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EDITORIAL: IN-CAM MIDTERM EVALUATION: A TIME FOR REFLECTION

Laura Vanderheyden

Three years ago, a non-university based practitioner interested in CAM research did not have many opportunities to link with academic researchers and had virtually no research funding opportunities. Likewise, academic researchers did not have many opportunities to link with CAM practitioners or other researchers interested in CAM across Canada. Further, graduate students wanting to specialize in CAM research were limited in their choice of university, department and research supervisors.

With the launch of IN-CAM three years ago, this environment has begun to change. We have just completed a mid-term evaluation report for our funders and realized how much has happened in the past few years. Some highlights of our progress include:

- **A well-connected Canadian CAM research community.** As of December 31, 2005, IN-CAM had 1,166 members who can network through the searchable member database on our web site and at our annual symposia. Our diverse membership consists of practitioners (26%), students (21%) researchers or research staff (19%) and many others.
- **The transfer of evidence-based CAM information is facilitated** through our web site, the distribution of quarterly news bulletins and weekly news flashes and annual research symposia.
- Through our annual funding competitions, **IN-CAM has funded 24 graduate students** (studentship grant competition and symposium travel awards) **and nine research projects.** These funding competitions have provided opportunities to researchers and research trainees that are difficult to acquire elsewhere. For example, in the 2005 competition, two of the four funded research projects were from practitioners who often have difficulty acquiring funding, as most agencies require funded researchers to hold university affiliations. A

student commented: "If you don't have funding from CIHR, for example, to do your PhD, or from other big funding agencies, then if you have money from IN-CAM it can permit you to do a PhD or a Masters, and so it's something that really helps people to launch their research career."

Although we have made substantial progress towards our mission of creating a sustainable, well-connected, highly-trained CAM research community in Canada, work still needs to be done to facilitate and create interdisciplinary, collaborative CAM research. Therefore, as we move to the second part of our granting period we will refocus our direction. While we will continue to nurture the enabling structure that we have created we will focus more on creating interdisciplinary, collaborative CAM research in our two priority research areas: *CAM Health Care Delivery and Policy and Methodological Research for CAM.*

To date two research teams have developed around specific research problems:

- Developing an outcome measures database for complementary and alternative medicine research (Mark Ware, Marja Verhoef, Trish Dryden, Laura Vanderheyden)
 - Developing an optimal outcomes package for the evaluation of integrative health care (Marja Verhoef, Barbara Findlay, Silvano Mior, Andrea Mulkins)
- Other research teams are in the process of forming around other research questions and problems in our priority areas.

In the three years since IN-CAM has launched, we have been successful at developing a research network, facilitating the collaboration and networking of researchers with various backgrounds, promoting evidence-based CAM knowledge transfer, developing a CAM research agenda and taking steps towards ensuring that research agenda is met. This progress is more than we imagined was possible over such a short time frame and we believe highlights the need for an initiative such as IN-CAM to bring together researchers, practitioners, students, educators and policy makers interested in CAM. Before IN-CAM there was a great deal of interest in CAM



and CAM research but much research was being done in an isolated manner. IN-CAM has been successful in connecting those interested in CAM and CAM research. We are excited to

embark, along with all IN-CAM members, on a rigorous and innovative research program over the coming two years.

ÉDITORIAL: ÉVALUATION DE MI-PARCOURS DE L'IN-CAM: LE TEMPS DE RÉFLÉCHIR

Laura Vanderheyden

Il y a trois ans, un praticien intéressé à la recherche en MAC mais sans affiliation universitaire n'avait pas de moyens de faire des liens avec des chercheurs académiques et pratiquement aucune possibilité de financement. De même, les chercheurs académiques n'avaient pas beaucoup de possibilités de lier avec des praticiens MAC ou d'autres chercheurs intéressés aux MAC au Canada. Les étudiants aux cycles supérieurs voulant se spécialiser dans la recherche en MAC étaient limités dans leur choix d'université, de département et de superviseur de recherche.

Depuis le lancement de l'IN-CAM, il y a trois ans, cet environnement commence à s'améliorer. Après avoir complété un rapport d'évaluation de mi-parcours pour nos bailleurs de fonds, nous réalisons comment les affaires ont changé durant les dernières années.

