

RiEN AGM Brussels 2016

STRENGTHENING REFLEXOLOGY IN INTEGRATED HEALTHCARE



*Bridges building between practitioners
researchers and policy makers*

Leila Eriksen, Denmark



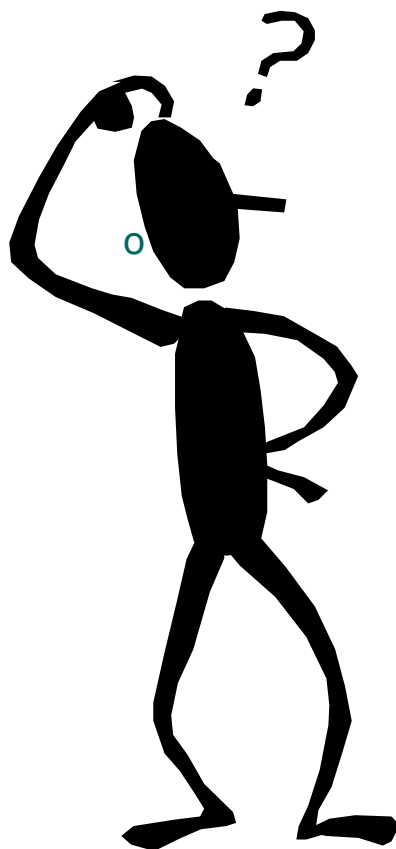
BACKGROUND ICR 2015

RESEARCHER - Nicola Robinson



PRACTITIONER - Leila Eriksen

3 POINTS



- * Why is reflexology almost invisible at Research conferences?
- * What can be done to help reflexology to become recognized?
- * What can be done to help reflexology an integral part of health care systems?

ISCMR CONFERENCES

2008 Sydney – 2010 Tromsø – 2011
Chengdu – 2012 Portland – 2013
London – 2014 Miami – 2015 Jeju



**INTEGRATIVE
MEDICINE
& HEALTH**
— 2016 —

Bridging Research, Clinical Care,
Education, and Policy

GREEN VALLEY RANCH RESORT | LAS VEGAS, NEVADA | MAY 17-20, 2016





NON-RESEARCH ABSTRACTS

A 15 minute **oral** or **poster** presentation of non-research based innovations or original work in a particular area.

This format is an alternate to the scientific abstract submission to accommodate clinical, education and policy based proposals that may not be quantitative or data-driven.

The Congress will group accepted proposals along the designated themes (below) to create 60 minute sessions, and will assign a session chair to oversee and moderate the session.

Proposals are accepted in the following categories:

- Clinical - Innovative Clinical Initiatives
- Education - Teaching IM: Innovative Curricular Initiatives
- Policy - International, Federal and Local Health Policy

Deadline to submit a non-research abstract submission is **October 9, 2015**

<http://www.icimh.org/Non-Research-Abstract-Submission>

TOUCH



"Touch Social Significance Could be Explained by Unique Nerve Fibers. A long-overlooked system of nerves that respond to gentle strokes may be crucial to our ability to form connection with one other"

Lydia Denworth
The Scientific American Mind,
Volume 26, Issue 4 July 2015



RESEARCH INFORMATION REFLEXOLOGISTS 2016

- Overview of different knowledge data bases, relevant research institutions and research study on reflexology
- Various scientific methods / design
- Insights on how to document and how to record results from own practice
- Collaboration with professionals in research and other therapists – how to succeed?
- Be able to read abstracts and research articles focusing on source criticism, reliability and relevance
- Provide tips on how to write your own papers, with focus on ethics





INTEGRATIVE MEDICINE - IM

"The two systems of traditional and Western Medicine need not clash. Within context of primary healthcare, they can blend together in a beneficial harmony, using the best features of each system, and compensating for certain weaknesses in each. This is not something that will happened all by itself. Deliberate policy decisions have to be made. But it can be done successfully".



WHO

The World Health Organization, WHO, recognized that the traditional (T) and complementary medicine (CM). T & CM are a vital part of the global health care system. With this in mind, WHO recommends that governments harness the potential contributions of T & CM by regulating, researching and integrating products, practitioners and practice into health systems.



CASE REPORTS - JOURNALS

What can you do?



