

Medical Acupuncture:

Key Points to Remember

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Objectives

- Discuss the basic philosophy of acupuncture and traditional Chinese Medicine
- Describe the history, proposed mechanism of action, and safety of acupuncture
- Demonstrate a basic understanding of practice of acupuncture and its current evidence of efficacy.

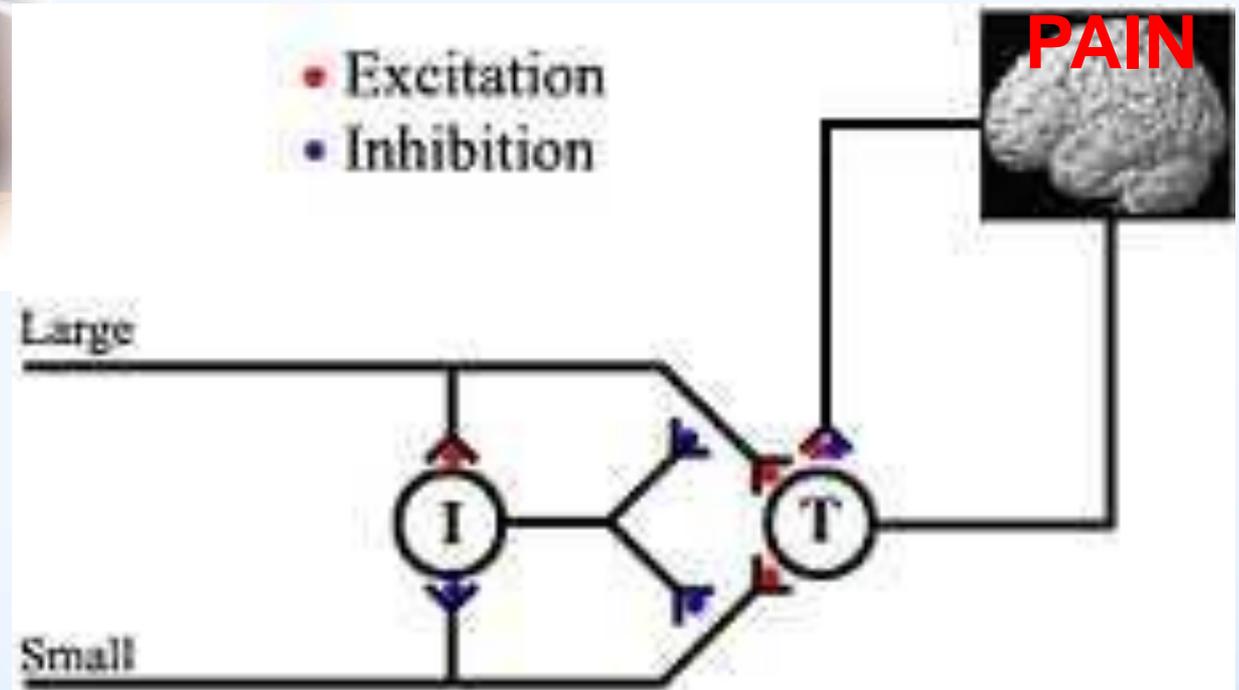
What is Acupuncture?

- Technique of insertion and manipulation of fine needles in specific points (acupoints) on the body to achieve therapeutic affect.
- *Practiced widely in China for more than 4000 years and is the pillar of traditional Chinese medicine.*
- Has gained popularity in the United States.
- According to 2007 National Health Interview Survey, an estimated 3.1 million US adults and 150,000 children had acupuncture in the previous year.

How might acupuncture work?

