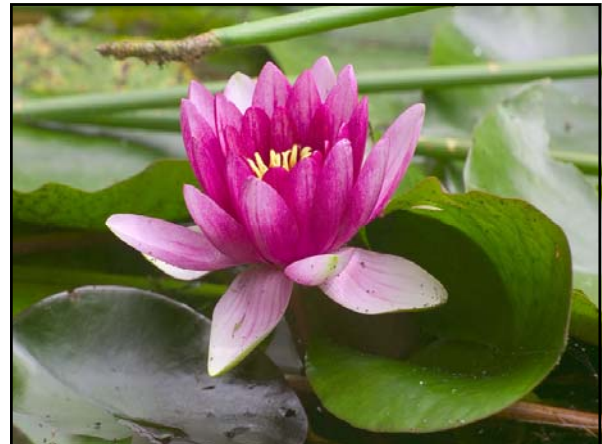


## Integration Of Traditional Chinese Medicine and Western Biomedicine In Clinical Practice and Teaching

Evidence In Complementary Medicine,  
Calgary, Alberta, Canada, April 11<sup>th</sup>, 2008.

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## Traditional Chinese Medicine (TCM)

*Health is physical, mental, spiritual, social  
nutritional and environmental harmony  
and well being / quality of life*

## TCM Philosophy

- Yin and Yang
- Five Elements
- Zang Fu organ systems
- Qi, Blood, Essence, Shen (spirit), Body fluid
- Meridians, collaterals and acupoints

## TCM Philosophy

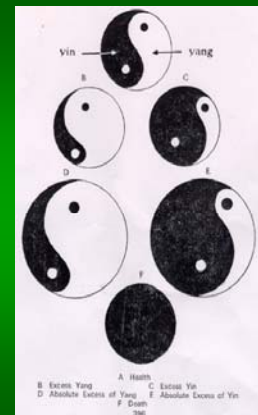
### Yin and Yang

Physiological  
Imbalance Is Reversible  
No Organ  
Or Structural Damage



### Chronic Conditions

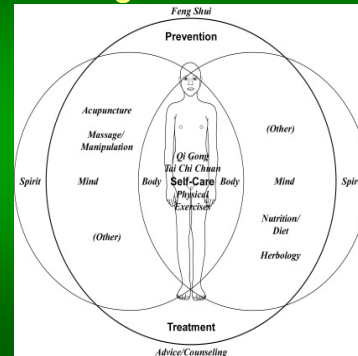
Pathological Imbalance  
Irreversible  
Organ +  
Structural Damage



## Traditional Chinese Medicine General Curriculum

- Dietetics and nutritional therapy
- Herbal medicine
- Medical Acupuncture
- Massage/manipulation (Anmor Tuina)
- Exercise: Tai Chi Chuan or Tai Chi Kyant
- Bonesetting orthopedics
- Bloodletting emergency
- Medical Qi Gong meditation
- Advice and counselling
- Spirituality and psychotherapy

## Traditional Chinese Medicine Integrative Model



**Herbal  
Medicine**



**Medical Acupuncture**



**Medical Qi  
Gong**



**Tai-Chi-Chuan**

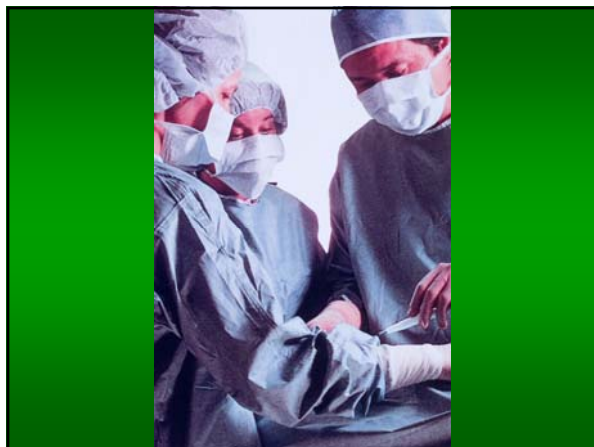


## Biomedicine (Western Medicine)

*Health is defined in WHO's Constitution as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.*

