



**EFCAM**

European Federation  
for Complementary  
& Alternative Medicine

# EFCAM

## European Representative

## Organisation for CAM Professionals

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# FRANS COPERS

EFCAM & ESF

CONFERENCE ON CHRONIC PAIN

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# Introduction

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- **CAM or Natural Medicine** is becoming **more important** in European Health,
- Often ignored by the official Health Care Systems,
- CAMBRELLA Research Project: **up to 86%the EU population is using CAM** to its satisfaction,
- **CAM cannot be ignored** as is the case now,
- Among **Medical Doctors** CAM is controversial,
- For **Politicians** even a Taboo, as mentioned at the EPHA Conference last year

# CAM and Chronic Pain (1)

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- Experience and Evidence show that CAM can contribute to alleviate Chronic Pain.
- Evidence is derived from Scientific Research and Pilot projects in several CAM Methods
- Such as Shiatsu, Reflexology, Acupuncture and Homeopathy.

## Shiatsu

- In Austria pilot projects were set up at hospitals, which showed positive, distinct and measurable effects on chronic Pain
  - ✧ <http://www.youtube.com/watch?v=U6Ac9beRTlw&feature=share>
- In Greece, Shiatsu Practitioners volunteered since 2008 and offered help to support Chronic pain patients at the Outpatient Pain Centre of Aretaieion University Hospital of Athens ().
  - ✧ <http://www.shiatsugr.gr/%CE%BA%CF%89%CF%82-2013-2/?lang=en>
  - ✧ <http://www.shiatsugr.gr/%ce%ba%cf%89%cf%82-2013-2/?lang=en#sthash.WmPdHmFz.dpuf>

# CAM and Chronic Pain (2)

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## Reflexology:

- In Greece, reflexologists volunteered since 2011 in the same project.
  - ✦ <https://www.youtube.com/watch?v=O8IG28zXNSM> (Head physician Dr. Athina Vadalouka, in Greek: at 3:30 explaining holistic approach, at 4:00 the different CAM-modalities applied)<http://grpalliative.gr/el/media/video/> (video's in Greek explaining the Hospitals approach)
  - ✦ <https://www.youtube.com/watch?v=NWnHwXfLntY> (workshop on reflexology at the 14<sup>th</sup> Panhellenic on regional anaesthesia, pain therapy an palliative care.
- In Switzerland pilot projects were run in palliative care
  - ✦ <http://www.cairn.info/revue-infokara-2007-4-page-111.htm>

## Acupuncture:

- For chronic headache, a randomized trial and cost effectiveness
  - ✦ <http://www.eufom.com/Articles/AP%20chronic%20headache%20large%20RCT.pdf>
  - ✦ <http://www.eufom.com/Articles/cost%20effectiveness%20AP%20chronic%20headache.pdf>

## Homeopathy:

I refer to next speaker...

# Conclusion

CAM Modalities are mainly focussed on

Prevention,  
Health sustaining and  
Health promotion,

Also prove to be useful  
for treatment in many  
cases such as  
**Chronic Pain.**

- CAMBRELLA RESEARCH PROJECT suggests tha **more research is needed** to support the actual evidence, [http://cordis.europa.eu/result/rcn/57185\\_en.html](http://cordis.europa.eu/result/rcn/57185_en.html)
- Health Services in trouble without CAM? (Lynne McTaggert)
- At **Gent University (Belgium)**, research is being prepared to investigate the benefits of CAM at **reducing the Costs** for the Health service and to find out how CAM can **contribute to improve people's general Health** and **promote Healthy Aging.**
- The borders between CAM and conventional Medicine becomes thinner!



# EFCAM Contact Details

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