- *No single mechanism explanation*
- The Gate Control Theory
- Endorphin Model
- Neurotransmitter Model

Gate Control Theory

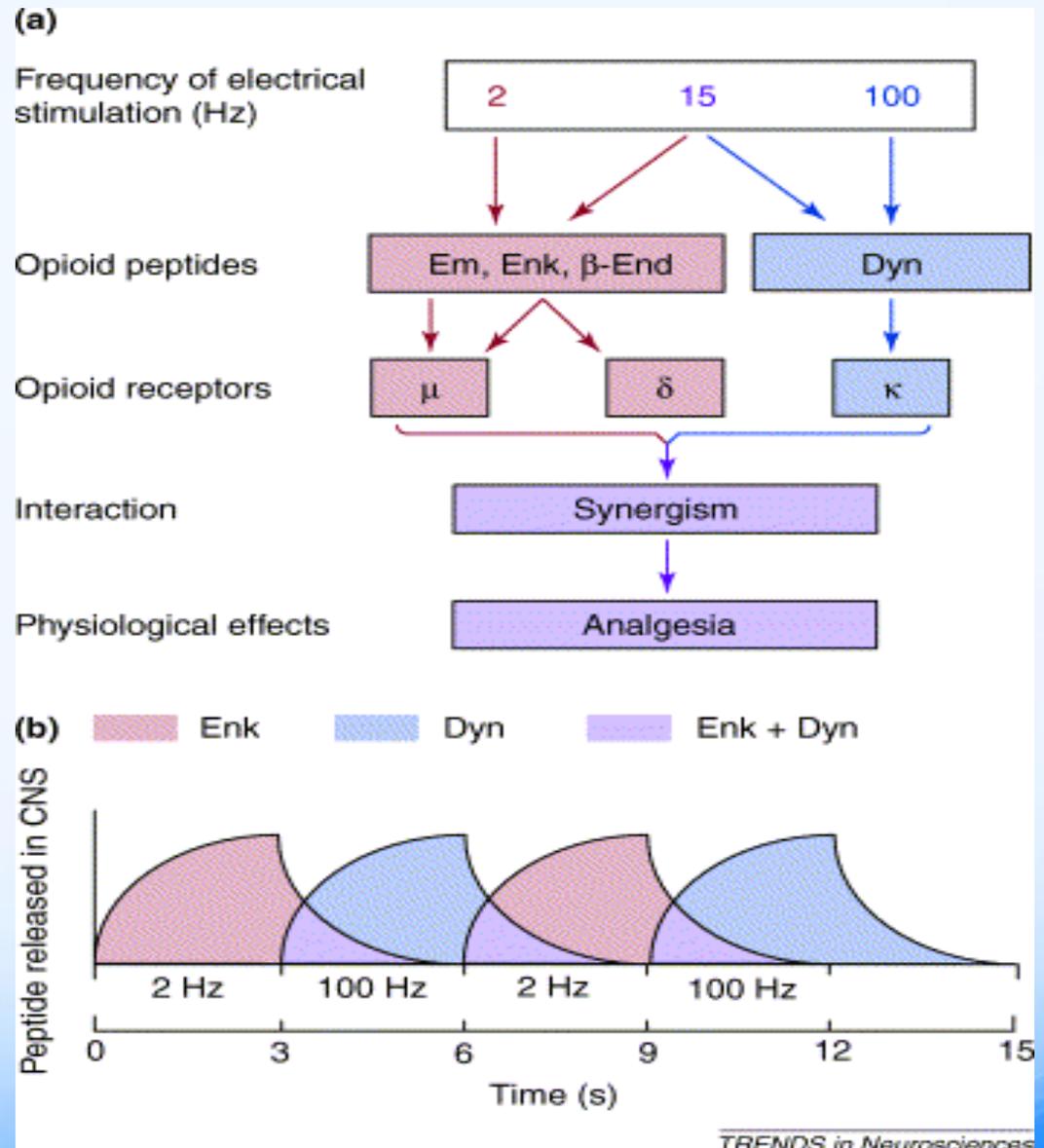


I = Inhibition Neuron

T = Transmission Neuron



Direct effect in the up-regulation of opioid receptor binding availability in the central nervous system.

