The project for the creation of a database has been completed but there has been a delay in the presentation of it to the WHO T&CM team because from a legal point of view the problems related to copyright have not yet found a resolution.

Activity 4

The Centre is still implementing a directory of relevant partners that could provide scientific and technical support to WHO T&CM activities in the implementation of WHO Traditional and Complementary Medicine Strategy 2014-2023, as well as a directory of potential donors. Several potential partners have been contacted, in particular in the hydrotherapeutic field.

It includes:

- i. FoRST, Italian Foundation for Thermal Medicine Research
- ii. Emilia Romagna Region Thermal Medicine Cluster
- iii. National Children's Rehabilitation Center of Astana (Kazakistan)
- iv. Institute of Physical Therapy, Rehabilitation and Thermal Medicine Ministero della Salute of the Ministry of Health, Russian Federation, Moscow
- v. Ministry of Health, Tunisia
- vi. Faculty of Pediatric of Second State University of Medicine, Moscow
- vii. Department of Pharmaceutical Sciences University of Pavia - Study Center in Ethnobiopharmacy and in Traditional & Complementary Medicines

We were local organizers of the 7th Meeting of Directors, WHO collaborating centres for TM in Salsomaggiore, Italy (8 - 10 June).

During the 7th Meeting of Directors, WHO collaborating centres for TM it 'been activated the WHO CC for Traditional Medicine Network, involving the WHO CC of Tromsø (Norway), the WHO CC of Chicago (USA), the WHO CC of Milan (Italy) and The WHO CC of Melbourne (Australia). The aim of this group is to strengthen the activities related to the WHO Strategy Document for aiding the integration of T&CM in the Health Care systems of the developed countries. At the moment no specific activity has started.