

(019 - 030) Evidence-based Medicine (E B M) for
Complementary & Alternative Medicine (C A M) (1)

Some modalities or technical manners of CAM :
ex. external qigong, massage, acupuncture, etc
even though effective in clinical practice,
ununderstandable by current scientific recognition
resulting in
→ non-scientific

If assessed, too severely criticized to be accepted
because of non-scientific property.

In principle , CAM can not be assessed in a view-field
of scientific EBM, and should be assessed
in a differently independent view-field of EBM.

an end of story?



(012-020)



(019 - 031) Evidence-based Medicine (E B M) for
Complementary & Alternative Medicine (C A M) (2)

Doubt about current EBM concept:

1.Exclusive of empiricism

scientific theory drawn from induction/deduction of
accumulation of experiences.

2.Based on scientific evidences

theory of EBM composed of 3 important elements

1)Clinical Expertise

2)Evidence(scientific)

3)Patient Preference = high QOL

depending upon very **personal feeling & desire**, scientifically unevaluable
although calling “scientific”, **ignoring scientificity**

defined by objectivity, universality, reproducibility, logical consistency

What should we do?

Don't worry!

‘Physical functioning’ scale of SF-36 questionnaire

The following items are about activities you might do during a typical day.

Does your health now limit you in these activities? If so, how much?

	Yes, limited a lot	Yes, limited a little	No, not limited at all
a. Vigorous activities , such as running, lifting heavy objects, participating in strenuous sports	1	2	3
b. Moderate activities , such as moving a table, pushing a vacuum cleaner, bowling, or playing golf	1	2	3
c. Lifting or carrying groceries	1	2	3
d. Climbing several flights of stairs	1	2	3
e. Climbing one flight of stairs	1	2	3
f. Bending, kneeling, or stooping	1	2	3
g. Walking more than a mile	1	2	3
h. Walking several blocks	1	2	3
i. Walking one block	1	2	3
l. Bathing or dressing yourself	1	2	3

(019 - 032) Evidence-based Medicine (E B M) for
Complementary & Alternative Medicine (C A M) (3)

Currently prevailing **EBM** concept :

not defined in a true scientific sense,
but to be recognized as being established

in a **paradigm of Integrative Medicine**,

which takes care of personal matters in its view-field.

Such situation started probably as early as 1970's decade
when QOL/patient preference concept was taken into

consideration in medicine.

In conclusion, CAM, an important component of Integrative
Medicine, can be assessed in currently prevailing EBM concept.

(019 - 033) QOL · EBM, not in exclusively scientific medicine,
but in integrative medicine

Fundamental doctrine of holistic-integrative medicine:
philosophical/artistic/ religious/technical aspects
pts as physical/mental/social/ethical/spiritual existence
→ view field of respecting QOL · EBM
complementary/alternative/traditional medicine
proposing realistic technics to integrative medicine

Integrative Medicine already started
when QOL/EBM accepted into medicine