

## Report Year 04-2013 to 04-2014

### Activity 1

**Title:** To organize training programs on WHO monographs on medicinal plants and on hydrotherapy targeted to medical doctors and other health care providers.

**Description:**

The Centre will plan jointly with WHO T&CM team, organize and conduct basic training courses targeted to medical doctors and other health care providers to provide them with the knowledge and skills needed for the correct and appropriate use of WHO monographs on selected medicinal plants. Courses will include scientific, clinical and traditional use of medicinal plants. Another basic training course jointly with WHO T&CM team, for medical doctors and other health care providers will be organized and conducted, at international level, for providing knowledge and skills in the field of hydrotherapy.

The Centre has collected documentation and materials regarding Traditional Phytotherapy and chemical and clinical information related to several medicinal plants most which are included in the WHO monographs. Using these materials the Centre has organized and conducted basic training courses targeted to medical doctors and other health care providers to provide them with 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 Regional school of General Medicine - 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

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

o In alliance with FEMTEC an International School of Thermal Integrated Medicine is growing up:

- Thermae Campus
  - National Children's Rehabilitation Center of Astana (Kazakhstan)
  - Ciinica 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

### Activity 2

**Title:** To collect and collate information and data in relations to build evidence base on T&CM safety, efficacy, cost-effectiveness and integration in the health care system.

**Description:**

The Centre will collect the data in cooperation with WHO T&CM team and in collaboration with several public institutions and scientific medical societies. Information will be drawn from existing research in the areas of homoeopathy, osteopathy, acupuncture, phytotherapy and hydrotherapy. Special attention will be given to clinical studies, cost-effectiveness studies, mechanistic studies and monitoring and survey studies. In addition, the Centre will assess existing partnership models for the integration of T&CM in the health care system and outline good practices and lessons learned that could inform decision-making on this subject.

Following the literature review in each area, the Centre will explore and identify various professional associations interested in conducting research in the above-mentioned fields in the future; explore

funding opportunities to support the research; collate the collected information and develop relevant research and funding proposals.

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

The Centre has developed pilot researches on cost-effectiveness as basis for integration of TM in the public Health Care System.

Actually four researches on cost-effectiveness have been implemented:

- Hydropuncture for labor pain
- Moxibustion for foetal malposition
- Osteopathy in the dizziness treatment
- Acupuncture for back-pain

The use of T&CM techniques in these fields has demonstrated to be cost/effectiveness

The research of scientific associations for implementing clinical trials is still going on.

### Activity 3

Title: To disseminate information on T&CM safety, efficacy, cost-effectiveness and integration in the health care system.

Description:

After analysis of the data collected in activity 2, the Centre will develop a model for a repository of information to be used both by the consumers and the operators. This repository aims at providing the user with accurate information on T&CM safety, efficacy, cost-effectiveness and integration in the health care system. The repository will be available and accessible by the public and searchable in English and include materials in several languages.

The project for the creation of a database has been completed. Soon the project will be presented to the WHO T&CM team to assess from a legal point of view:

- whether there are issues of copyright;
- if the WHO has problems to attend to the implementation of the database;
- if WHO could provide technical support;
- if other institutions could participate in the implementation of the database and on what basis.

### Activity 4

Title: To build and maintain a network of key partners, and mobilize resources to support WHO T&CM activities in the implementation of WHO Traditional and Complementary Medicine Strategy 2014-2023.

Description:

The Centre will create 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. These stakeholders would include the Regional Government of Lombardy (a long standing partner and donor), as well as other Italian regions, the national government, foundations, nongovernmental organizations and professional associations. In order to do that, the Centre will develop material in consultation with WHO to advocate and mobilize resources for specific collaborative activities with WHO which will be discussed and finalized later, organize or attend relevant meetings, develop proposals for engaging potential partners and donors to be presented in different occasions. Any activities will not be for commercialization.

The Centre will create 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:

- FoRST, Italian Foundation for Thermal Medicine Research
- Emilia Romagna Region Thermal Medicine Cluster
- 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
- Ministry of Health, Tunisia

We have developed one study on an ancient but still modern therapy: Hydrotherapy with FEMTEC (NGO in official relation with WHO). The name of the study is HydroGlobe: a systematic review. The aim of the study is to implement the proper use of Hydrotherapy ali around the world. For this activity that develops aspects of Traditional Medicine of hydrotherapy we had technical support from the team of T&CM.