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**EDITORIAL: IN-CAM'S THIRD ANNUAL SYMPOSIUM**

**Heather Boon and Marja Verhoef**



The 3<sup>rd</sup> Annual IN-CAM Research Symposium *Integrating CAM Research and Practice: A Focus on Outcome Measures*, held on Nov 3<sup>rd</sup> -5<sup>th</sup> 2006 in Calgary, was a great success, as reflected by participant completed evaluation forms. The event was co-hosted by the Complementary and Alternative Medicine Education and Research Network of Alberta (CAMera) and approximately 100 IN-CAM and CAMera members attended the meeting. The general theme of the meeting was CAM related outcomes in research and practice. At the close of the conference a new developing, online database of CAM outcomes measures was presented, including a wide range of outcomes in nine different domains – the IN-CAM Outcomes Database. Participants identified the highlights as: the opportunities for networking; the keynote presentations from Charlotte Paterson, Stewart Mercer, John Toews and Heather Boon; the diversity, high quality, relevance, rigor and thought-provoking nature of the paper and poster presenters; and the supportive, collegial and spirited atmosphere. The caterers even spontaneously expressed their amazement regarding how many people were actively engaged in conversations with each other. This suggests that IN-CAM, true to its name, is indeed a real network, in which people exchange ideas, provide

and ask for feedback and brainstorm about new research ideas.

We would like to thank all those who participated by presenting their work, asking stimulating questions and engaging in spirited (but respectful) debate. It is this participation that makes the IN-CAM Symposium a success each year. A special thanks to all the sponsors (listed below) without whom the Symposium could not have happened and also many thanks to all the volunteers! For those who missed the Symposium (or want to re-visit the experience), highlights about the guest speakers and their work, and the trainee workshop are presented elsewhere in this Bulletin. All the abstracts presented at the Symposium will be published in the *Journal of Complementary and Integrative Medicine* (<http://www.bepress.com/jcim/>) and are currently available on the IN-CAM web site (<http://www.incamresearch.ca/index.php?id=19.213.0.0.1.0>).

The next IN-CAM event is a Mini-symposium entitled "CAM Research: From Experience to Evidence" which will be held at McGill University, Montreal on February 2, 2007. The goal of this Mini-symposium is to highlight CAM research under development or underway in the Montreal region and to foster collaboration and networking. We look forward to seeing many IN-CAM members at that event. The call for abstracts (deadline December 15, 2006) is included in the Bulletin and is available on the IN-CAM web site: [www.incamresearch.ca](http://www.incamresearch.ca)

Finally, we are already planning for the 4<sup>th</sup> Annual IN-CAM Research Symposium tentatively scheduled for November 2<sup>nd</sup>-4<sup>th</sup> in Vancouver. Details to follow. Suggestions for conference themes, keynote speakers, as well as workshop or session topics are encouraged. Please send your ideas to Julie de Courval ([Julie.decourval@utoronto.ca](mailto:Julie.decourval@utoronto.ca)).

**ÉDITORIAL: TROISIÈME SYMPOSIUM ANNUEL DE L'IN-CAM**

**Heather Boon et Marja Verhoef**

Le 3<sup>e</sup> symposium annuel de recherche de l'IN-CAM intitulé « intégration de la recherche et des pratiques MAC: Le point sur les indicateurs de résultats » a eu

lieu les 4 et 5 novembre 2006 à Calgary et fut un franc succès à tous les niveaux comme en témoignent les fiches d'évaluation. Près de 100 membres de l'IN-CAM et



de CAMera ont participé à la rencontre.. La réunion avait pour thème général : les résultats liés aux MAC au niveau de la recherche et en pratique. À la fin de la conférence, une nouvelle base de données en ligne sur des indicateurs de résultats pour les MAC nous a été présentée : *la base de données de résultats de l'IN-CAM*. Les participants ont identifié les faits saillants suivants: les possibilités de réseautage; les présentations des conférenciers principaux: Charlotte Paterson, Stewart Mercer, John Toews et Heather Boon; la diversité et la haute qualité des présentations orales et par affiche; l'ambiance de collégialité et un environnement favorisant le soutien et l'entraide. Même les traiteurs ont remarqué que les participants étaient animés et discutaient entre eux. Cela signifie que comme son nom l'indique, IN-CAM est en effet un véritable réseau dans lequel les gens peuvent échanger des idées, offrir et demander du soutien et participer à des séances de remue-méninges pour générer de nouvelles idées.

