ELECTROACUPUNCTURE MAINTAINS THE SURVIVAL AND SYNAPTIC CONNECTION OF NEURAL STEM CELL- DERIVED NEURONS IN A GRAFTED NEURAL NETWORK SCAFFOLD VIA ENHANCING NEUROTROPHIN-3 SECRETION, AND IMPROVES NEURAL TRANSDUCTION IN THE TRANSECTED RAT SPINAL CORD

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The unfavorable microenvironment of the injured spinal cord results in the low cell survival rate and astrocytic differentiation of the grafted neural stem cells (NSCs). Our previous study found that electroacupuncture (EA) on the governor vessel acupoints enhanced neurotrophin-3 (NT-3) level in the injury/graft site of spinal cord and promoted the survival and migration of NSCs grafted immediately. However, the transplanted NSCs appeared low efficiency in differentiating into neurons. The NSC derived neurons are especially needed for reconstructing circuit of the damaged spinal cord. Therefore, in the present study, first in vitro, we attempted to co-culture with NT-3 gene modified NSCs and TrkC (receptor of NT-3) gene modified NSCs in a gelatin sponge scaffold (GS) for 14 days, to establish a neural network scaffold (NN) with synaptic transmission and then, the NN was transplanted into a 2 mm wide transection gap in the T9-10 spinal cord of adult rats, to investigate whether EA application could promote the survival and function of transplanted NN by enhancing the secretion of endogenous NT-3 in the injured spinal cord. The results showed that EA treatment can increase NT-3 levels of the injured spinal cord, maintain the survival, differentiation and synaptic connections of the NSC derived neurons in the grafted NN, and encourage axonal regeneration in the injury/graft site of spinal cord, as well as improve neural transduction of spinal cord and paralysis hindlimb function. Our data suggest that the combinational strategy of EA and grafted NN can partially improve the structure and function of transected spinal cord.

Biography
Ying Ding is an Associate Professor, Master’s Supervisor in the Department of Histology and Embryology from Zhongshan School of Medicine at Sun Yat-sen University. She is a Member of Guangdong Provincial Anatomical Society Council; Guangdong Provincial Rehabilitation Medicine Association and Guangdong Provincial Experimental Medicine Professional Committee of Chinese and Western Medicine Association. Her research mainly focuses on the mechanism of electroacupuncture combined with transplanted stem cell repairing spinal cord injury. So far, she has obtained some grants from National Natural Science Foundation and the Natural Science Foundation of Guangdong Province. She has totally published 23 SCI-E papers.

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Ying Ding et al., Herb Med. 2018, Volume 4
DOI: 10.21767/2472-0151-C1-003
ACUBOTS-ACUPUNCTURE ROBOT BASED ON DIGITAL MERIDIANS

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With the help of the cloud platform to realize the leasing use of acupuncture robots, namely through the remote control of highly standardized acupuncture treatment operation on robots, enabling more users to lease rather than purchase enjoy the homogeneity of the TCM medical service. Based on traditional meridian, introducing chaos theory and fractal geometry; generating digital meridian as the theoretical basis of robot automatic point positioning; Research into quantitative relationship between the needle speed and patients’ pain; develop features of fast and painless needle inserting in acupuncture robots; Build acupoint-symptom complex networks; provides mathematical model for TCM AI simulation; design interactive wireless control platform AcuCloud; endow robots dual roles of scientific research and clinic; promote the establishment of quantitative research and international standards of accurate acupuncture; inherit traditional Chinese medicine based on science and technology. We creatively developed automatic acupoint positioning and painless needle inserting technology and conduct replication experiments on human subjects with many general robot arm and has been successful indicating that the existing hardware technology is mature. With the aid of industrial robot and team self-developed control technology and software platform, the self-help treatment as the core of acupuncture robot has achieved high business feasibility.