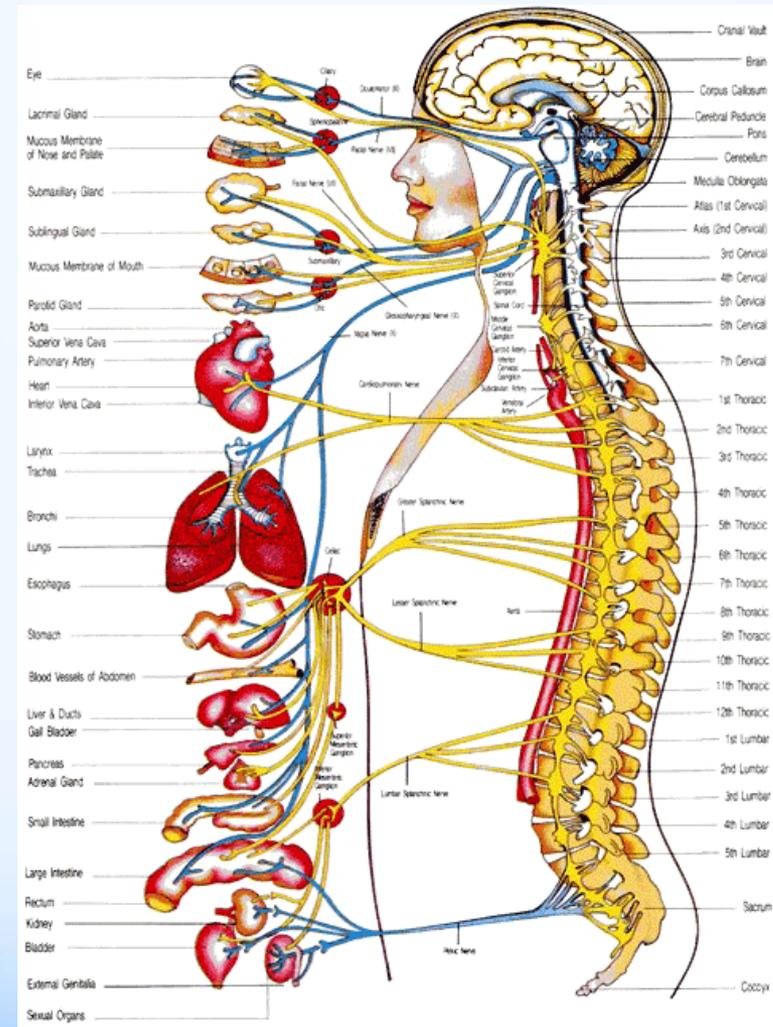


Neurotransmitter Model

- Research in animals has found that acupuncture can adjust serotonin, norepinephrine, and neurons that transmit or secrete amino-butyric acid.
- Acupuncture can be effective for treatment of depression, anxiety and addiction.



Acupuncture indirectly influences the autonomic system.



What does the evidence show?

- Nausea & Vomiting
- Postoperative ileus
- Headache
- Back pain

Postoperative nausea and vomiting (PONV)

2009 Cochrane Collaboration review of 40 trials involving 4,858 participants

Suggest that use of P6 acupuncture point can reduce the risk of nausea and vomiting after surgery

Postoperative ileus

- Three RCTs in patients with abdominal surgeries improved GI motility with acupuncture
 - first bowel sound time
 - flatus passage time
 - excretion time
 - *Sun P et al 1996*
 - *Liu XJ et al 1991*
 - *Zhang X et al 1998*
- Addition of auricular acupuncture also relieved abdominal distension and discomfort after abdominal surgery.

- *Wan Q et al 2000*

Headache

2009 Cochrane Collaboration review of
22 trials involving 4,419 participants

Suggest that acupuncture is at least as
effective as, or possibly more effective than,
prophylactic drug treatment

Back pain

Meta-analysis by Manheimer et al. 2005
of 22 RCT

Suggest acupuncture is an effective
treatment of chronic low back pain.

