An Expert Interview to Develop a Clinical Protocol for Hemiplegic Shoulder Pain through Integrative Medical Treatment in NRH

Kuem Ju Lee¹, Chi Hyoung Son², Go Eun Lee³, Sook-Hyun Lee¹, Sung Min Lim¹, Hyun Choi¹, Jung Sup Lee²
¹ Korea National Rehabilitation Research Institute
² National Rehabilitation Hospital

Purpose: The purpose of this study was to perform an expert interview as evidence to develop a clinical protocol for hemiplegic shoulder pain in administering a systematic cooperative treatment with western and Korean traditional medicine because there has been appealed shoulder pain about 70% of stroke inpatients at the National Rehabilitation Hospital (NRH).

Methods: There were created a questionnaire in a half-structured format and comprised of demographic characteristics, diagnosis, prescriptions, and patient management with hemiplegic shoulder pain. The questionnaire an expert interview was performed with 6 western rehabilitation medicine (WRM) doctors and 6 Korean traditional medicine (KTM) doctors, who had worked minimum three years at an cooperative medical hospital with western-Korean traditional medicine. The data was collected by recording, and analyzed transcripts later. The analysis of data was classified into WRM and KTM to develop a clinical protocol on hemiplegic shoulder pain.

Results: As the results of a WRM aspect, there have been shown to various treatment methods which were diagnosis, screening, physical examination, principles for diagnosis and causes of pain, and accompany with structural/functional malfunctions, and prescription for exercise, and other general methods. Whereas the results of KTM aspect were reached a few pattern identification methods and treated with acupuncture, pharmacopuncture, electrical acupuncture, cupping and moxibustion. Furthermore, there were three cases to request in KTM for cooperative treatments for hemiplegic shoulder pain. First, patients have limited range of motion due to muscle stiffness. Second, there is no effect short-term treatment of thermoelectric stimulation. Third, injection is effective but a problem repeatedly.

Conclusion: These results should be used as evidences to establish a clinical protocol for hemiplegic shoulder pain according to the current condition of the Western and Oriental integrated treatment at NRH through perform a further Delphi study.

Contact: Kuem Ju Lee, kjlee74@korea.kr

The Influence of Bach Rescue Remedy on the Autonomic Response to Mental Challenge in Healthy Taiwanese Women

Shih Wei Yang¹, Malcolm Koo², Yuh-Hai Wang³
¹ Department of Counseling, National Chiayi University, Chiayi, Taiwan
² Dalin Tzu Chi Hospital, Buddhist Tzu Chi Medical Foundation
³ Nanhua University

Purpose: The Bach Rescue Remedy is generally considered as a stress relief formula by practitioners of Bach flower remedies. The influences of Bach Rescue Remedy on the autonomic response to mental challenge have not been clarified. Therefore, this study aimed to evaluate the effect of Bach Rescue Remedy on the autonomic response to mental challenge using heart rate variability in healthy women.

Methods: A two-stage crossover study design was used to compare the effects of Bach Rescue remedy and placebo on autonomic response to a mental challenge in 30 women (mean age 30 years, SD 6 years). The Bach Rescue Remedy consisted of four drops of five flower essences (cherry plum, clematis, impatiens, rose and Star of Bethlehem) dissolved in brandy and 250 mL of distilled water. The placebo consisted of four drops of brandy in 250 mL of distilled water. The mental challenge was a 5-minute mental arithmetic task administered through Calcul 5.2 Win32 computer software. Percentage changes in heart rate variability were calculated between baseline and after the mental challenge in both groups.

Results: The mean percentage changes of normalized low frequency power (nLF) (p=0.046) and natural logarithm-transformed low frequency power to high frequency power ratio [ln(LF/HF)] (p=0.041) were significantly lower in the Bach Rescue Remedy group compared with the placebo.

Conclusion: The decrease in the LF/HF ratio in the Bach Rescue Remedy group indicated a change of the sympathovagal balance towards a parasympathetic predominance. This finding suggested that the stress relieving effect of Bach Rescue Remedy may operate through a modulation of the sympathetic and parasympathetic nerve activities.

Contact: Shih Wei Yang, carol057834180@yahoo.com.tw