

Holistic  
Integrative  
alternative complementary  
Traditional  
CAM



# Complementary and Alternative Medicine (CAM) Regulation and Education for Health Care Professionals: A Comparison between the UK and Hong Kong

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# Agenda

- Setting the Scene
- Definition
- Regulations of CAM Practitioners
- UK Scenarios
- HK Scenarios – emphasis on CM
- Opportunities and Challenges
- Reflection



# Edinburgh Napier University



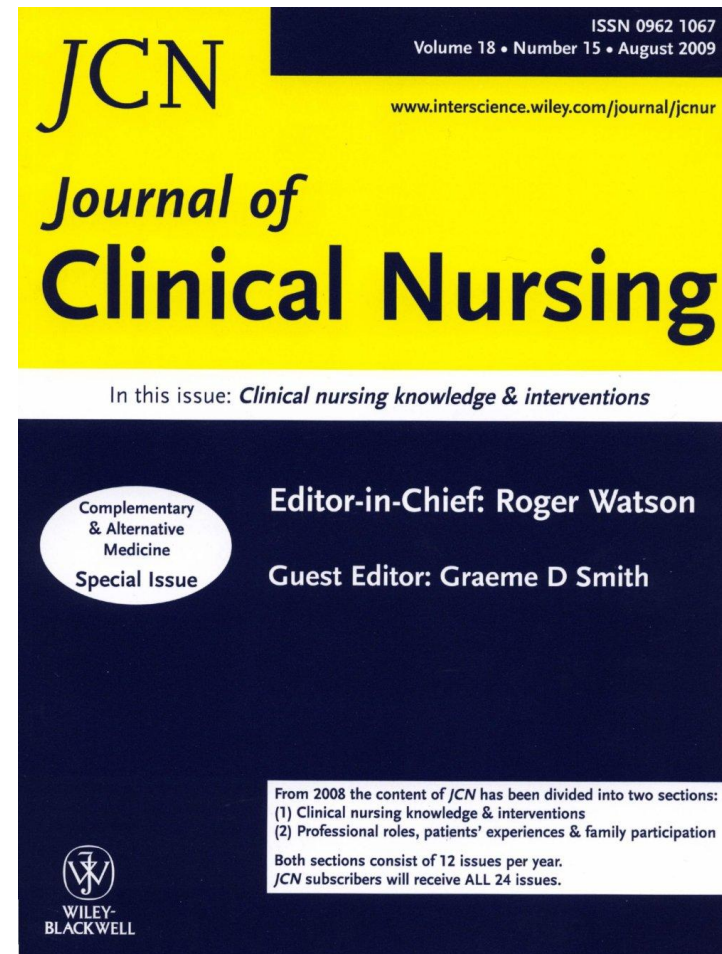
# Complementary and alternative medicine in UK



Regulation in complementary and alternative medicine: is it time for statutory regulation of CAM in UK.

**Smith GD** (2011) *Journal of Clinical Nursing* 20, 921-922.

The practice and research of complementary and alternative medicine in nursing.

**Smith GD** (2008) *Journal of Clinical Nursing* 17, 19, 2521-2523.





# Complementary and Alternative Medicine (CAM)

- No Universally agreed definition of CAMs (NHS Choices, 2016)
- Fall outside of mainstream healthcare
- **Complementary Medicine** – used alongside conventional treatments
- **Alternative Medicine** – used instead of conventional medicine
- **Integrative Medicine** - bringing conventional and complementary approaches in a coordinated way
- Source: NIH (2015)



# Complementary and alternative medicine in UK: Issues with definition

## Issues with definition:

- CAM includes an array of different therapies
- Means different things in different places
- Often defined by what it is not
  - ‘not based on biomedical science’
  - ‘not taught in conventional medical schools’
- Need for positive definition

Source: Ernst (2008)



# Complementary and alternative medicine in UK

## Issues with definition

A positive definition of CAM:

