

Professor Baoyan Liu, President of World Federation of Acupuncture – Moxibustion Society in China, President of China Association of Acupuncture-Moxibustion, Visited Highland Hospital in Oakland, California (September 21st, 2017)

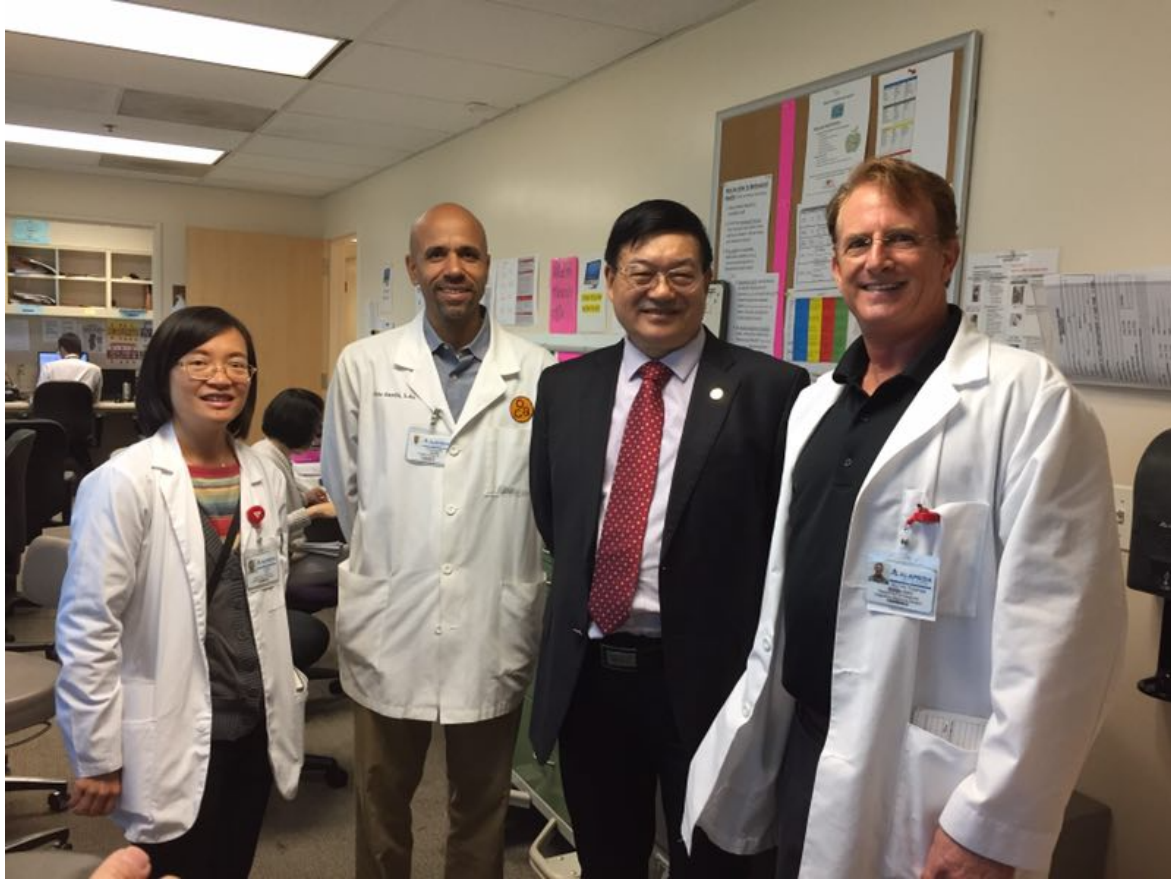
American Society of Chinese Medicine
Highland Hospital



Picture 1: Prof. Liu visits Highland Hospital.

Per the invitation of American Society of Chinese Medicine (ASCM, <http://www.ascmus.org/>), Professor Baoyan Liu, President of World Federation of Acupuncture – Moxibustion Society (<http://www.wfas.org.cn/>), Consultant of Traditional Medicine of World Health Organization (WHO), President of China

Association of Acupuncture-Moxibustion, Chief Investigator of China Academy of Chinese Medical Sciences, visited Highland Hospital in Oakland, California on September 21st, 2017. Prof Liu published two major research articles in Annals of Internal Medicine and The Journal of the American Medical Association (JAMA). The main research he presented was the *Effect of Electroacupuncture on Urinary Leakage Among Women With Stress Urinary Incontinence: A Randomized Clinical Trial*. The number of publicized research articles on acupuncture is rising rapidly, which indicates acupuncture is getting attention from mainstream conventional medicine. In the ongoing response to the opioid crisis, the guidelines of pain management suggested using non-pharmacological treatments as first line treatment. The FDA advised physicians to learn non-pharmacological treatments. As of January 2018, the Joint Commission will require accredited hospitals to provide non-pharmacological approaches to pain and hire licensed independent practitioners based on identified needs of its patient population. All the above policies have brought both opportunities and challenges to acupuncturists in the United States. It is important to assure the competency standards in safety and efficacy of acupuncture by evidence-based medicine. Professor Liu's two articles on randomized control trials (RCT) in the use of acupuncture met this urgent need.