Biography
Tiancheng Xu is an Innovator and Founder of Acubots which invents an acupuncture robot which is recognized by Medical Robotics Society, Enactus, Microsoft, Takeda, Renesas and entered top 36 of Lee Kuan Yew Global Business Plan Competition. He has got excellent volunteer for United Nations “MY World” Actions, 1st prize of NECCS and 110 more awards in college. He published 26 academic papers and is also a Medical Science Writer with more than 3,000,000 hits. He was Protocol Supervisor for the second Asian Youth Games and now a member of the China Young Leaders Exchange Network.

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Accepted Abstracts

9th International Conference on Acupuncture & Chinese Medicine
August 20-21, 2018 | Dublin, Ireland

Acupuncture Congress 2018
NUTRACEUTICALS AND APPLICATIONS IN CHINESE MEDICINE

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Common nutritional deficiency symptoms and their relation to Chinese Medicine disease patterns, including physiologic responses to supplementation are presented to provide the basic knowledge required to incorporate nutraceuticals into Oriental Medicine Practice. Research has shown that 50% of people taking multivitamins are still deficient. As the FDA, American Medical Association and other organizations pursue regulation of the nutritional supplement industry, it is advantageous for Oriental Medical Practitioners to be knowledgeable of the current evidence base of supplementation protocols. Categories of nutraceuticals include Vitamins, Minerals, Probiotics, Phytochemicals, Amino Acids and Metabolites, Antioxidants, Essential Fatty Acids and Hormones. Common health and disease categories include Immunity and Longevity, Cardiovascular disease, Diabetes and Obesity, Dermatology, Respiratory and Digestive Health, Women's and Men's Health, Endocrine and Mental Health. This presentation illustrates common nutrient deficiencies and related Chinese Medicine constitutions and pattern diagnoses for the purpose of developing nutraceutical treatment strategies. The value of diet and nutrition is celebrated in practice; however, often time is limited by pre-existing conditions, medications or nutrient imbalances. Understanding how nutraceutical supplementation may improve treatment outcomes and prevent disease is a necessary bridge between eastern and western medicine. Practitioners interested in adopting nutraceuticals into practice must review the current evidence and speak intelligently regarding their use in healthcare treatment strategies. The addition of nutraceuticals into the treatment arsenal pushes the idea of integrative medicine more deeply by studying nutritional supplementation's effect on health and disease prevention, assimilating the outcomes to eastern theory for its application within the Oriental Medicine framework.

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Acupuncture, as part of Traditional Chinese Medicine, is an energy medicine with deep roots in Taoist beliefs and spirituality. This presentation educates acupuncturists on using the regular and eight extra meridians from a different perspective, in conjunction with massage, to unblock physical pain and promote emotional wellness. The approach is twofold: examining and treating the physical body and the emotional body. First, practitioners will learn the importance of addressing physical blockages that impede qi and blood flow. Physical blockages such as scars, shock, cold invasion and structural imbalances will be addressed. Next, emotional blockages will be described and how they cause physical pain will be explored. A review of meridians and their emotional connection will provide context for how treatments of the emotional body are designed. Eight extra meridians and the chakra system will be presented to illustrate their importance on the energy flow in the body and how it relates to the connection between physical and emotional wellness. Unblocking the physical body through the use of specific acupuncture needling, massage and essential oils will be presented. Case studies with clients’ clinical history and treatment protocols will demonstrate how effective acupuncture is at unblocking the physical body promoting emotional release and emotional wellness as a whole. People usually seek acupuncture treatments due to physical pain or illness. Thus, it becomes important for practitioners to educate clients on the links between the emotional and the physical bodies. Strategies to do so will be discussed.
Simple protocols like the “NADA” and “Battlefield” are widely used in North America without a doubt are effective, especially when training many practitioners to treat a lot of patients in a short time. However, when it comes to a case of any chronic condition, it becomes very important to individualize the treatment. This can only be done by finding active points. There are a few ways to find active points. One is by palpating for tenderness and another is using a point finding device to detect a change in the electro conductivity of the skin surface on the ear. Both of these methods require some guess work and lack the specificity and the elegance of the Vascular Autonomic Signal. With the subtle listening that is possible with the VAS, the practitioner can quickly find the most important points on each patient and then proceed to ensure those points were successfully treated. This is a level of precise, individualized assessment and treatment unavailable in other ways. The VAS requires no device, only the thumb of the practitioner, which is trained to detect a subtle but clear change in the pulse of the patient when hovering over an active point. When we then introduce frequencies and substances as additional searching tools, we can narrow our search into any question we have about the patient’s system. The VAS gives practitioners a unique window into the Central Nervous System of the patient, making the treatment more effective and profound.