‘diagnosis, treatment and/or prevention which complements mainstream medicine by contributing to a common whole, by satisfying a demand not met by orthodoxy or by diversifying the conceptual frameworks of medicine’

Source: Ernst (2008)



# Examples of CAMs

## Medicine (CAM)

- Meditation
- Hypnosis
- Guided Imagery
- Biofeedback
- Relaxation Therapy
- CBT
- Prayer and Spirituality
- Homeopathy
- TCM
- Bodywork and Movement
- Acupuncture
- Ayurvedic Medicine
- Physical Medicine
- Chiropractic Therapy
- Energy Medicine
- Dietary Medicine
- Herbal Medicine
- Massage Therapy
- Naturopathy
- Neural Therapy



# Manipulative therapies: Osteopathy



## Osteopathy for Pain Relief

Headaches	Stiff neck
Whiplash injuries	Trapped nerves
"Frozen" or stiff shoulders	Arm pain
"Tennis" elbow	Asthma and breathing troubles
Wrist and hand pain	Low back pain
Hip, thigh and knee problems	"Slipped disc"
Postural problems	Leg pain
Calf, shin, ankle and foot pain	Back pain in pregnancy
Sports injuries	Pain and stiffness associated with arthritis

**WHY SUFFER PAIN?**

# Mind body therapies



# Aromatherapy massage



# Traditional Chinese Medicine (TCM)



# Traditional: Herbal medicine



## Herbal Medicine





## Regulations of CAM Practitioners - UK



- - regulated by statutory professional regulation
- - Osteopathy – by the General Osteopathic Council
- - Chiropractic – by the General Chiropractic Council
- - No statutory professional regulation of any other CAM
- Source: NHS (2015)





# Complementary and alternative medicine in UK

## Recent trends in UK

Who gave CAM therapy?

- Doctor
- Nurse or midwife
- Physiotherapist
- CAM specialist
- Self-administered
- Non-disclosure up to 90%

Source: ARK (2007)

# Complementary and alternative medicine in UK

## Regulation for clinical practice



Current situation for CAM in UK!

Under common law practitioners can:

- Practice with no training
- Advertise
- Not be affiliated to a professional body
- Have no indemnity insurance







# Complementary and alternative medicine in UK

## Regulation for clinical practice

- Complementary & Natural Healthcare Council

[www.cnhc.org.uk](http://www.cnhc.org.uk)

- Established in 2008
- Aims to protect UK public
- Provides robust process for handling
  - complaints
  - code of conduct
  - ethics
  - registration system for qualified professionals

**VOLUNTARY BASIS**



# Complementary and alternative medicine in UK

House of Lords Select Committee on CAM (2000)

Six main aspects of CAM:

- **Evidence**
- Information
- **Research**
- Training
- **Regulation and risk**
- **National Health Service (NHS) provision**

# Chiropractic Clinics (UK)



# Osteopathic Clinic (UK)



Osteopathy  
Clinic



# Clinics (UK)

**spine+**  
HARLEY ST.





# Undergraduate programmes

- Selected
- [BSc \(Hons\) Complementary Healthcare](#) – Cardiff Uni.
- [BOst \(Hons\) Osteopathy](#) – Anglia Ruskin Uni.
- [BSc \(Hons\) Herbal Medicinal Science](#) – London Metropolitan Uni.
- [BSc \(Hons\) Chinese Medicine Acupuncture](#) – Uni. of Westminster
- [BSc \(Hons\) Chinese Medicine: Acupuncture](#) – London South Bank Uni.
- [BSc \(Hons\) Acupuncture](#) – Kingston Uni.



