Massage for knee osteoarthritis

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Purpose: Core objectives of this pilot study were 1) to assess the feasibility and acceptability of Swedish massage among Department of Veterans Affairs (VA) healthcare users with knee osteoarthritis (OA), and 2) to collect preliminary data on efficacy of Swedish massage in this patient group.

Methods: A pre/post massage therapy intervention pilot study of twenty-five U.S. Veterans with symptomatic knee OA was conducted at Duke Integrative Medicine clinic facilities in Durham, NC. Participants received eight weekly one-hour sessions of full-body Swedish massage. Primary Outcome Measures: Western Ontario and McMaster University Osteoarthritis Index (WOMAC) and global pain (visual analog scale: VAS). Secondary Outcome Measures: NIH’s Patient Reported Outcomes Measurement Information System-Pain Interference Questionnaire 6b (PROMIS-PI 6b), 12-Item Short-Form Health Survey (SF-12® v1) and the EuroQol health status index (EQ-5D-5L), knee range of motion (ROM), and time to walk fifty feet.

Results: Study feasibility was established by a 92% retention rate with 99% of massage visits and 100% of research visits completed. Results showed significant improvements in self-reported OA-related pain, stiffness and function (30% improvement in WOMAC scores, p = 0.001) and knee pain over the past seven days (36% improvement in VAS, p < 0.001). There were also significant improvements in PROMIS-PI, EQ-5D-5L, and physical composite score of the SF-12® (all p’s<.01), while the mental composite score of the SF-12® and knee ROM showed trends toward significant improvement. Time to walk fifty feet did not significantly improve.

Conclusion: In addition to offering support for the feasibility and acceptability of Swedish massage among VA healthcare users, these results provide preliminary data suggesting its efficacy for improving overall health and quality of life for massage recipients, in addition to pain relief. If results are confirmed in a larger randomized trial, massage could be an important component of regular care for these patients.

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Four cases of vitiligo patients treated by Oriental medical treatment who have experienced Eximer Laser treatment

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Purpose: This study aims to prove effects of an oriental medical complex therapy on vitiligo patients who have experienced the Eximer laser therapy

Methods: The study conducted its investigation targeting these four patients who have not been observed with any satisfactory reaction to the Eximer laser therapy. The study analyzed the findings through the comparison on the pictures before and after the therapy

Results: After comparing the pictures, the study confirmed positive changes in the conditions of the patients. The oriental medical complex therapy turned out to be effective enough to treat the patients who have gone through the Eximer laser therapy before

Conclusion: Such result leads the study to a conclusion that the oriental medical complex therapy can be an effective way to treat these patients who do not have a satisfactory reaction to the Eximer laser therapy. In addition, the author of the study suggests that more clinical trials should be conducted

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Qi li qiang xin capsule combined with conventional therapy in treating chronic heart failure: a meta-analysis and systematic review

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Purpose: To evaluate the efficacy of Qi li qiang xin capsule in combination with conventional therapies in treating chronic heart failure.

Methods: Chinese online databases such as Chinese Journal full-text database, China National Knowledge Infrastructure, Wanfang Database were screened associated with English databases Pubmed, ScienceDirect, Embase, and the Cochrane Library. “Cochrane risk of bias tool” was taken to assess the quality of included randomized controlled trials. The Revman 5.3 software was used to analyze the collected data. Ejection fraction, end-diastolic diameter, end-systolic diameter of Echocardiography, NT-ProBNP, BNP, six-minute walk test, readmission rate and mortality were picked as evaluation. Sensitivity analysis and funnel plot were performed to analyze results stability and potential publication bias.

Results: 57 studies including 4351 cases were enrolled. Meta-analysis showed the efficacy of Qi li qiang xin capsule combined with conventional therapy in improving cardiac ejection fraction (SMD=0.48, 95%CI [0.40, 0.56]), reducing left