Quelques faits saillants sur notre progrès:

- **Une communauté de recherche MAC bien branchée.** Le 31 décembre 2005, IN-CAM comptait 1,166 membres qui peuvent résumer en utilisant la banque de données des membres sur notre site Web et à nos symposiums annuels. Nos membres comprennent des praticiens (26%), des étudiants (21%) des chercheurs ou personnel de recherche (19%) et plusieurs autres.
- **Le transfert des connaissances MAC fondées sur des données est facilité** avec notre site Web, avec la diffusion de bulletins d'actualité trimestriels et de bulletins de nouvelles hebdomadaires ainsi qu'avec les symposiums de recherche annuels.
- Grâce à nos compétitions annuelles, **IN-CAM a financé 24 étudiants diplômés** (bourses pour étudiants aux cycles supérieurs et bourses de voyage pour le symposium) **et neuf subventions de recherche.** Ces compétitions de financement ont fourni des possibilités aux chercheurs et aux étudiants qui sont difficiles à acquérir ailleurs. Par exemple, pour la compétition 2005, deux projets de recherche financés sur quatre avaient été soumis par des praticiens qui ont souvent de la difficulté à trouver du financement puisque la plupart des agences de financement exigent que les chercheurs soient affiliés avec une université. Un étudiant a remarqué : *"Pour compléter votre programme de PhD, par exemple, si vous n'êtes pas financé par les IRSC ou un autre organisme de financement fédéral, alors si vous pouvez obtenir des fonds de l'IN-CAM, ça peut vous permettre*

de compléter votre maîtrise ou votre PhD et ça peut vous aider à lancer votre carrière en recherche"

Tout en sachant que nous avons fait des progrès importants vers notre mission de créer une communauté de recherche durable, branchée et composée de professionnels en MAC hautement qualifiés au Canada, il reste beaucoup de travail à faire afin de faciliter et de créer de la recherche MAC interdisciplinaire et collaborative. Par conséquent, en entrant dans la deuxième phase de notre financement, nous allons réorienter notre direction. Bien que nous continuerons à soutenir la structure habilitante que nous avons créé, nous allons mettre l'accent sur la recherche dans nos deux domaines prioritaires : la méthodologie de recherche visant l'étude de la sécurité, l'efficacité et la portée des MAC et la prestation et politique des soins de santé en MAC.

Jusqu'à maintenant, deux équipes de recherche se sont formées visant les problèmes spécifiques suivants :

- Le développement d'une banque de données d'indicateurs de résultats clés pour la recherche en médecine alternative et complémentaire (Mark Ware, Marja Verhoef, Trish Dryden, Laura Vanderheyden)
- Le développement d'un système optimal d'indicateurs de résultats pour l'évaluation des approches intégratives dans les soins de santé (Marja Verhoef, Barbara Findlay, Silvano Mior, Andrea Mulkins)

D'autres équipes de recherche se forment actuellement sur d'autres questions et problèmes de recherche dans nos domaines prioritaires.

Dans les trois dernières années depuis le lancement de l'IN-CAM, nous avons eu beaucoup de succès avec le développement d'un réseau de recherche favorisant la collaboration et le réseautage entre les chercheurs de toutes les disciplines, la promotion du transfert des connaissances MAC basés sur des faits, le développement d'un programme de recherche et l'assurance que ce programme soit réalisé. Ce progrès est plus que nous croyions possible en si peu de temps et indique qu'une initiative telle que l'IN-CAM est nécessaire pour rassembler les chercheurs, les praticiens, les étudiants, les éducateurs et les responsables de politiques intéressés aux MAC. Avant l'existence de l'IN-CAM, il y avait beaucoup d'intérêt dans les MAC et la recherche en MAC mais la recherche était faite d'une manière isolée. IN-CAM a réussi à réunir ceux et celles intéressés aux MAC et à la recherche en MAC. Nous sommes heureux d'entreprendre, avec tous les membres de l'IN-CAM, un programme de recherche rigoureux et novateur pendant les deux prochaines années.