Nous remercions tous les participants qui ont présenté leur travail, posé des questions stimulantes et participé à des débats animés (mais respectueux). C'est grâce à cette participation que le symposium est un succès chaque année. Un merci tout spécial à tous les bénévoles et les commanditaires (énumérés ci-dessous) qui ont rendu cet événement possible. Pour ceux qui n'ont pas pu assister au symposium (ou les participants qui aimeraient se remémorer l'expérience), les points saillants des conférences en

plénière et l'atelier pour les étudiants sont présentés ailleurs dans ce numéro. Tous les résumés sont maintenant disponibles sur le site Web de l'IN-CAM à : [www.incamresearch.ca](http://www.incamresearch.ca) et seront publiés dans le *Journal of Complementary and Integrative Medicine* (<http://www.bepress.com/jcim/>).

Le prochain événement que IN-CAM va organiser est un mini-symposium intitulé : Recherche sur les MAC : De l'expérience à l'évidence qui aura lieu à l'université McGill à Montréal le 2 février 2007. Le but de ce mini-symposium est de mettre en valeur la recherche MAC en cours dans la région de Montréal et d'encourager la collaboration ainsi que de promouvoir les activités de réseautage. Nous avons hâte de voir plusieurs de nos membres à cet événement. La demande de résumés (date limite le 15 décembre 2006) est incluse dans ce bulletin et est aussi disponible sur le site Web de l'IN-CAM ([www.incamresearch.ca](http://www.incamresearch.ca)).

Enfin, nous avons déjà commencé à planifier et à organiser le 4<sup>e</sup> symposium annuel de l'IN-CAM prévu pour les 2-4 novembre 2007 à Vancouver (détails à suivre). Des propositions pour des thèmes de conférence, des conférenciers principaux ainsi que des ateliers ou des thèmes de séance sont sollicités. Veuillez envoyer vos idées à Julie de Courval ([julie.decourval@utoronto.ca](mailto:julie.decourval@utoronto.ca)).



## FOCUS ON: CALLING ON ALL CAM RESEARCH "TRAINEES"

**Laura Weeks (Vanderheyden), Kristine Hirschhorn, Jennifer Cuffe, Daniel Hollenberg**

Are you a graduate student, post-doctoral fellow, or new faculty member, or are you considering a career in CAM-related research? If so, we'd like to hear from you!

At the recent 3<sup>rd</sup> Annual IN-CAM Research Symposium, a group of approximately 20 CAM research 'trainees' attended an informal discussion with the intent to share information on research interests and expertise, and explore opportunities and mechanisms for future collaboration. The development of collaborative relationships amongst CAM research trainees is essential for a strong future for

CAM research in Canada; but, with limited resources, trainees face numerous challenges when attempting to develop such relationships.

We feel that the first step to collaboration is relationship building, and therefore hosted this informal discussion/workshop to gather and introduce a group of CAM research 'trainees'. We had some fun, which involved pink yarn and spilled tea, but also shared information on our backgrounds, research interests and reasons for wanting to collaborate. Although the diversity in participants' backgrounds quickly became apparent, we did identify some interests in common among a few participants, including:



## FOCUS ON: CALLING ON ALL RESEARCH “TRAINEES”

- Research methods (e.g., whole systems research, clinical trials, outcome measures);
- Integrative health care models;
- Pediatrics; and
- Natural health products.

With sufficient interest, some of these topics may form the foundation for future discussion groups or research collaboration. Specifically, many participants identified a desire to continue discussions around collaborating around topics such as whole systems research, mixed methods research, integrative health care models and/or outcome measure selection and development.

Collaboration may take many shapes, depending on the common objective of the collaborative group. Some potential objectives identified by workshop participants were to:

1. Meet people and make contacts;
2. Obtain assistance in grant submission;
3. Collaborate on writing papers; and
4. Acquire knowledge or background in specific areas.

