Roadmap for Future CAM Research

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Place

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CAM Research Roadmap - Background

• CAM is very prevalent within Europe but no clear picture of CAM use across the whole EU

• CAM research is not coordinated and follow no strategic plan in the EU

→ Significant evidence gaps for CAM regarding prevalence, effectiveness, efficacy, safety and costs
CAM Research Roadmap – Aim and methods

• To provide a research roadmap for clinical and epidemiological research for CAM (not for basic science!)

• Methods:
  • literature review WP 7 on CAM research methods (results in actual issue of Forsch Komplementärmed)
  • results of WP 1-6
  • expert workshop on CAM methods
  • consensus meeting
CAM Research Roadmap – Our Vision for 2020

• To establish a **solid evidence base** that enables European citizens and medical/non-medical healthcare providers to make **informed decisions about CAM utilisation**

• Roadmap proposes a **methodological and strategic research agenda** for the field of CAM to address future European health care challenges such as chronic diseases, healthy aging...
CAM Research Roadmap – key areas

Citizens *

Prevalence *

Effectiveness *

Safety *

Context Factors *

Research Funding

Research Infrastructure

Mixed Methods Approach

Stakeholder Involvement

CAM integration *
Key Area 1: CAM prevalence in the EU

• **Aim**: to develop a valid overview of CAM use in EU

• **Recommendation**: EU-wide approach to assess the prevalence of CAM

• **Methods**: observational and cross-sectional studies

  • using standard definitions and develop a standardised methodology for surveys
  • avoid various forms of bias (e.g. recall bias)
Key Area 2: Needs and attitudes of citizens and providers

• **Aim:** to improve our knowledge about CAM

• **Recommendation:** pan-European research program

• **Methods:** surveys, qualitative interview studies
  
  • citizens’ and providers perspectives on education, training and practices in the field of CAM
  
  • inclusion of health economic aspects of CAM
Key Area 3: CAM safety

- **Aim**: gathering valid information about safety and the risk-benefit ratio of CAM

- **Recommendation**: establish an European-wide monitoring and registration system

- **Methods**: observational studies, clinical trials and single case studies
  - clarification of the terminology
  - taking CAM as a complex treatment and drug interactions into consideration
Key Area 4: Comparative Effectiveness Research

- **Aim**: to support clinical and healthcare policy decision-making with suitable research data

- **Recommendation**: future research should investigate primarily CAM in real world setting

- **Methods**: Comparative Effectiveness Research (CER) / Pragmatic clinical trials include health economic evaluations
Key Area 5: Meaning / Context Factors in CAM

• **Aim:** to understand to what extent the clinical effects of CAM (and conventional medicine) are due to meaning and context effects

• **Recommendation:** perform clinical trials and try to differentiate specific effects from meaning / context effects

• **Methods:** clinical trials including qualitative studies and
  • experimental studies to investigate the underlying mechanisms of CAM
Key Area 6: Models in CAM integration into health systems

- **Aim**: to investigate different CAM integration models such as “opposition”, “integration” and “pluralism”

- **Recommendation**: a reliable description and evaluation of the existing models of CAM integration

- **Methods**: mixed methods approach including different epidemiologic evaluation methods
CAM modalities in research areas

Which CAM modalities should be evaluated first?

- The choice of CAM modalities for which research is to be funded should be determined in *consensus process* including:
  - Health care providers, researchers and stakeholders
  - **transparent selection criteria** for CAM modalities:
    - prevalence of use
    - expected impact on clinical practice and economic relevance
Strengthen CAM research infrastructure

Urgent need for sufficient independent CAM research funding to

• build sufficient research networks in Europe
• attract experienced researchers to build research capacity
• offer fellowships at junior research levels
• develop structures that allow the dissemination of high quality information about CAM
Strengthen CAM research infrastructure II

• **Step 1: European CAM research coordination office**
  
  **Aim:** to foster systematic communication between EU governments and researchers / stakeholders

• **Step 2: EU funded European Centre for CAM**
  
  **Aim:** to stimulate and support high quality research on CAM in the EU through an independent research strategy
CAM Research Roadmap - Acknowledgement

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CAM experts included in Workshop

Wayne Jonas, USA
Klaus Linde, D
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Harald Walach, D
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Thank you for your attention!