FOCUS ON: SPIRITUALITY - INTRODUCING THE VANCOUVER RESEARCH NETWORK FOR SPIRITUALITY AND HEALING

Lyren Chiu

At a roundtable hosted by the University of British Columbia (UBC), five spiritual leaders (three Nobel Peace Laureates - Dalai Lama, Desmond Tutu and Shirin Ebadi - and two North American scholars - Rabbi Schacter-Shalomi and Dr. Jo-ann Archibald) gathered at the Chan Centre to "seek the balance between educating the mind and educating the heart."¹ In her opening remarks, UBC President Martha Piper indicated that the UBC *Trek 2010* vision "will prepare students to become exceptional global citizens, promote the values of civil and sustainable society"¹ and that it begins to define "the balance of educating the mind with educating the heart." She said, "our aspiration (as a global University) is not only



Drs. Lyren Chiu, Anne Bruce, Judy Gould and Susan Cadell

to prepare the students for the world of work, but also to prepare them for the work of life; to assist them with grappling with the ambiguity of the moral universe; to encourage them, to ask questions addressing and defining the dilemma of being human including those questions that will unsettle their most routinely held beliefs."¹

Inspired by the vision of *seeking a balance and asking unsettling questions*, a diverse group of UBC scholars have joined in exploring research opportunities at the intersection of spirituality and healing at the Peter Wall Institute for Advanced Studies. The Vancouver Research Network for Spirituality and Healing was established by a group of researchers, scholars, educators, practitioners and community representatives from more than ten disciplines in 2003. Currently, the network comprises about 70 UBC researchers and more than 300 members on a mailing list worldwide.

Vancouver Research Network for Spirituality and Healing: Function, Goal, and Activities

The primary function of this network is to bring interdisciplinary scientists/students and health practitioners/policy makers/communities into a partnership (a) to develop and apply state-of-the-art research methodologies to investigate the contribution of spirituality to healing, broadly defined and (b) to make a difference

through knowledge transfer. Accordingly, we have begun to create partnerships with researchers at UBC and integrative/alternative healing practitioners within Vancouver. Our goal is to contribute to a new vision of personal and social well-being and corresponding policies and practices that will maximize each individual's ability to experience optimal vitality and wellness in their current state of health. To work toward the goal of promoting spirituality and healing, we have engaged in the following activities since 2003:

- (1) formed an Executive Committee to plan events and workshops and develop project proposals;
- (2) created forums (monthly seminars) for discussion of individual, social, cultural, political, and environmental considerations influencing spirituality and integrative/alternative healing practices;
- (3) circulated monthly e-mail announcements to provide information about events, conferences, funding opportunities, and book or course information on spirituality and healing;
- (4) sought partnerships with public and private agencies to fund the network and related research projects;
- (5) developed conceptual frameworks and corresponding methodologies for conducting multi-disciplinary research in spirituality and healing;
- (6) fostered collaborative research and communication among researchers, practitioners, policy makers and organizations in order to address the diverse and complex issues that impact spirituality and integrative/alternative healing with respect to practice, research and public health; and
- (7) developed both graduate and undergraduate courses in this area. In co-operation with UBC Interprofessional Continuing Education, the network is currently planning an international conference on spirituality and health.

A Major Event in 2006: 4th International Multidisciplinary Conference on Spirituality and Health

The 4th International Multidisciplinary Conference on Spirituality and Health, previously named as *North American Multidisciplinary Conference on Spirituality and Health*, will be held at the Westin Bayshore Resort and Marina, Vancouver, Canada on November 9 -11, 2006. The 4th conference will be multidisciplinary bringing together recognized scholars in the field, both locally and internationally, to share their expertise and wisdom.

The keynote addresses will be provided by Harold Koenig, Center for the Study of Religion, Spirituality and Health, Duke University; Joan Halifax Roshi, Upaya Zen Center, Santa Fe; Susan Folkman, Osher Center for Integrative Medicine, University of California at San Francisco; and Stephen Wright, St. Martin's College, Carlisle. Other invited speakers include Christina Puchalski, the George Washington Institute for Spirituality and Health, George Washington University; Michael Mendiola, Pacific School of Religion; Lorraine Wright, Nursing, University of Calgary; and Steven Aung, Family Medicine, University of Alberta. The keynotes will be complemented by dialogues among speakers on interweaving science, wisdom and compassion.