The identification of collaborative teams around specific topics or objectives seemed impossible during this first short meeting; however, we hope to have laid the groundwork for future relationship building.

To build on the momentum created during the discussion, the suggestion was made to create a database of CAM research trainees' research interests and experiences. Such a database may be useful when trainees are seeking:

- An informal chat about literature outside their primary discipline;
- Potential collaborators;
- Advice on a grant submission;
- Job opportunities; or
- Any peer for any other creative reason!

If you have any feedback on how collaborative opportunities may be fostered amongst CAM research trainees in Canada, or would like to be included in such a database, please contact Laura Weeks (Vanderheyden): [lvanderh@ucalgary.ca](mailto:lvanderh@ucalgary.ca); (403) 210-8696.

## PROFILE: CHARLOTTE PATERSON

“Choose one or two symptoms (physical or mental) which bother you the most” ... is how the Measure Yourself Medical Outcome Profile (MYMOP) questionnaire begins. It does not prescribe, it asks about



the individual patient's perspective. Dr. Charlotte Paterson is probably best known for developing and validating this instrument. (1,2) The MYMOP has signalled a new and innovative approach in outcomes assessment. In her keynote address during the Third Annual IN-CAM Symposium, Charlotte talked about the importance of

outcome measures that are patient-centred and that encompass the aims, values and treatment effects that are prioritized by individuals and enable each individual to provide an unambiguous assessment of change over time.

Exploring and measuring appropriate outcome measures is a crucial part of Charlotte's interest in research designs that allow the investigation of complex interventions such as holistic therapies and personalized packages of care. In her research Charlotte has convincingly shown that this can only be done when both qualitative and quantitative methods are being used, which is reflected in the MYMOP (2,3). She argues that an intervention can only be evaluated

if its outcomes, processes (including the therapeutic relationship) and their complex interconnections are understood. Charlotte has extensively studied traditional Chinese medicine and acupuncture as examples of such complex interventions.(4,5) She wishes to promote this work by engaging in collaborative projects, which include patients, practitioners and researchers and which challenge the hegemony of reductionist randomized controlled trials.

Last, Charlotte has been taking policy makers to task regarding the provision of evidence based CAM and funding for integrated health care research. In a letter to the editor of the Independent (6), she asks: “Why then are complementary therapies that are booming in the private sector so rarely provided within the NHS? How does this promote patient choice and equity? Is it acceptable for the rich to escape the dangers of adverse drug effects whilst the less advantaged end up in hospital?” And: “Despite a few inspiring examples of combining complementary and orthodox approaches in, for example, cancer care and in deprived communities, most of these projects struggle to survive on a hotch-potch of short-term or charitable funding. Crucial organizations ..... still, after many years of work, have to launch new appeals for charitable support.”

Charlotte's work builds on her extensive experience as a family doctor. Currently she is a research fellow at the Institute of Health and Social Care Research at the Peninsula Medical School at the University of Exeter, UK. In 2002 she received a prestigious Medical Research Council Fellowship.



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3. Paterson C, Britten N. (2003) Acupuncture for people with chronic illness: combining qualitative and quantitative outcome assessment. *Journal of Alternative and Complementary Medicine.* 9:671-681
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5. Paterson C, Dieppe P. (2005) Characteristic and incidental (placebo) effects in complex interventions such as acupuncture. *British Medical Journal*;330:1202-5.
6. Paterson C. Alternative NHS (Letter). *The Independent* (London), July 6, 2004.

## PROFILE: STEWART MERCER

Stewart Mercer is a Senior Clinical Research Fellow in Primary Care at the University of Glasgow. He is a practicing family



physician with a strong clinical interest in the integration of complementary and conventional care. During his visit with us in Calgary for the 3<sup>rd</sup> Annual IN-CAM Symposium we learned about his research into the importance of practitioner empathy and the therapeutic alliance in both conventional and complementary medicine.

