NREM sleep may be significative for deficiency and excess syndrome differentiation in depressive insomnia diagnosis.

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OS14.08

Exploring patients’ expectations of seeking integrative medical treatment for musculoskeletal disorder: a qualitative study

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Purpose: To explore musculoskeletal disorder (MSD) patients’ expectations of receiving treatment at the Royal London Hospital for Integrated Medicine.

Methods: Semi-structured face to face interviews were conducted with 30 newly referred musculoskeletal disorders patients, immediately prior to their initial appointment. The interviews were digitally recorded and transcribed verbatim and analysed using framework analysis (NVivo10). To ensure transparency and rigour, inter-rater reliability coding was carried out independently by three researchers.

Results: Five codes with fourteen themes emerged related to the MSD patients’ expectations of receiving complementary/integrative treatment. MSD patients reported their concerns regarding their forthcoming treatment. Although MSD patients reported that their expectations were pragmatic and realistic, their expectations may tend to change over time. They had great hope from the treatment, which included symptom relief/function ability/better quality of life, getting the right and suitable treatment, natural and non-invasive treatment, receiving an integrative and holistic approach, potentially longterm and regular treatment, and complementary treatment as an ‘in between’ conventional treatment. Despite this, they also had great hopes about the practitioners – they wished to have skillful professional expertise, more interaction with practitioners, updates from practitioners, provision of understanding and mental support from practitioners. Patients also reported what kind of treatment they wished to have and identified their preferred sessions.

Conclusion: Patients’ expectation is an important but changeable component that is based on previous treatment experiences. Their hopes regarding further develop on complementary/integrative treatment should be considered. Demonstrating patient expectations may help to improve future clinical practice and policy, to better meet MSD patients’ expectation.

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A traditional Korean mind-body practice regulates stress hormones and oxidative stress profiles

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Purpose: A traditional Korean mind–body practice (KMB) has been practiced for thousands of years. Mind–body practice has beneficial effects on numerous mental and physical problems; on the other hand, psychological stress and oxidative stress are associated with the development and progression of various diseases. Herein, we investigated the effects of KMB on stress hormones and oxidative stress profiles to explain the mechanism responsible for health benefits of KMB.

Methods: Fifty-seven KMB trainees (34 males and 23 females) were participated in a single-arm observational study. Blood samples were drawn 30 min before and after KMB practice (25 min for warm-up, 45 min for breathing meditation, and 20 min for cool-down). We investigated changes in stress hormones (cortisol, epinephrine, norepinephrine, and dopamine), and oxidative stress profiles including reactive oxygen species (ROS), total oxidation stress (TOS), nitric oxide (NO), malondialdehyde (MDA). Electrocardiogram (ECG) was also measured for heart rate variability (HRV) 30 min before and after the practice.

Results: KMB significantly reduced serum levels of cortisol (p < 0.001), norepinephrine (p < 0.001), and dopamine (p < 0.05) but increased serum epinephrine concentrations (p < 0.05). KMB also significantly decreased serum levels of oxidant markers, including ROS (p < 0.01), NO (p < 0.01), and MDA (p < 0.05). KMB induced significantly increased HRV and reduced heart rate (p < 0.001).

Conclusion: The traditional Korean mind–body practice (KMB) can give beneficial effects on health by modulating levels of stress hormones, oxidative stress, and autonomic balance. This study produced reference data for mechanistic studies on mind-body practices.

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