Many innovative programs with respect to spiritual practices and education on health and well-being will be presented, as well as



FOCUS ON: SPIRITUALITY - INTRODUCING THE VANCOUVER RESEARCH NETWORK FOR SPIRITUALITY AND HEALING

workshops, round table discussions, and performance events. Both oral presentations and posters at the conference will be published in *Spirituality and Health International* in December 2006.

We invite and welcome people from diverse cultural, ethnic, philosophical backgrounds and from all faith communities to join us in this exciting forum. For more information about this event and the Vancouver Research Network for Spirituality and Healing, please

contact Dr. Lyren Chiu at chiu@nursing.ubc.ca.

References:

1. The web cast of the roundtable is available : www.dalailamavancouver.org.

PROFILE: SPIRITUALITY AND HEALTH INTERNATIONAL



J. K. Crellin

Spirituality and Health International, a quarterly journal, was first published in 1999 under a main title of *Sacred Space*. As a non-denominational journal, it describes itself as aiming to publish "high quality material dealing with spirituality of concern to all those involved in health care." The following comments are not an "analysis" of the journal's strengths and weakness, rather an effort to "profile" some key characteristics.

For six years the journal has explored "the nature and meaning of spirituality, as it affects those who work in healing and caring ways;" this is done through a diverse range of offerings: editorials, research and scholarly papers (often reviews), viewpoints, research digests, book reviews, poems, information on conferences, etc. Each issue of the journal is evocative as well as informative. It promotes reflection not only on the general role of healing/spirituality in health care, but also on specific topics and questions that range from the therapeutic role of labyrinths to reasons for the general lack in most hospitals – despite successful programs in some major institutions – of stress reduction programs for patients and staff. It must be said that the journal is not a "CAM" journal, even though many contributions focus on CAM modalities. However, generally, the intent is to show how CAM can contribute to or illuminate our understanding of the nature of healing.

Albeit an international journal, it is a British initiative and its pulse

continues to be mostly on British trends. For instance, it reveals that the nursing profession is a key factor in fostering an awareness of the need for a spiritual dimension in health care. Not surprisingly, the role of Therapeutic Touch features more than once. A recognized founder of this modality, Delores Krieger, clearly saw touch as part of nursing care. It has to be said, too, that the founding and continuing editor, Stephen Wright, is an eminent nurse and professor. In this regard, a noteworthy remark in one of his editorials (more essays) reads: "I am blessed with the professional title of 'nurse' but paradoxically I learnt long ago that I was a much better nurse when I stopped being a nurse. In other words, when I let go of my professional role and agendas (in my head and heart if not among the normal expectations and discourse with colleagues and patients)"

The phrase "Sacred Space," dropped from the journal's cover in 2005, can be interpreted in various ways, but one, implicit in many contributions to the journal, is of a special space in which patients and practitioners meet in the process of healing. Perhaps, too, this may be as much benefit to the practitioner as the patient, especially at a time when "burnout" has become a growing occupational hazard among health professionals. Although the Journal's current title is more straightforward, it is perhaps unfortunate that newcomers to the journal will no longer wonder what the phrase Sacred Space means. What is lost is the reminder that, nowadays, spirituality is often perceived as an add-on to regular treatment of the body, rather than seeing it as an intrinsic part of health care – a major concern of the journal.

For more information on Spirituality and Health International, please visit: www3.interscience.wiley.com/cgi-bin/jhome/112094329.

CAM RESEARCH UPDATE

CIHR / NHPD CAM Network ICE Research Project Grant Winners

The funding goal of the Research Project Grant program is to support and encourage researchers interested in the development of CAM research as expressed in IN-CAM's research priorities. In 2005 IN-CAM awarded \$20,000 in research project funding. The award winners were:



Joyce Boon

University of British Columbia
Co-investigator(s): Jolanda Cibere
Julie Dais
Leslie Bryant MacLean
Carolyn Szostak

Project Title: The Effects of Massage Therapy on Quality of Life and Functional Performance in Patients with Osteoarthritis of the Hip: A Pilot Study



CAM RESEARCH UPDATE



Trish Dryden

Centennial College
 Co-investigator(s): Janet Kahn
 Evaluation of an Educational Intervention to Teach and Encourage Clinical Case Reporting for CAM Practitioners