One of the most interesting and informative things about Stewart's work is his use of both qualitative and quantitative research methods. He began by exploring what patients valued in encounters with physicians at the Glasgow Homeopathic Hospital. Themes such as "time", the "whole-person approach", "being treated as an individual" and being able to "tell their stories" figured prominently in the interviews.(1)

Based on his qualitative findings, Stewart went on to develop the Consultation and Relational Empathy (CARE) Measure as a patient-assessed measure of practitioner empathy.(2, 3) The CARE measure has undergone significant validity and reliability testing and been used to investigate patient perceptions of consultations with both physicians and complementary/alternative medicine (CAM) practitioners.(3-6) His work has demonstrated that empathy scores explain a significant portion of the "explained variation" in patient enablement scores. (4-6) Practitioner empathy also appears to predict patient outcomes, either directly (7) or indirectly via patient enablement. (4-6)

The CARE measure has recently been adopted as a tool for the appraisal of doctors and doctors in training in the UK. Participants

at the IN-CAM Symposium shared their experiences with using the CARE measure during the discussion following Stewart's presentation. This looks like a useful assessment tool for CAM clinical research in Canada.

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## CAM RESEARCH UPDATE

### RECENT ARTICLES

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

#### Priority Area: CAM Health Care Delivery and Policy

- Boon H, MacPherson H, Fleishman S, Grimsgaard S, Koithan M, Norheim AJ, Walach H. Evaluating Complex Healthcare Systems: A Critique of Four Approaches. eCAM, doi:10.1093/ecam/nel079
- Dumoff A. Legal Matters: The Ins and Outs. Pros and Cons of Nonlicensed Practice: Report and Commentary on the Health Freedom Movement. Altern Complement Ther 2006 Jun;12(3):136-42.
- Fearon J. Developing a complementary therapy policy. Br J Nurs 2006 Feb 23;15(4):228-32.
- Laequee H, Boon H, Kachan N, Cohen JC, D'Cruz J. The Canadian Natural Health Products (NHP) Regulations: Industry Compliance Motivations. Evid.Based Complement.Altern Med, Advance Access published on November 17, 2006; doi: doi:10.1093/ecam/nel090
- Lind BK, Lafferty WE, Grembowski DE, Diehr PK. Complementary and alternative provider use by insured patients with diabetes in Washington State. J Altern Complement Med 2006 Jan-Feb;12(1):71-7.
- O'Dowd A. New rules for homeopathic remedies anger UK peers. BMJ. 2006 Nov 4;333(7575):935.
- Ratcliffe J, Thomas KJ, MacPherson H, Brazier J. A randomised controlled trial of acupuncture care for persistent low back pain: cost effectiveness analysis. BMJ. 2006 Sep 23;333(7569):626. Epub 2006 Sep 15.
- Robotin MC, Penman AG. Integrating complementary therapies into mainstream cancer care: which way forward? Med J Aust. 2006 Oct 2;185(7):377-9. PMID: 17014406
- Willison K Integrating Self-Care and Chronic Disease Management through a Community Based Research Approach Ontario Health Promotion e-Bulletin [http://www.ohpe.ca/index.php?option=com\\_content&task=view&id=7747&Itemid=78](http://www.ohpe.ca/index.php?option=com_content&task=view&id=7747&Itemid=78)

- Wonderling D. Acupuncture in mainstream health care. BMJ. 2006 Sep 23;333(7569):611-2.

#### Priority Area: Methodological Research for CAM

- Elder C, Aickin M, Bell IR, Fonnebo V, Lewith GT, Ritenbaugh C, Verhoef M. Methodological challenges in whole systems research. J Altern Complement Med. 2006 Nov;12(9):843-50.
- Lewith GT, White PJ, Kaptchuk TJ. Developing a research strategy for acupuncture. Clin J Pain. 2006 Sep;22(7):632-8. Review. Post-White J, Hawks R, O'Mara A, Ott MJ. Future directions of CAM research in pediatric oncology. J Pediatr Oncol Nurs. 2006 Sep-Oct;23(5):265-8.
- 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.
- Verhoef MJ, Vanderheyden LC, Dryden T, Mallory D, Ware MA. Evaluating complementary and alternative medicine interventions: in search of appropriate patient-centred outcome measures. BMC Complement Altern Med. 2006 Nov 21;6:38.
- Verhoef MJ, Vanderheyden LC, Fonnebo V. A whole systems research approach to cancer care: why do we need it and how do we get started? Integr Cancer Ther. 2006 Dec;5(4):287-92.
- The most recent issue of Integrative Cancer Therapies is dedicated to whole systems research and its potential in the investigation of integrative medicine. Integr Cancer Ther. 2006; 5(4).