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ASSESSMENT AND TREATMENT OF SHOULDER IMPINGEMENT SYNDROME

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Shoulder pain is a common complaint in the acupuncture clinic. Sub Acromial Impingement Syndrome (SAPS), whether from rotator cuff tendinopathy or bursitis responds well to acupuncture treatment that addresses the anatomically significant tissues. Diagnosis can be made quickly in the clinic with a combination of orthopaedic tests. Surgery is not recommended for these cases, patients are most often prescribed NSAIDS, corrective exercises and corticosteroid injections. Acupuncture offers a safe and effective treatment option for assessment and acupuncture treatment will be demonstrated.

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Clinically we are seeing an epidemic of chronic ailments such as diabetes, cardiovascular disease, dementia, allergies, autoimmune conditions, infertility, metabolic syndrome x and others. Blood stasis is a proximate cause of death and disablement for many of these modern diseases. Learn to identify the hidden factors that contribute to a rise of blood stasis in the modern population with devastating consequences to the population. Once identified, learn how to mitigate these factors.

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BLOOD STASIS ON THE RISE, A MODERN EPIDEMIC

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DOI: 10.21767/2472-0151-C1-003
APPLICATION OF THE NAVEL GATE IN ASSESSMENT AND TREATMENT

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The Umbilicus Cord is the original gate of our life force. It is the pre-natal pathway of nourishment and purity. The Navel is a contra indication for acupuncture needles. Yet, has many applications in TCM for both Assessment and Treatment. The Navel we see in our bodies today is an expression of the cord our organs and soul essence once utilized to create our physical form, as well as to receive and maintain life. Evaluating the Navel's shape and its inner lines may reveal a soul chart with much insight regarding one's constitution, well-being and spiritual transformation. This course focuses on Navel evaluation and Healing through the Navel Gate. Participants will learn to harmonize the energy (Qi flow) in the entire body by clearing physical and emotional symptoms associated with imbalances of the internal organs. They will explore the link between emotional stress and specific physical symptoms of disharmony; Navel reading; Application of therapeutic pressure points around the Navel along with healing sound vibrations, as well as deep internal organ manipulations and relaxation.

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FACIAL DIAGNOSIS – A VALUABLE TOOL IN THE CLINIC

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The face holds numerous clues about the internal functioning of the body. This has long been known in both allopathic medicine and holistic medicine. In China, facial diagnosis was one of the first forms of diagnosis in Chinese Medicine. Some of the oldest maps of acupuncture found were of the facial age map combined the meridians. In recent years, there has been interesting research coming out that confirms this ancient technique of gathering diagnostic information from the face. This lecture will give an overview of facial diagnosis and how it can be used in the clinic. Special attention will be paid to the connection between organ function and the features of the face and the important diagnostic meanings of facial coloration and markings.

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YAMAMOTO NEW SCALP ACUPUNCTURE-IN COMPLEX REHABILITATION OF STROKE

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Objectives: The aim of our newer study involving more number of patients were to investigate whether unique form of acupuncture, Yamamoto’s New Scalp Acupuncture (YNSA) has an affect, to standard post-stroke motor rehabilitation elevating QoL of patients with higher self-management.