Picture 2: Prof. Liu visits the outpatient Primary care acupuncture clinic in Highland Hospital.

Highland Hospital is a public teaching hospital in Alameda County, Oakland, California. It has a wide range of racial diversity of patients, faculty & staff and offers translation of 26 languages for patients. The emergency department (ED) is an adult Level I trauma center and is one of the pioneers offering acupuncture to patients. In addition, the internal medicine department of Highland launched the first resident program of acupuncture and Chinese medicine in a public teaching hospital system. It is a perfect platform to show the ancient wisdom of health care of Chinese medicine to the world. The Division of Integrative Medicine (DIM) consists of medical doctors with acupuncture licensure and independent acupuncturists. There are 9 students composed of interns and residents, whose service of acupuncture and consultation of Chinese medicine covers the Internal Medicine department, Intensive Care Unit (ICU) and Emergency Department (ED). Thursday is a regular working day for the DIM. Licensed acupuncturists Wayne Matecki and Victoria Tuan met Prof. Liu at the front door at 10:30am and introduced the big picture of Highland Hospital, then they walked through the ED, ICU and the Oncology department where they met Dr. Irwin, the

Director of Oncology. The last stop was the Primary Care department, in which acupuncture treatment is offered to outpatients. Prof. Liu talked to the practitioners of acupuncture warmly and took pictures with supervisor, Chris Randle, a specialist in sports acupuncture.



Picture 3: Prof. Liu with the faculty and interns and residents of DIM in Highland Hospital.

After looking around, Prof. Liu was invited to have lunch with DIM staff at noon conference. Dr. LeCompte was leading a journal club this week; the theme happened to be evidence for health decision making beyond randomized controlled trials. Prof. Liu is the top scientist in the clinical research of acupuncture and Chinese medicine and has numerous experiences on the methodology of research. In regard to various comments on RCT's of acupuncture and Chinese medicine, he said, in researching causes and diagnosis of disease, RCT may not be appropriate, though for researching interventions RCT is still the strongest method for Evidence Based Medicine. There are many challenges in Chinese medicine research because of its core theory of tailoring treatment individually by constitution of the person and time of disease occurrence. For this kind of changeable intervention, the object of research

should be a doctor instead of a fixed regimen. There are two paths of research nowadays, one is the conventional way using sampling to represent an entire population, but samples are always limited in their representation of the whole; the other is to collect as much data as possible of the whole population, which is called real world evidence study, however it requires access to electronic medical records and a supercomputer. With a few words, Prof. Liu drew a clear picture for the present research of acupuncture and Chinese medicine and a vision for the future.



Picture 4: Prof. Liu is speaking in the journal club of DIM noon conference.

As licensed acupuncturists practicing Chinese Medicine independently in the United States, we should appreciate how hard our predecessors have fought to gain this status. We should be aware of the challenges and exploitations facing us. We are at the frontline in the fight for the existence of Chinese Medicine and acupuncture in the US, and the influence will be worldwide. Hopefully, extensive international cooperation of research on acupuncture and Chinese medicine will be launched following the trip of Prof. Liu. This will contribute globally in promoting the practice of acupuncture and Chinese medicine. We are looking forward to see that acupuncture and Chinese Medicine will play a very important role in health care reformation all over the world.



Pic. 5: Official Meeting in Beijing. From Left to Right: Dr. Amy Matecki, Prof. Baoyan Liu, Dr. Rona Ma and Dr. Gangzhu Wang

Prof. Liu met with Dr. Amy Matecki, President of California Acupuncture board and Division Chief of Integrative Medicine at Highland Hospital, Dr. Rona Ma, President of American Society of Chinese Medicine in Beijing on Sept 23rd, 2017 in China to discuss the future of Acupuncture research collaboration between the two countries.

Main publication of Prof. Baoyan Liu

1. Acupuncture for Chronic Severe Functional Constipation: A Randomized Trial

<http://annals.org/aim/article/2552074/acupuncture-chronic-severe-functional-constipation-randomized-trial#>

2. Acupuncture for persistent allergic rhinitis: a multi-centre, randomized, controlled trial protocol
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2715403/>
3. Effect of Electroacupuncture on Urinary Leakage Among Women With Stress Urinary Incontinence: A Randomized Clinical Trial.
<http://jamanetwork.com/journals/jama/fullarticle/2633916>
4. Effect of Blinding With a New Pragmatic Placebo Needle
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4602803/>
5. Real world research: a complementary method to establish the effectiveness of acupuncture
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4440554/>

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