



Terminology and Definitions of CAM Methods

Bernhard Uehleke

Presentation

Bernhard Uehleke
Leader Work Package 1

Partner

University of Zurich,
Switzerland.

UniversitätsSpital
Zürich 

Place

CAMBrella's Final
Conference

Representation at the Free
State of Bavaria to the
European Union
Brussels, November 29,
2012

- Klaus von Ammon, Martin Frei-Erb
UNIBE/KIKOM Switzerland
- George Lewith US UK
- Paolo Roberti di Sarsina COMCAM Italy
- Torkel Falkenberg, KI Sweden
- Koldo Santos Rey, SAS Spain
- Ant. Lazarus (Gerard Delahaye, Paul Escure)
SMBH France

Other contributors:

**HW Hoefert, J Hök, I Iseppato, J Vas, R Saller
B Brinkhaus, M Dlaboha, M Schagerl,
W Weidenhammer**



CAMBrella is funded by European's Union 7th Framework Programme (FP7/2007-2013), Grant Agreement No. 241951

Terms for „CAM“ in Science

AM Alternative M

CM Complementary M

CAM Compl and Alternative M

UCM Unconventional M

TM Traditional M

IM (IH resp.) Integrative M
Health care

Terms for „CAM“ elsewhere

Experience-based Medicine

(Erfahrungsheilkunde, Germany)

Soft medicine ('Sanfte Medizin', Ger),
Médicine douce (France)

Holistic Medicine

Biological Medicine

Naturheilkunde ('Natural' Healing)

Folk medicine

Ethnomedicine

Traditional medicine

Second (deuxième) médecine (France)

Besondere Therapierichtungen (German
authority use in the 80ies)

Existing Terms for „NonCAM“

Conventional Medicine

Mainstream Medicine

Orthodox Medicine

Regular Medicine

Scientific Medicine

Evidence based Medicine

Allopathic Medicine

Biomedical Medicine (Biomedicine)

Western Medicine

Modern Medicine

Academic Medicine

Scholarly Medicine (Germany: Schulmedizin)

University Medicine

Established Medicine

Conservative Medicine

- **‘CAM’ involved with perspectives from US**
 - Neglecting European history over 150 yrs
 - Broad inclusion of nonmedical activities (Praying), life style, procedures from conventional medicine (physiotherapy) /psychology (stress reduction programs)
 - Will be mixed with IM in Amerika: CAIM
- **‘CM’ to be mixed with conventional medicine (also CM)**
- **‘TM’ inbalanced and not for Western countries (WHO)**
 - Proposal TEM (Traditional European Medicine)
- **‘IM’ describes certain setting and not methods**
 - Excludes own-based practitioners

Our proposal for pragmatic European Definition

Complementary and Alternative Medicine (CAM) utilised by European citizens represents a variety of different medical systems and therapies based on the *knowledge, skills and practices* derived from *theories, philosophies and experiences used to maintain and improve health*, as well as to *prevent, diagnose, relieve or treat physical and mental illnesses*. CAM has been mainly used outside conventional health care, but in some countries certain treatments are being adopted or adapted by conventional health care

Classification of CAM-disciplines/methods,
which may be provided by medical doctors, practitioners
and also used as self-treatments

- 1) Traditional European Medicine TEM, resp.
Traditional European Naturopathy TEN**
- 2) Special European medicinal systems (e.g.
Homeopathy, Anthroposophy)**
- 3) Adapted methods/medicinal systems from
Non-European Traditional Systems**
- 4) Others unconventional medicinal methods used
in Europe**

Our proposal for pragmatic European Definition

Complementary and Alternative Medicine (CAM) utilised by European citizens represents a variety of different medical systems and therapies based on the *knowledge, skills and practices* derived from *theories, philosophies and experiences used to maintain and improve health*, as well as to *prevent, diagnose, relieve or treat physical and mental illnesses*. CAM has been mainly used outside conventional health care, but in some countries certain treatments are being adopted or adapted by conventional health care