Antony Porcino

Association of Massage Therapists and Wholistic Practitioners

A Pilot Study Gathering Baseline Information on Complementary and Alternative Health Care Manipulative Therapists in Canada – A Survey of the Basic Demographics, Training and Economics

of the Delivery of CAHC Manipulative Therapies Commonly Found in Canada, not Including Chiropractic



Lana Trojan

University of Calgary
 Co-investigator(s): Bethany Becker, Susan Murray, Marja Verhoef
 Canadians' CAM Information Needs Survey

RECENT ARTICLES

Abstracts for these articles are available from the IN-CAM website (www.incamresearch.ca) under Research Resources

Priority Area: CAM Health Care Delivery and Policy

- Barry CA. The role of evidence in alternative medicine: Contrasting biomedical and anthropological approaches. Soc Sci Med. 2006 Jun;62(11):2646-57. Epub 2005 Dec 22.
- Boon H, Verhoef M, Vanderheyden L, Westlake K. Complementary and Alternative Medicine: A Rising Healthcare Issue. Healthcare Policy. 2006;1(3):19-30.
- Busato A, Donges A, Herren S, Widmer M, Marian F. Health status and health care utilisation of patients in complementary and conventional primary care in Switzerland—an observational study. Fam Pract. 2006 Feb;23(1):116-24. Epub 2005 Aug 22.
- Chong OT. An integrative approach to addressing clinical issues in complementary and alternative medicine in an outpatient oncology center. Clin J Oncol Nurs. 2006 Feb;10(1):83-8.
- Fearon J. Developing a complementary therapy policy. Br J Nurs. 2006 Feb 23-Mar 8;15(4):228-32.
- Hsiao AF, Ryan GW, Hays RD, Coulter ID, Andersen RM, Wenger NS. Variations in provider conceptions of integrative medicine. Soc Sci Med. 2006 Jun;62(12):2973-87. Epub 2006 Jan 18.

- Leung B. Building Evidence for Naturopathic Medicine: Are We Chasing Fool's Gold? International Journal of Naturopathic Medicine.
- Tran A. The regulation of traditional Chinese medicine practitioners in Australia. J Law Med. 2006 Feb;13(3):352-69.
- Verhoef MJ, Boon HS, Mutasingwa DR. The scope of naturopathic medicine in Canada: An emerging profession. Soc Sci Med. 2006 Feb 15; [Epub ahead of print]
- Willison, K.D. (2005). Linking Massage Therapy to Public Health and Primary Health Care Initiatives. Massage Therapy Canada (Magazine), Fall Edition, Page 31.
- Willison, K.D. (2006). Integrating Swedish Massage Therapy With Primary Health Care Initiatives As Part Of A Holistic Nursing Approach. Complement Ther Med. <http://dx.doi.org/10.1016/j.ctim.2005.11.001>

Priority Area: Methodological Research

- Power J. Spiritual assessment: developing an assessment tool. Nurs Older People. 2006 Mar;18(2):16-8.
- Smith CA, Coyle ME. Recruitment and implementation strategies in randomised controlled trials of acupuncture and herbal medicine in women's health. Complement Ther Med. 2006 Mar;14(1):81-6. Epub 2005 Sep 8.
- Stibich M, Wissow L. Meaning shift: findings from wellness acupuncture. Altern Ther Health Med. 2006 Mar-Apr;12(2):42-8.
- Zhao B, Wang X, Lin Z, Liu R, Lao L. A novel sham moxibustion device: a randomized, placebo-controlled trial. Complement Ther Med. 2006 Mar;14(1):53-60; discussion 61. Epub 2005 Nov 16.

Knowledge Transfer

- Cotton S, Zebracki K, Rosenthal SL, Tsevat J, Drotar D. Religion/spirituality and adolescent health outcomes: a review. J Adolesc Health. 2006 Apr;38(4):472-80.
- Crellin JK. "Profile: A Place for Spirituality in Healthcare: Dennis O'Hara's Reflections on Complementary and Alternative Medicine (CAM) in Canada". Spirituality and Health International, 2005;6(4):218-226.
- Ernst E, Canter PH. A systematic review of systematic reviews of spinal manipulation. J R Soc Med. 2006 Apr;99(4):192-6.
- Helms JE. Complementary and alternative therapies: a new frontier for nursing education? J Nurs Educ. 2006 Mar;45(3):117-23.
- Rew L, Wong YJ. A systematic review of associations among religiosity/spirituality and adolescent health attitudes and behaviors. J Adolesc Health. 2006 Apr;38(4):433-42.
- Wong YJ, Rew L, Slaikeu KD. A systematic review of recent research on adolescent religiosity/spirituality and mental health. Issues Ment Health Nurs. 2006 Feb-Mar;27(2):161-83.