Methods: A prospective, randomized control research was carried out in an outpatient stroke rehabilitation unit with day hospital service again enrolled 520 cases. After inclusion, patients were stratified into control group and acupuncture group, randomly. All of stratified patients participated in gymnastic exercises and conservative pharmacological treatment according western rehabilitation protocol.

Outcome Measures: BI (The Barthel Index), RI (Rivermead Scale Index), the SP-36 questionnaire and VAS were used to follow the results of treatment.

Results: The Barthel Index is increased from 4±2 to 95±4 in the acupuncture group. This index also increased in the control group (from 4±2 to 75±4), but the changes were significantly less than in the acupuncture group. In the acupuncture group, all the sensory, motor, and functional scores, QoL were improved significantly during the examination period and until 3 years after injury. We also found a significant spontaneous recovery during the 3-year follow-up, but the YNSA treatment facilitated the functional recovery not only in moving but generally in cognitive functions and memory functions. The complementary treatment improved moving function and more flexible joints and ligaments were observed in comparison to the patients’ condition prior to treatment.

Conclusions: The summarized data suggests that the YNSA acupuncture might be a useful complementer method to treat residual symptomes of stroke patients and enhance their quality of life, to achieve higher self-management level. As soon as possible after stroke this method should be started if cardio-pulmonal condition of patient is balanced and allowed it. This study was a reproduction of our earlier research with more participants to allow us to prove advantages of early application of permanent acupuncture treatment.

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The use of acupuncture for facial rejuvenation has received high acclaim worldwide. Acupuncture is commonly used to treat facial wrinkles, sagging of skin, puffiness under eyes and droopy eyelid. According to the main paradigm of Traditional Chinese Medicine free and unobstructed Qi and blood is the foundation of health. Cosmetic Acupuncture is a therapeutic modality involving insertion of fine needles into the acupuncture points on the channel and extra meridian points leading to restoration of the circulation of energy and blood. As a result of generation of collagen and elastin; improved excretory function of the skin; elimination of adhesions of the muscle tissue and the following benefits are achieved like decreased facial edema; elimination and reduction of wrinkles; healing of acne and scars; improvement of facial muscle tone; tightening of pores; and decrease of sagging appearance of the chin; cheeks; neck and eyelids. Acupuncture is cost efficient in comparison to Botox, Juvederm and Restylane has no side effects and benefits patient’s health.
WRIST AND ANKLE ACUPUNCTURE AND THE TREATMENT OF EMOTIONAL DISORDERS

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WAA is a recently developed acupuncture technique classed as an acupunctural microsystem, which involve treating the body as a whole through distal points that do not adhere to the laws of traditional meridians. While it is true that wrist and ankle acupuncture (WAA) is a modern technique, it already has hundreds and thousands of treatments performed all over the world by its name. Serious statistical studies have been conducted in China for decades. The technique involves inserting needles (or stimulating points and longitudinal lines) into one or more of the twelve points located above the wrists and ankles (six points at the wrists and six at the ankles). According to this treatment approach, the human body is divided into six zones. Every zone covers an area; these areas are used as a guide to diagnose the anatomy covered by every zone and is related to one point of treatment. It is not so often considered that every part of the brain is also covered and stimulated with the treatment, in that sense, there are upper one and upper two that covers the frontal or pre-frontal lobes of the brain. We have been using this approach to treat emotional diseases. The combination of visualization, eye movement desensitization and breathing exercises while keeping the needles inserted seems to be the most effective approach.
The divergent meridian system, specified in classics is rarely used in clinical practice, yet it is extraordinarily powerful to address many chronic auto-immune conditions. The divergent meridians access both Wei Qi and Yuan Qi and work to protect our vital organs from accident, injury and invasion by pathogens. They come into play when our lives are threatened. Using this system in clinical setting can relieve chronic pain and mysterious symptoms that remain unrelieved by conventional medications. Using points on the primary channels in specific order and with specific techniques, you can access this special and powerful system to release latent pathogens from deep in the body, relieve trauma and create a sense of new direction and purpose in life. In this workshop, author will review the components of the divergent meridian system, explain the theory for use and offer cases from my clinical practice demonstrating the practice and efficacy of the system. There will be opportunity for discussion of individual cases and some demonstration of techniques.