## Biomedicine

- High-Tech
- Specialization
- Emergency, Intensive care
- Quantitative
- Drugs and surgery
- Contributes greatly to primary health care
- Systematic and scientific



Serious, life threatening, or fatal:

Hospitalization – CMU

- ICU

- OR

(Western Biomedicine)



*Yin Yang Symbol of Integrated Medicine  
(Traditional Chinese Medicine)*



*Caduceus Symbol of Integrated Medicine  
(Traditional Western Medicine)*



*World Congress Logo  
(Combining the Best of East and West  
and North and South)*

## Integration

- To bring together the healing arts and sciences for the benefit of all concerned
- Complementary endeavours using the best from all health care systems
- Based on competence and compassion

## Integration

- It takes place within the context of efficacy and safety
- It takes place within the context of evidence based, scientific and humanistic protocols
- It is a holistic form of healing

### The Modern Integrative Perspective • 1

It provides more options for therapies of  
choice

### The Modern Integrative Perspective • 2

Traditional medicine is non-invasive, with few  
untoward (iatrogenic) effects

### The Modern Integrative Perspective • 3

It provides valuable adjunct tools, techniques  
and methods for practitioners

### The Modern Integrative Perspective • 4

It facilitates multicultural understanding,  
awareness and appreciation of the total  
healing endeavour

### The Modern Integrative Perspective • 5

It creates a multi-dimensional approach – and  
patients are positively empowered to access  
the best of the many systems

### The Modern Integrative Perspective • 6

Biomedicine can assist traditional medicine in  
scientific research on theory, efficacy and  
safety

### The Modern Integrative Perspective • 7

Traditional medicine can share with  
biomedicine the natural healing and holistic  
approach, especially for chronic conditions

### The Modern Integrative Perspective • 8

Biomedicine can make use of high-tech  
procedures for diagnosis - and traditional  
medicine can add its own special techniques of  
awareness

### The Modern Integrative Perspective • 9

Traditional medicine contributes a great deal  
of precious emphasis on self-care, self-  
awareness and the preventive, holistic and  
natural approaches

### The Modern Integrative Perspective • 10

Biomedicine is able to diagnose precisely with  
high-tech methods and is useful for acute  
medical emergencies and serious intensive,  
medical life-threatening situations

### The Modern Integrative Perspective • 11

For chronic and psychosomatic problems  
traditional medicine is very useful in  
understanding and the treatment of lifestyle  
changes in the natural way with nutrition,  
exercises, etc

### The Modern Integrative Perspective • 12

Biomedicine may have side-effects which  
can be alleviated with the use of traditional  
medicine techniques

## Clinical Practice

### Office Practice

- Integrated Therapy
- Consultation

### Hospital Practice

- Emergency
- Consultations in The Hospital Wards
- Outpatients

## Office Practice

### Integrated Therapy

#### Patients with:

- Poorly managed medications
- Poly-pharmacy issues
- Side effect management
- Hypersensitivity and allergies
- Dissatisfaction with western biomedicine
- Attraction to more holistic or natural healing
- Chronic, complex conditions, or others