#### Priority Area: Knowledge Transfer

- Gagnier J, Boon H, Rochon P, Moher D, Barnes J, Bombardier C, for the CONSORT Group Recommendations for reporting randomized controlled trials of herbal interventions: explanation and elaboration. J Clin epi doi: 10.1016/j.jclinepi.2005.12.020
- Hoskins W, McHardy A, Pollard H, Windsham R, Onley R. Chiropractic treatment of lower extremity conditions: a literature review. J Manipulative Physiol Ther. 2006 Oct;29(8):658-71.

## OF INTEREST - UPCOMING EVENTS

### 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](mailto:B.Wider@exeter.ac.uk)

### Canadian Interdisciplinary Network for CAM Research (IN-CAM)

#### IN-CAM Mini Symposium: CAM Research: From Experience to Evidence

February 2, 2007 *Montreal, QC*

**Abstract deadline: December 15, 2006**

For further information please visit: <http://www.incamresearch.ca>

Or e-mail: [linda.ferguson@muhc.mcgill.ca](mailto:linda.ferguson@muhc.mcgill.ca)

### International Congress of Complementary Medicine Research

May 11 - 13, 2007 *Munich, Germany*

**Abstract deadline: December 31, 2006**

For further information please visit:

[www.cmr-muc2007.de/index.html](http://www.cmr-muc2007.de/index.html)

### Association of Complementary and Integrative Physicians of BC (ACIPBC) - Conference - Integration: The Best Model for Health Care

#### - Returning to Holism

May 25 - 27, 2007

*Victoria, BC*

For further information please visit:

<http://bodyheals.ca/call.html>

### Society for Acupuncture Research - The Status and Future of Acupuncture Research: 10 Year Post-NIH Consensus Conference

November 8 - 11, 2007

*Baltimore, MD*

**Abstract deadline: April 7, 2007**

For further information please visit:

<http://www.acupunctureresearch.org>



## NEWS FROM IN-CAM PARTNERS

### CAMera CORNER



CAMera is a not-for-profit organization. Membership is open to researchers, administrators and practitioners with an interest in CAM research across the province of Alberta.

For more information about us, please visit:

<http://www.cameraresearchnetwork.ab.ca/>

## NEWS FROM PedCAM



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

### Upcoming Conference Announcement Save These Dates!

Complementary and Alternative Health Care and Paediatrics Forum  
**May 4, 2007** and Ambulatory Pediatric Association CAM Special Interest Group **May 5, 2007**  
Toronto, Canada

We are pleased to announce two important events for those interested in Complementary and Alternative Health Care and Paediatrics.

SickKids Foundation will be hosting a one-day forum in Complementary and Alternative Health Care and Paediatrics on Friday, May 4, 2007. The purpose of the forum will be to disseminate knowledge and results of research projects funded by SickKids Foundation.

The Ambulatory Pediatric Association's Complementary and Alternative Medicine Special Interest Group will hold its meeting on Saturday, May 5, 2007, in conjunction with the Pediatric Academic Societies' 2007 Annual Meeting from May 5 – 8, 2007.

Please contact [national.grants@sickkidsfoundation.com](mailto:national.grants@sickkidsfoundation.com) if you have further questions or if you would like to get on the SickKids mailing list.

Please join us for this important event!