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FIVE ELEMENT CUPPING – HOW TO ADDRESS THE ROOT OF THE PROBLEM WITH SILICONE CUPPING

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Most TCM practitioners and Acupuncturists are educated to use cupping as a means of moving Qi and blood stagnation in the body. Most of the techniques learned involve treatment on the back and sometimes the legs. The instruments that are used in schools are fire cupping with glass cups and plastic pump and gun cups. Silicone cups are often not considered, yet they can be utilized in a very different way to address issue that lies in the organs and channels. This leads to dramatic and lasting changes in the body systems. Using silicone cups as a tool creates the possibility to adjust the suction within the cups to a very precise level which enables practitioners to work in a very subtle and gentle way and allows for treatment on sensitive areas, such as the hara (abdomen). Silicone cups also allows practitioner to move the patients body, to increase joint mobility, perform stretches and open channels to allow the better flow of Qi. The other unique quality of silicone cups, if properly applied at the correct level, is that the practitioner can feel the blockages under the surface of the tissue in an incredibly clear and powerful way. It is always easier to treat something when we can find it. What I have noticed in my clinic is when I utilize silicone cups to provide abdominal treatment is that clients have powerful shifts in their body, including a dramatic increase in bowel motility, release of endometrium and a decrease in inflammation and a general sense of lightness of being. I see digestive issues being greatly reduced, fertility and premenstrual symptoms resloving themselves and a lot of very happy customers. The Hara (abdomen) is one of the least treated areas of the body with cupping. For digestive conditions, including fatty liver, food stagnation and common digestive ailments like leaky gut syndrome, Colitis, Chrohn's, IBS and most other gut pain and dysfunction. The same can be said for the female reproductive system, where we can treat Endometriosis, Polycystic Ovary Syndrome and other causes of infertility. Generally the way cupping is applied becomes too strong to work on these more delicate body areas. This is an opportunity to see cupping from a different lens and consider a new perspective for this ancient modality. Cupping is medicine that in its simplest form is very effective. Learning to treat the body, where it needs to be treated and at the depth where the disharmony lies is an art form and silicone cups are a great tool. Lisa Dowling has taught silicone cupping to over 600 students who are receiving similar results in their practice and the demand for cupping is increasing. Massage therapists are using silicone cups and more moving cupping techniques with their patients. Many TCM practitioners and acupuncturists have not adapted cupping to be used as more of a manual therapy tool in their practice. To add these manual techniques to the unique understanding of the body that practitioners of East Asian Medicine have made this an incredible merging of the ancient and modern worlds. This presentation will address silicone cupping techniques to address deeper organ and meridian treatment. A discussion on how to address each of the individual meridians based on their energetic properties, as well as effective treatments directly on the abdomen to increase Parasympathetic Nervous System function; Digestive and Reproductive function. We look forward for more and more practitioners understanding the versatility and effectiveness of cupping as this modality comes into its own.

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Low back pain is one of the major challenges of public health all over the world, certainly, one of the most prevalent situations in any acupuncture office. Amongst the various low back pain etiologies, Internal Disc Disruption (IDD) has been considered the most important cause of low back pain. It has been estimated that IDD is the etiology in 28% to 43% of the patients with low back pain. The mean age of IDD patients ranges from three to five decades. Annular tears of different grades are the most common forms of IDD. Environmental stress such as smoking, exposure to whole body vibration, heavy lifetime occupational and leisure physical loading could lead to increased disc degeneration. Some young patients with discogenic pain often have a history of trauma, with their pain being described as burning or aching. Pain could be very severe, debilitating and can be exacerbated by physical activity. The pain is usually axial, but when the disc disruption compresses the nerve root, it also may present irradiations, configuring a radiculopathy. This presentation proposes a treatment protocol for discogenic low back pain with acupuncture and its useful techniques for this clinical condition, taking into consideration regional anatomic characteristics and the location of pain.

