

Programming Document 2017-2021

Activity 1

To organize training programs on WHO monographs on medicinal plants, on hydrotherapy and on acupuncture to provide medical doctors and other health care providers with a high level of training.

Type of activity: Training and education

Description :

The Centre will plan jointly with WHO T&CM team and will organize and conduct training courses targeted to medical doctors and other health care providers following the WHO Guidelines, the Core syllabus and recommendations. The courses will aim to provide them with the knowledge and skills needed for the correct and appropriate use of medicinal plants, hydrotherapy and acupuncture integrated with conventional therapies.

WHO will give guidance/advice on planning and conducting the activity, will monitor the results and will share the deliverables with other partners and the wider audience.

Deliverables:

- 50 students trained for year/ for course.
- Results of training activities will be disseminated through the institution's annual reports.

Activity 2

To conduct a study to demonstrate the effectiveness, the cost-effectiveness, and the level of consumers' satisfaction of T&CM and Integrative Medicine treatment in the field of neurology, psychiatry, oncology and pain management.

Type of activity: Research

Description :

The Centre with the technical support of WHO T&CM team will:

- Select the data present in literature
- Plan and conduct a retrospective cost/effectiveness observational study
- Evaluate through retrospective observational study the clinical effects and the customer's satisfaction of the population using T&CM therapies.

Initial areas of study will be fields of expected cost/effectiveness such as:

- Neurologic Issues.
- Psychiatric Issues.
- Issues related to oncology supportive care.
- Pain management issues.

WHO will give guidance/advice on planning and conducting the activity, will monitor the results and will share the deliverables with other partners and wider audience.

Deliverables:

- More reliable data in the fields of T&CM Integrative Care for implementing the integration of T&CM and Conventional Medicine is available. Models of research are available for contributing to WHO's T&CM and Integrative Medicine research programmes.
- The evaluation of cost-effectiveness analysis of T&CM and Integrative Medicine is implemented.

Activity 3

To implement research on postural techniques of T&CM and Integrative Medicine

Type of activity: Research

Description:

The psychosomatic approach to the diseases and health conditions can benefit from massage and body relaxation techniques, derived from the ancient Chinese Tradition, such as Tai Chi Chuan, and from osteopathic techniques. Therefore, the Centre in cooperation with other WHO CCs will evaluate how these techniques work from a scientific point of view, their cost-effectiveness and their impact on the consumers' well-being through:

- Mechanistic studies including laser study of the movement.
- Anxiety indexes.
- Quality of life indexes.
- Cost-effectiveness indexes.

WHO will give guidance/advice on planning and conducting the activity, will monitor the results and will share them with other partners and the wider audience. The ultimate aim is to provide these therapies with more scientific evidence to be accepted into the health care system as a chance for improving the quality of life, also during the disease condition.

Deliverables:

- A better comprehension of effects of T&CM and Integrative Medicine body exercises for promoting health and preventing diseases.
- A better understanding of functional mechanisms of postural techniques on health and wellbeing of the person.