# Regulations of CAM Practitioners in HK



- Hong Kong
- - Chinese Medicine Practitioners  
Chinese Medicine Council
- - Chiropractors  
Chiropractors Council
- \*Physiotherapists using acupuncture with proper training (quotable qualifications)



# Milestones of Chinese Medicine development

July 1999	The Chinese Medicine Ordinance was passed by the Legislative Council.
Sept 1999	The Chinese Medicine Council of Hong Kong was established.
June 2000	The Chinese Medicine Practitioners Regulation was passed by the Legislative Council.
Dec 2001	Announcement of 7,707 listed Chinese medicine practitioners (CMP).
Nov 2002	Announcement of first batch of 2,384 registered CMP.
Jan 2003	“Code of Practice” was implemented
Aug-Oct 2003	The first CMP Licensing Examination was held.
Feb 2005	Implementation of Continuing Education in Chinese Medicine system.
Dec 2006	Registered CMP are recognized for issuing medical and sick leave certificates.
Sept 2008	Registered CMP are recognized for certifying sick leave arising from work injuries.



# Milestones of Chinese Medicine development

Dec 2010	Proprietary Chinese medicines registration and clinical trial
Dec2011	Proprietary Chinese medicines labelling and inserts
2012	Hong Kong Chinese Materia Medica (CMM) Standards Office under the Department of Health
April 2012	World Health Organization Collaborating Centre for Traditional Medicine of the Chinese Medicine Division of the Department of Health
Feb 2013	Chinese Medicine Development Committee (CMDC)
2014	Government has accepted the Committee's recommendation and decided to reserve a site in Tseung Kwan O for setting up a Chinese medicine hospital
2015	Plan and develop a testing centre for Chinese medicine to be managed by the Department of Health

# Professionalism of CMP



- Registration regulation, examination, code of practice, continuous education
  - raise standard of CMP
  - protect professionalism
  - enhance the protection of public health



# Community CM services

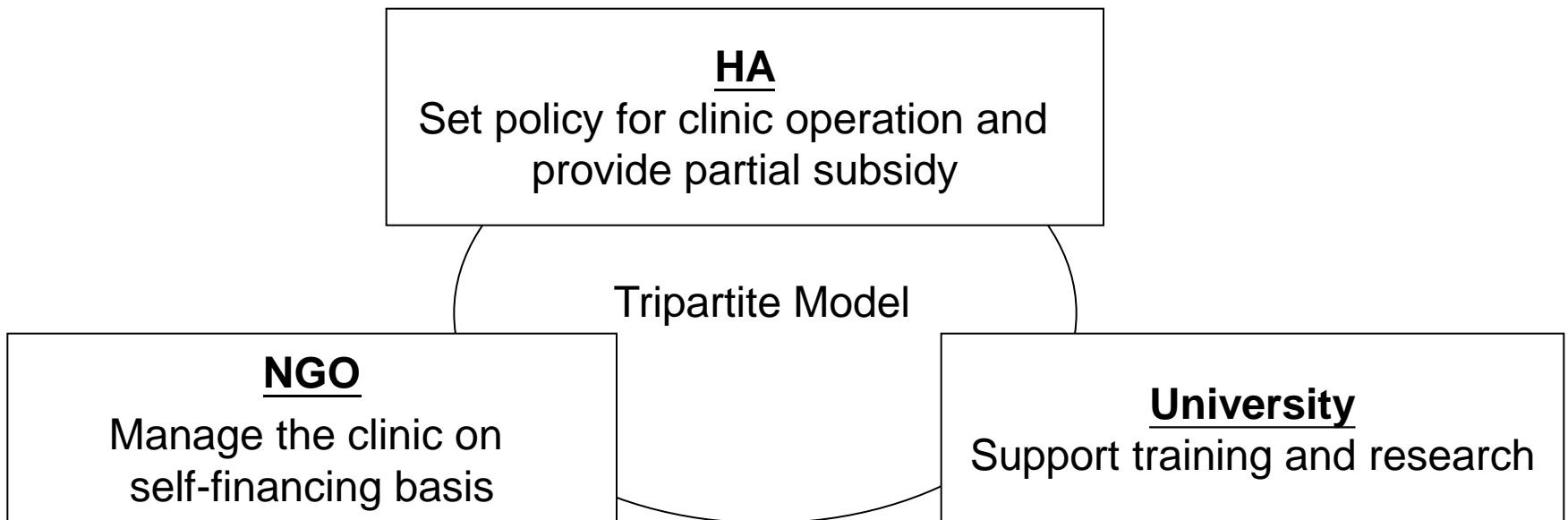
- Could be provided by Registered CMP, Listed CMP and CMP with Limited Registration