## Office Practice

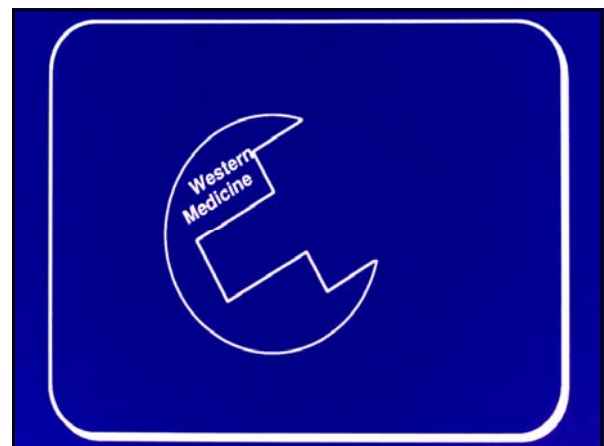
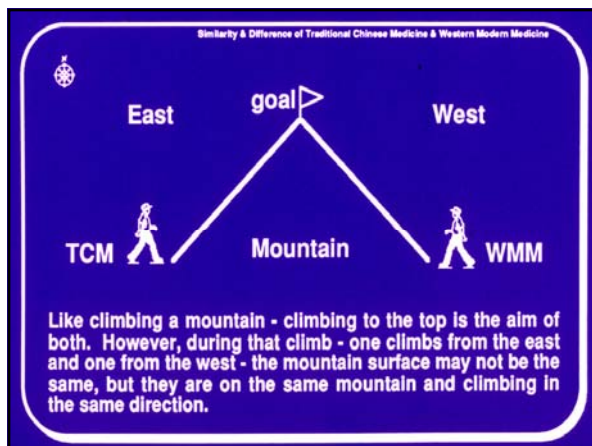
### Consultation (referrals)

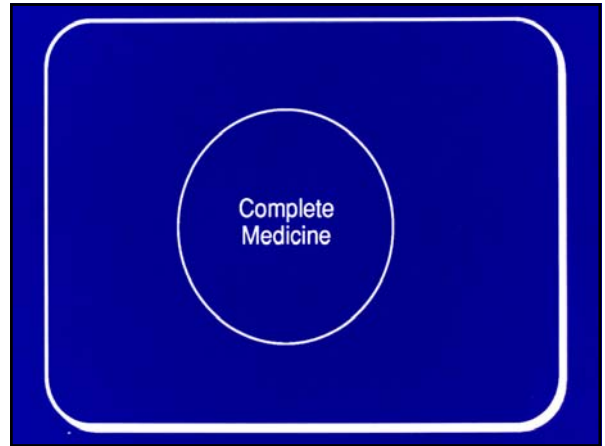
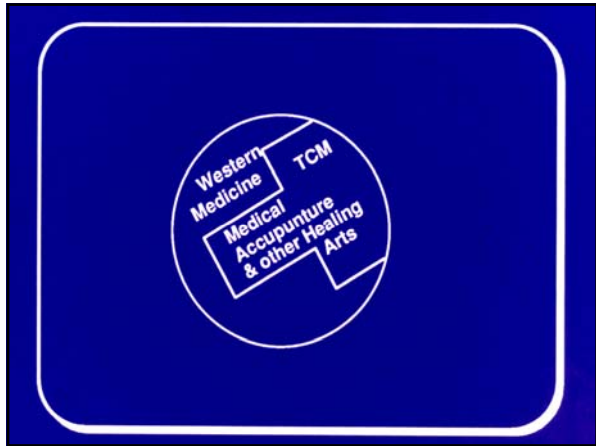
#### Patients referred by:

- Family physician: request by patient  
physician requests referral
- Specialists: pain control  
symptom/side effect management  
general assessment  
options to western biomedicine  
non-responsive to conventional therapies  
others

## Teaching

- Public Education/Community Outreach
- Medical School Curriculum/Electives
- Internships/Fellowships Electives
- Departmental/Continuing Medical Education/Rounds
- Undergraduate, Graduate, and Post-Graduate Certification Programs/Courses
- Conferences (local, national, and international)
- Distance Learning
- Institutes, Colleges, Retreats, and Universities





## Conclusions

The advantages of Integrative Medicine

- A wide variety of cost-effective health care options
- Patients and therapists have more options for therapies of choice
- The community has more understanding of multidimensional, multicultural health care and accessibility

## Conclusions

### The advantages of Integrative Medicine

- **Mutual understanding, respect and responsibility among practitioners, patients and researchers of various medical systems**
- **Open-minded and innovative attitudes regarding evidenced-based research initiatives**

## Conclusions

- Integrative clinical practices offer better opportunities to observe the value of each type of medicine.
- By health practitioners being taught integrative medicine they are often better able to work in a team and appreciate scientific discovery and the art of healing.