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ACUPUNCTURE PROTOCOL FOR DISCOGENIC LOW BACK PAIN
The body temperature is a natural indicator of human condition, that is why temperature measurement is the most common test performed in Traditional Chinese and Western Medicine. Abnormal skin temperature is a sign of illness. Temperature imbalance could be caused by blood stagnation, vasoconstriction and inflammatory states. Each treatment should be focused on elimination of this imbalance. The whole process of healing can be monitored by infrared imaging medical thermography. Medical thermography is a fast, passive, non-contact and non-invasive method of exemplifying body temperature. This method gives possibilities to track all temperature changes which are caused by treatment such as acupuncture. Acupuncture cause immune response and vasodilatation of the treated area which is visible as the temperature increase. That is why whole process could be perfectly monitored by thermography. The best monitoring effects are visible with the usage of distal acupuncture. This method does not implement additional distribution during imaging because needles are inserted in distal areas. The keynote of this speech will focus on lower limbs treatment monitored by thermal imaging. It will trace the process of healing and advantages of needling and thermography fusion.
THE TREATMENT OF CHILDREN IN CHINESE MEDICINE PROMOTING A HABIT OF PREVENTION RATHER THAN INTERVENTION IN MODERN HEALTH CARE

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Pediatric care has had a long history in Chinese medicine and has been practiced since the Song dynasty (960 – 1279). Chinese doctors understood the differences between treating adults and children, realizing that children are in many ways different in physiology to adults and so require a different approach. Change can be rapid with the progression of illness but also with recovery and it is here that a natural approach to treatment is more beneficial than intervention. Our children live in a world of rapid change; fast paced technology; environmental toxicity and pollution; processed and denatured foods; sugar; fluoridated water; unnecessary antibiotic use and vaccinations and the list is endless. Children are constantly bombarded with these attacks on their fragile and growing bodies. To offset this, Chinese and by extent Naturopathic medicine is a potent treatment modality to support and enhance the natural internal environment within the body to repel the onslaught from the external environment. We want a quick fix for everything in our western society and this is reflected in our approach to health care. The problem remains; that in most cases it has taken time for a disease to present and so it must take some time to correct the imbalance from the roots up. There is so much we can learn from Chinese and Naturopathic medicine that can change the way we look at healthcare and how it might affect our choices going forward.
TRADITIONAL CHINESE MEDICINE AND ECZEMA

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Eczema is a common dermatological condition presented in western traditional Chinese medicine clinics. We see this occurring in both sexes and in all age groups, from new born babies to toddlers, teenagers, adults and senior citizens. The main symptoms which patients experience are redness of the skin, dry skin, hot and itchy skin and flaky skin. This condition can be extremely stressful for people, affecting their sleep and all areas of their personal and professional lives. It often occurs alongside other conditions such as hay fever and asthma too, which can be especially stressful for the people who experience this. Traditional Chinese Medicine (TCM) has a very good success rate for treating eczema using Chinese herbal medicine, acupuncture and food therapy. TCM’s aim is to treat the root cause of the condition, which is internal, despite the main symptoms presenting on the skin. TCM can offer bespoke treatments based on the patient’s individual diagnosis. We commonly see wind-heat, damp-heat, blood-heat, toxic-heat and heat due to yin deficiency being presented by patients with eczema, so in order for the treatment to be successful it must be tailored to each individual patient, combining acupuncture, Chinese herbal medicine and food therapy. Author has been practicing and teaching TCM for over 25 years in the United Kingdom where she specializes in treating eczema and other related skin conditions such as psoriasis and acne. Through her vast experience in treating Eczema and other skin conditions, she has created specific Chinese herbal medicine formulas for treating these conditions effectively and has been successful with patients from all over the UK and Europe.