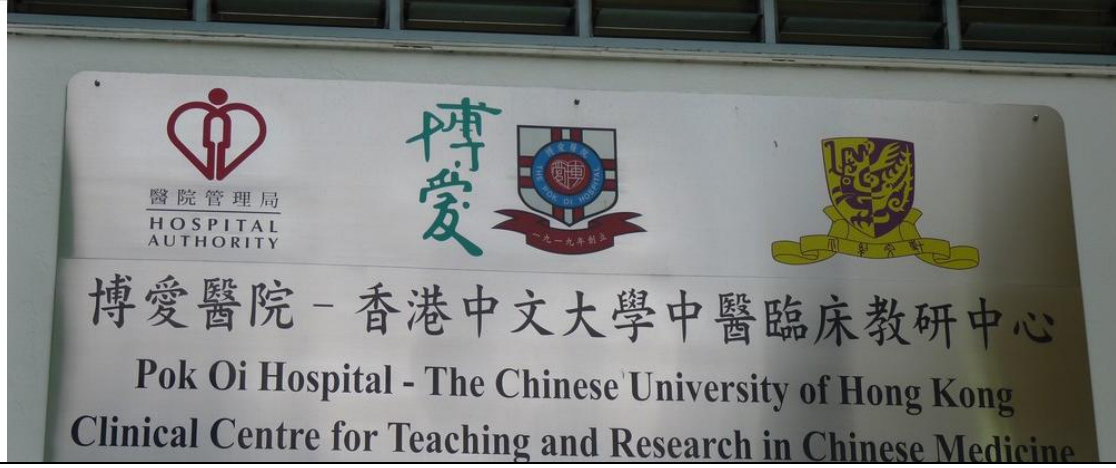
	Total No. (At Dec 2015)
Registered CMP	7063
Listed CMP	2661
CMP with Limited Registration	55

- Types:
  - (1) Public
  - (2) Non-government organization (NGO)
  - (3) University
  - (4) Private

# (1) Public

- Gov't Direction: establish 18 out-patient clinics in 18 districts
- Tripartite model among Hospital Authority (HA), Non-Government Organization (NGO) and University





Tripartite clinic by HA, CUHK and Pok Oi Hospital

仁愛堂綜合中醫診所暨香港中文大學中醫臨床教研中心 - Windows Internet Explorer

http://www.yot.org.hk/services/ums/

仁愛堂綜合中醫診所暨香港中文大學中醫臨床教...

仁愛堂綜合中醫診所暨香港中文大學中醫臨床教研中心

地址:	屯門屯利街6號仁愛分科診所5樓中醫診所
查詢:	電話: 2430-1309 傳真: 2430-2665
服務時間:	<ul style="list-style-type: none"> <li>星期一至五 上午八時至下午六時</li> <li>星期六 上午八時至下午一時</li> </ul>

Tripartite clinic by HA, CUHK and Yan Oi Tong



All records are computerized in the tripartite clinics

# (1) Public

- At September 2015, 18 clinics were set up.
- Over one million attendances 2013/14
- Treatment fee from HK\$120 – HK\$200 for internal medicine consultation plus 2 doses of herbal medicine.  
(Cost of concentrated granules, acupuncture and tui-na service depends on different clinics.)