CAM RESEARCH UPDATE - OF INTEREST - UPCOMING EVENTS

American Holistic Medical Association's (AHMA) Annual conference
-Holism in Action: Building Integrated Healthcare"
June 7-10, 2006 - Saint Paul, MN
For complete details, please visit: <http://www.regonline.com/Checkin.asp?EventId=87058>

University of Glasgow - Mindfulness in Medicine Conference
June 29, 2006, 9:30 AM - 4:30 PM
Glasgow, UK
For more information, please visit:
www.gla.ac.uk/departments/generalpractice/events.htm

Diversity and Debate in Alternative and Complementary Medicine - 3rd international academic & experiential conference for researchers & practitioners,
July 5-7, 2006
Nottingham University, UK
For further information please visit: www.achrn.net or email: conference@learning-energy.org

4th Biennial International Conference on Personal Meaning: Addiction, Spirituality
July 20-23, 2006
Vancouver, BC
For further information please visit: www.meaning.ca/conference06/index.htm

12th International Holistic Health Conference
August 3-6, 2006
Queenstown, New Zealand
For further information please visit: www.aima.net.au/index.jsp
Email Anna at the AIMA Office: admin@aima.net.au to register your expression of interest

XXth European Conference on Philosophy of Medicine and Health Care
August 23-26, 2006
Helsinki, Finland
For more information on the Call for Abstracts/Sessions, please visit: www.espmh.cm-uj.krakow.pl/

Canadian Association for Health Services and Policy Research (CAHSPR)
September 17-19, 2006
Vancouver, BC
For more information on the Call for Abstracts/Sessions, please visit: www.cahspr.ca

Third International Congress of Traditional Medicine
September 20-22, 2006
Toronto, ON
For more information, please visit:
www.tcmcanada.org/congress/index.htm

IN-CAM's Third Annual Symposium - Integrating CAM Research and Practice: Focus on Outcome Measures
November 4-5, 2006, Calgary, Alberta
For more information, please visit:
www.incamresearch.ca

4th International Multidisciplinary Conference on Spirituality and Health - Interweaving Science, Wisdom, and Compassion
November 9-12, 2006
Vancouver, Canada
For more information, please visit:
http://www.interprofessional.ubc.ca/Spirituality_2006_index.htm

13th Annual Symposium on Complementary Health Care
December 12-14, 2006 - Exeter, England
For further information please visit:
<http://www.pms.ac.uk/compmed/symposium> or e-mail: B.Wider@exeter.ac.uk

International Congress on Complementary Medicine Research
May 11 - 13, 2007—Munich, Germany
For further information please visit:
<http://www.CMR-Muc2007.de>

For more events related to CAM research, please visit the Conferences and Education section of IN-CAM's website www.incamresearch.ca.

NEWS FROM IN-CAM PARTNERS

NEWS FROM CCAM



The Importance of Research Partnerships

Jennifer Millard

Over the past 3 years, IN-CAM has facilitated the ability to network and build relationships with others in the CAM field, resulting in an increase in collaborative research. Opportunities to learn from each other about research and to share expertise as well as questions are

invaluable. This teamwork model is the foundation of the Cancer Complementary & Alternative Medicine (CCAM) research team, a multidisciplinary group of fourteen researchers and practitioners whose research focuses on the evaluation of CAM in the context of cancer.

Within the team environment, roadblocks and struggles that often arise in doing CAM research are handled as a group rather than on an individual and isolated basis. Duplication of efforts is therefore also reduced. In addition to these within-team benefits, broader, external partnerships are also important for research follow-through and uptake. In particular, engaging partners from the community or public sectors helps to ensure that research plans are appropriate



NEWS FROM CCAM

and that anticipated results will be put to use effectively.