### Sample of Recent Pediatric CAM Research Publications:

- Anbar RD, Slothower MP. Hypnosis for treatment of insomnia in school-age children: a retrospective chart review. BMC Pediatr. 2006 Aug 16;6:23

- Beauregard M, Levesque J. Functional magnetic resonance imaging investigation of the effects of neurofeedback training on the neural bases of selective attention and response inhibition in children with attention-deficit/hyperactivity disorder. Appl Psychophysiol Biofeedback. 2006 Mar;31(1):3-20.
- Charrois TL, Sandhu G, Vohra S. Probiotics. Pediatr Rev. 2006 Apr;27(4):137-9. Review
- Ladas EJ, Post-White J, Hawks R, Taromina K. Evidence for symptom management in the child with cancer. J Pediatr Hematol Oncol. 2006 Sep;28(9):601-15. Review
- Litonjua AA, Rifas-Shiman SL, Ly NP, Tantisira KG, Rich-Edwards JW, Camargo CA Jr, Weiss ST, Gillman MW, Gold DR. Maternal antioxidant intake in pregnancy and wheezing illnesses in children at 2 y of age. Am J Clin Nutr. 2006 Oct;84(4):903-11.
- Nickel AK, Hillecke T, Argstatter H, Bolay HV. Outcome research in music therapy: a step on the long road to an evidence-based treatment. Ann N Y Acad Sci. 2005 Dec;1060:283-93
- Saab BR, Pashayan N, El-Chemaly S, Sabra R. Sesame oil use in ameliorating cough in children: a randomised controlled trial. Complement Ther Med. 2006 Jun;14(2):92-9. Epub 2006 May 11.
- Shaw A, Thompson EA, Sharp D. Complementary therapy use by patients and parents of children with asthma and the implications for NHS care: a qualitative study. BMC Health Serv Res. 2006 Jun 15;6:76.
- Strehl U, Leins U, Goth G, Klinger C, Hinterberger T, Birbaumer N. Self-regulation of slow cortical potentials: a new treatment for children with attention-deficit/hyperactivity disorder. Pediatrics. 2006 Nov;118(5):e1530-40. Epub 2006 Oct 23.



## SPECIAL ANNOUNCEMENT - ANNONCE SPÉCIALE

### IN-CAM Mini-Symposium: CAM Research: From Experience to Evidence - Call for Abstracts

The Canadian Interdisciplinary Network for Complementary and Alternative Medicine Research (IN-CAM) is hosting a mini-symposium on February 2<sup>nd</sup> 2007 at McGill University, New Residence Hall, Montreal, Quebec. The objective is to highlight CAM research under development or underway in the Montreal region and to foster collaboration and networking. We encourage you to submit abstracts for poster or oral presentation. Posters or presentations that have already been presented at other meetings are welcome!

**Abstracts are due December 15, 2006.**

Further information on abstract submission and an abstract submission form are available on the IN-CAM website at: [www.incamresearch.ca](http://www.incamresearch.ca). If you have any questions, please contact Linda Ferguson ([linda.ferguson@muhc.mcgill.ca](mailto:linda.ferguson@muhc.mcgill.ca)).



***"Networking under the trees" at the Calgary Symposium  
November 4 & 5, 2006***

### Mini-Symposium de l'IN-CAM: Recherche sur les MAC: De l'expérience à l'évidence - Demande de résumés

Le réseau interdisciplinaire Canadien de recherche sur les médecines alternatives et complémentaires (IN-CAM) sera l'hôte d'un mini colloque le 2 février 2007 à l'université McGill, "New Residence Hall", Montréal, Québec. L'objectif est de mettre en lumière la recherche sur les MAC dans la région de Montréal présentement en développement ou en voie de l'être et d'encourager la collaboration et le réseau de communication. Nous vous encourageons à soumettre vos résumés pour des affiches ou des présentations orales. Les affiches ou les présentations ayant déjà été soumis lors de d'autres réunions sont bienvenues.

**Les résumés doivent être soumis avant le 15 décembre 2006**

De plus amples informations concernant le résumé ainsi qu'un formulaire pour la soumission de résumé sont disponibles sur le site Internet de l'IN-CAM au: [www.incamresearch.ca](http://www.incamresearch.ca). Si vous avez des questions veuillez s'il vous plait contacter Linda Ferguson ([linda.ferguson@muhc.mcgill.ca](mailto:linda.ferguson@muhc.mcgill.ca)).

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We invite your questions, comments and suggestions on the bulletin, the website and the network in general. Please contact one of our two Network Coordinators/Nous accueillerons avec plaisir vos questions, commentaires et suggestions à propos du Bulletin, du site Web ou du réseau en général. Veuillez contacter l'une de nos deux coordonnatrices.