Both herbs and concentrated granules are available in the clinics

## (2) NGO

### 1. Out-patients clinics:

- Charge
- Free

### Example: Tung Wah Group of Hospitals

- CM clinics for charge services (including tripartite clinics)
- 2 clinics for free services  
(363,683 attendance by Dec 2014)
- Integrative Chinese and Western Medicine Services Centres

## (2) NGO

### 2. Mobile service by vehicles

Example: Pok Oi Hospital

- 20 mobile clinics (as at Mar 2015), at popular areas and remote areas serving about 160,000 attendances annually
- Provide internal medicine and acupuncture services
- Concentrated granules are used
- Facilitated by Dept of Health, some mobile clinics could be parked alongside the gov't health centres
- Increasing demand





## The mobile clinic of Pok Oi Hospital



The mobile clinic provide internal medicine and acupuncture service. Concentrated granule is available.





## (2) NGO

### 3. Other Community Services

#### Example: Tung Wah Group of Hospitals

- Health Prevention by integrated medicine
- A centre of Integrated Health Management was set up
- Targeting to “Not-yet-ill”



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- Integrated Chinese & Western Health Management Services (TWGHs Wilson T.S. Wang Centre of Integrated Health Management) >
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- Famous and Prominent Doctors in Traditional Chinese Medicine in China Portal
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- News & Activities
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Home » Medical & Health Services » Chinese Medicine Services » Integrated Chinese & Western Health Management Services (TWGHs Wilson T.S. Wang Centre of Integrated Health Management)



# Medical & Health Services

## Integrated Chinese & Western Health Management Services

TWGHs Wilson T.S. Wang Centre of Integrated Health Management

### + Introduction



The centre of Integrated Health Management of Tung Wah Group of Hospitals

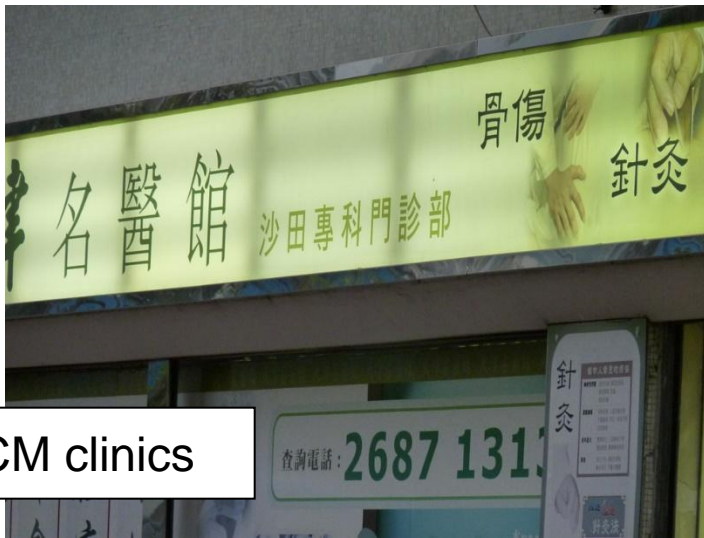


## (3) University

- Three universities offering CM bachelor Degree programme & Postgraduate
  - Hong Kong Baptist University,
  - The Chinese University of Hong Kong,
  - The University of Hong Kong
- Provide CM services:
  - Involve in the public tripartite clinics
  - self-established clinics
- Clinics may be used for training and research
- Other Continuing Education Providers for CMEs

## (4) Private

- Private clinics by CMP solo practice
  - Some may offer free consultation
- Employment of CMP by CM Pharmacy store
- Chain clinics
- Collaborate between CMP and Western medicine doctors and/or dentists



Chain CM clinics



Chain CM pharmacy store with CM service



# Challenges and Opportunities

- Competition among the providers
- Competition between CM and WM
- CM was limited to out-patient service
- CM hospital yet to be set up
- Evidence Based CM

# Reflection

- Encourage healthy competition among the providers
  - Public-private partnership
- Integration of CAM and WM in the community health services and Ward level
- More HK Graduate to UK?
- Acupuncture Regulation in UK?
- CAM Council in HK?





# Conclusion



- Global increase in use of CAM
- Difficult to define and classify
- Ethos of evidence based practice
  - ‘evidence for each individual CAM therapy’
- Importance of regulation of CAM
- Importance of ethical standards in CAM research
- Increasing role nursing/health care professionals



# The End Thank you!

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