



A KNOWLEDGE BASED FOCUS ON PATIENTS WITH MIGRAINE WHO EXPERIENCE EXCEPTIONAL RESULTS AFTER THE USE OF REFLEXOLOGY AND ACUPUNCTURE, IN FOUR COUNTRIES

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Background

Complementary and Alternative Medicine, CAM, is widely used by migraine patients around the world. Beside the fact that CAM practitioners report good results from treating migraine patients, there is limited knowledge about which factors influence exceptional courses of disease. Collaboration between patients, universities, international CAM consultants and associations is therefore extremely important.

Purpose

The purpose of the project is to collect knowledge based information about exceptional good courses of disease from 24 migraine patients after the use of **reflexology** and **acupuncture** treatment, carried out in Denmark, Norway, Sweden and England.

Material and methods

Patients who have experienced an exceptionally good course of disease after using acupuncture or reflexology, and who did not obtain similar results after the use of conventional medical treatments, can participate in the study if they fulfil the inclusion criteria. "An exceptionally good course of disease" may for instance be disappearance of symptoms after a period of time, complete healing, or experiencing that the symptoms of the disease have been considerably alleviated. Participation in the project, taking place in the year 2009 and 2010, include collection of registration forms and letters of consent for each par-

ticipant besides collecting medical records from the patients' conventional treatment providers and the acupuncturist/reflexologists.

Conclusions

A workshop about exceptional courses of disease relating to migraine based on anonymous cases is planned to take place in 2011 with participation of medical doctors, alternative treatment providers and migraine patient associations. A report and articles will also be developed.

Recommendations and permissions from the ethical committees and data inspectorates in the four countries are in place.

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*1) ETCMA, European Traditional Chinese Medicine Association, www.etcma.org
RIEN, Reflexology in Europe Network, www.reflexeurope.org

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