For example, in early April 2006, the CCAM team met with a representative from the Cancer Information Service (CIS) of the Canadian Cancer Society (CCS) to explore ways in which the two groups could work together to make CAM information more available to people living with cancer and their families. A recent collaborative survey of 303 participants indicated that approximately 35% of cancer patients who called the CIS had used, or were currently using CAM for their cancer care. It also provided specific information on what patients need. Questions about CAM were the tenth most common reason for contacting the CIS, which demonstrates that cancer patients are turning to the CIS as a source for CAM information. These results presented a unique partnership opportunity of mutual interest and benefit to both organizations.

By forging such a partnership, both groups will aim at providing credible, evidence-based information about CAM to cancer patients. CCAM can offer the research experience in CAM and cancer, while the CIS holds a direct link to the cancer population. Since the CIS is a widely used, national cancer information source that receives over 67,000 calls per year, it is an excellent pathway for the transfer of research results to the public. Equipping the CIS staff with references to credible CAM sources (e.g. websites, books, etc) will not only help the CIS provide better service to their callers, but will also assist researchers translate results into impact. The upfront discussion about the CAM information needs of CIS callers and the

CCAM team's research background laid the groundwork for an appropriate plan of action that will use respective strengths and will ultimately reward everyone involved.

Team Publications of Interest

Brazier A, Mulkins A, Verhoef MJ. Evaluating a yogic breathing and meditation intervention for individuals living with HIV/AIDS. *Am J Public Health* 2006; 20(3):192-5.

Chiu L, Balneaves L, Barroetavena MC, Doll R, Leis A. Use of complementary and alternative medicine by Chinese individuals living with cancer in British Columbia. *J Compl & Integrative Med* 2006;3(1).

Verhoef MJ, Mulkins A, Boon HS. Integrative health care: How can we determine whether patients benefit? *J Altern Comp Med* 2005; 11 Suppl:S57-65.

Acknowledgement

CCAM is supported by the Sociobehavioural Cancer Research Network (SCRN) of the Centre for Behavioural Research & Program Evaluation (CBRPE) with financial support provided by the National Cancer Institute of Canada with funds from the Canadian Cancer Society.

CAMera CORNER



CAMera is an official partner of IN-CAM. For more information and to register, please contact CAMera at (403)210-9608 or info@cameraresearchnetwork.ab.ca

The Complementary and Alternative Medicine Education and Research Network of Alberta (CAMera) publishes a bimonthly newsletter. CAMera's March issue, now available online, focuses on CAM and Women's Health.

Women's health is an important topic in CAM research. Highlighted in this month's editorial, Lynn Meadows, PhD, states "women view their health from a holistic perspective" and that "in order to address the complexities of contemporary Canadian women's health, research and practice will best serve women by acknowledging the broad determinants of health and the full complement of services that address adjuncts for health". In our *Research Corner*, Esther Suter, PhD, shares her recent study of women's approach to information gathering and evaluation of complementary and alternative therapies to manage menopausal symptoms. Also featured is a list of recently published articles on CAM and Women's Health.

To download the CAMera's March Newsletter, please visit www.cameraresearchnetwork.ab.ca/news/pdf/issue20.pdf

CAMera's March Issue on CAM and Women's Health includes:

- Editorial: Determinants of Women's Health and Well-being
- Research Corner: Women's approach to information gathering and evaluation of complementary and alternative therapies to manage menopausal symptoms
- CAMera's 5th Annual Symposium Program Update
- Upcoming Events
- Recently published articles and editorials on CAM and Women's Health



NEWS FROM PedCAM



For more information relevant to pediatrics, please visit the PedCAM network website at: <http://www.pedcam.ca>

A one-day event devoted to pediatric CAM research, hosted by the Canadian PedCAM Network, was held on May 24th, 2006 - immediately prior to the North American Research Conference on Complementary and Integrative Medicine in Edmonton in Alberta.

This day featured speakers who are leaders in the field of pediatric CAM research including David Moher, Kathi Kemper, and Stephen Aung. Participants chose from concurrent sessions on research skills - including sessions on randomized controlled trials and systematic reviews in pediatric CAM, mixed methods, and ethics. Participants also had the opportunity to gain direct understanding of CAM practices used in children by choosing from experiential sessions on traditional Chinese medicine, naturopathy, and massage therapy for children.

PedCAM invited participants to join in a reception hosted by the Sick Kids Foundation to conclude this informative day.

Recent Pediatric CAM Articles:

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