- Integrative medicine case reports;
A clinicians guide to publication!
- Use the same guidelines for
collecting case stories

Advances in Integrative Medicine,
Volume 1, No 3, December 2014

SUBHEADINGS CASE REPORTS

1. Introduction
2. Why case reports matter
3. Building research capacity in IM
4. Standardization CR publication guidelines
5. Other discipline-specific guidelines
6. What should be reported
7. How should they be reported?
8. Writing style
9. Summary





MY- MOP AND MYCAW

MYMOP - Measure Yourself Medical Outcome Profile - is a patient-generated, or individualized, outcome questionnaire.

- It is problem-specific but includes general wellbeing.
- It is applicable to all patients who present with symptoms, physical, emotional or social.
- It is brief and simple to administer.

<http://www.bris.ac.uk/primaryhealthcare/resources/mymop/?c=welcome>



MYCAW

Measure Yourself Concerns and Wellbeing - an individualised questionnaire, designed for evaluating complementary therapies in cancer support care - also suitable for use in other settings.





EXCEPTIONAL MIGRAINE CASE STORIES

In Norway, The National Research Center in Complementary and Alternative Medicine, NAFKAM, is organized as a center at the Faculty of Medicine, at the UIT, the Arctic University of Norway.

It is funded by the Norwegian Ministry of Health and Care Services. NAFKAM run **RESF**, The Register of Exceptionally Courses of Disease in Scandinavia.



Denmark, Norway, Sweden, England
www.nafkam.no



Nasjonalt forskningscenter
innen komplementær og alternativ medisin





CAM REGULATION

The website will provide details on the regulation of Traditional, Complementary and Alternative Medicine – CAM - in 39 European/EU countries.

The website is open-access, available in English.
It will provide information on CAM regulation and special regulatory issues on 12 selected CAM treatments

- Legal and regulatory status
- Governmental supervision
- Reimbursement status

www.nafkam-camregualtion.uit.no

ICR – RiEN – NRN - ISCMR

- ICR – World
- RiEN - Europe
- NRN - Nordic
- ISCMR - Research



TOUCH – INTENTION TO TREAT

No other form of communication is as universally understood as touch. The compassionate touch of a hand or a reassuring hug can take away our fears, soothe our anxieties, and fill the emptiness of being lonely. *~Randi G Fine~*



TOUCH



TOUCH



LAW OF ATTRACTION



LAW OF ATTRACTION





LAW OF ATTRACTION



REFLEXOLOGY RESEERACH

Articles & Information Regarding Research

In cooperation with NRN - RiEN – ICR – SRAB.dk - NAFKAM.no and others...

- What is reflexology Research
 - Finding Scientific Research
 - Research
 - Evidence Based Practice
- 
- A Guide in Securing the Quality of Research Projects
 - Reflexology - A Therapy form in Progress
 - Reflexology Clients Denmark and Sweden
 - Reflexology for Migraine
 - Consultation sheets for Alternative Practitioner
 - Guide lines for Consultation Sheets

REFLEXOLOGY RESEARCH



PAPER ON THE VENDOR TABLE ?

3 IMPORTANT POINTS

- All reflexology students use the same procedure of doing case reports
- All reflexology students learn, how to read a abstract and reflect on articles
- All reflexology students learn about where to find published reserach.....





CRITIQUING QUESTIONS

- Journal
- Title
- Author credibility
- **Abstract**
- Introduction/background
- Literature review
- Theoretical Framework
- Methodological Framework
- Sample
- **Ethics**
- Pilot study
- Validity and reliability
- Analyses
- **Discussion**
- Recommendations

WHAT ELSE CAN WE DO AS PRACTITIONERS ?

- Audit our practice
- Work with other colleagues to carry out observational studies of practice
- Encourage your professional body to develop a research strategy and seed fund pilot studies- Examples from the UK will be discussed at the conference
- Link with researchers in university
- Do a research masters/PhD program



WHAT ELSE....?

- What are the drivers for research?
- What is the evidence?
- What evidence is important?
- How can research evidence influence clinical practice?
- Does clinical practice influence research?
- How can government policy and guidance be influenced?



WELCOME



www.leilaeriksen.dk