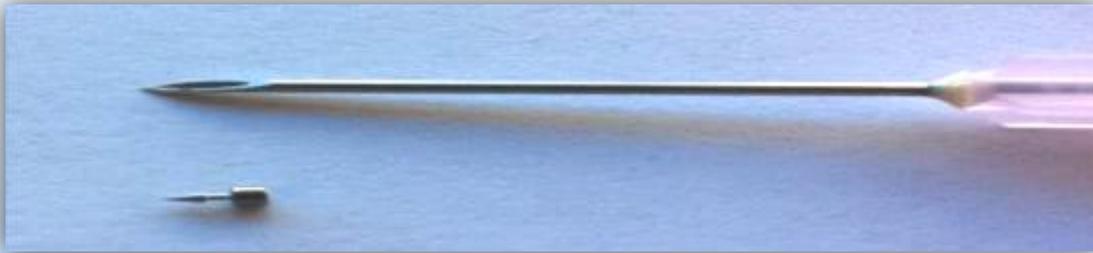
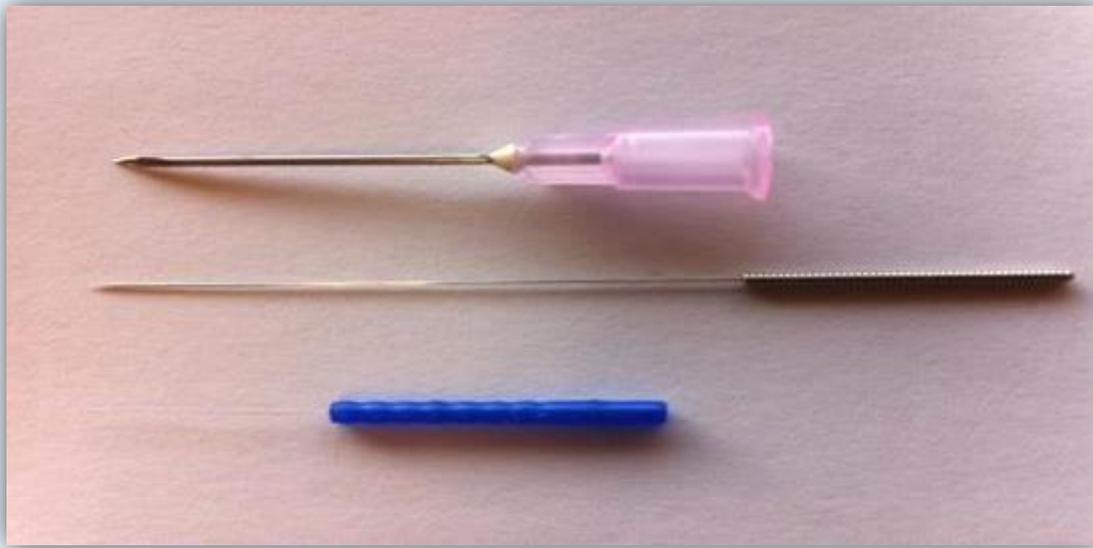
- Within the past few decades more research is emerging.
- 1997 – National Institutes of Health Consensus Conference discussed several medical conditions in which acupuncture is effective or may be useful.
- 2003 – WHO identified 28 diseases or conditions for which acupuncture has been proven effective.

Acupuncture Risk

- Overall Risk 0 – 1.1 per 10,000
 - Bruising, soreness, bleeding
 - Fainting
 - Pain at insertion site
 - Pneumothorax
- Infection rate negligible in two large prospective studies of 34,000 and 97,733 patients

Disposable
Sterile
Stainless steel





- Finely tapered surgical sterile stainless steel
- Thinner than average human hair

Take Home Points

- Scientific evidence for acupuncture continues to expand.
- Acupuncture is safe and effective integrative option for your patients.