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AURICULAR ACUPRESSURE FOR BREASTFEEDING: A SYSTEMATIC REVIEW

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Background & Aim: There have been some studies about the efficacy of auricular acupressure in relieving many clinical issues during pregnancy and during period of lactation. This study aimed to summarize and critically evaluate the evidence on auricular acupressure for breastfeeding.

Methods: We searched 10 databases published up to May 15, 2017. Randomized controlled trials for evaluating the efficacy and safety of auricular acupressure for breastfeeding were included. Risk of bias was assessed using the Cochrane risk of bias tool. Data analysis was conducted using RevMan software (version 5.3).

Results: 31 randomized controlled trials were included. Because of the high risk of bias observed in the included studies and the diversity of the auricular acupressure methods, meta-analysis was not performed. Auricular acupressure as a complementary therapy to routine postpartum care had no consistent effect in increasing the volume of milk production and serum prolactin level and in facilitating the initiation of milk secretion. Auricular acupressure as an alternative therapy may be effective in increasing serum prolactin level and facilitating the onset of milk secretion, however, the evidence is lacking. There were no serious adverse events with the use of auricular acupressure. The methodological quality of the included studies was generally low.

Conclusions: We could not determine the general efficacy and safety of auricular acupressure, although some studies showed positive results. Due to low methodological quality of the included studies and heterogeneity among them, further research using large-scale, rigorous study designs should be conducted in future.

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AURICULAR ACUPUNCTURE FOR COGNITIVE IMPAIRMENT AND DEMENTIA: A SYSTEMATIC REVIEW

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In this systematic review and meta-analysis, we investigated the efficacy and safety of auricular acupuncture (AA), which is a safe and non-pharmaceutical treatment inserting needle or attaching medicinal herb to acupoints in the outer ear, for cognitive impairment and dementia. Twelve electronic databases were searched and nine randomized controlled trials (RCTs), to August 2017, evaluating effects of AA on cognitive impairment and/or dementia were included. The results are as follow. For vascular dementia (VD) patients, AA showed mixed results on cognitive function and insignificant differences in self-care ability compared to western medication (WM). However, when AA combined with WM, the clinical effectiveness was better compared to WM alone. For mild cognitive impairment (MCI) patients, AA combined with WM did not showed significant improvement in cognitive function compared to WM. However, when AA combined with herbal medicine (HM), significant improvements in cognitive function and self-care ability were occurred, compared to HM alone. There was no report about adverse event associated with AA. The methodological quality of included RCTs was generally poor. For the efficacy of AA on cognitive impairment and/or dementia, limited evidence suggested that AA may help to enhance the clinical effectiveness of WM in VD patients and to improve cognitive function and self-care ability of MCI patients when it combined with HM. However, more rigorous and large-scale RCTs are needed to confirm the efficacy and safety of AA on these population.

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Degenerative diseases on discs, ligaments, joints or muscles can originate very similar pain patterns on the neck, shoulder and upper limbs no matter which structures are involved. This occurs because of the close inter relationship between the segmental sub systems (dermatomes, sclerotomes and myotomes) and the ample recurrence of rami amongst spinal segments originated from the dorsal ramus. This anatomical configuration is characterized by irradiation of pain from a determined structure to contiguous areas apparently without any direct anatomical relationship. From the neck, the pain can spread to the head, shoulders, upper chest or upper limbs. Several authors have already described pain patterns according to the various spinal segments. Treatment protocols for pain on head, neck, shoulders, upper chest and upper limbs related acupoints were developed by the crossing of data of cervical segmental innervation with pain locations and symptoms like muscle spasms, tendinopathies, enthesopathies and segmental spinal sensitization. This study proposes a classification for acupoints into three categories for the treatment of neck pain and its correlates according to the location of pain and segmental distribution of symptoms like local, regional and super-segmental.

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PHYSICIAN LEADERSHIP

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Physician leadership relates to developing emerging leaders at all levels of health care organizations. Regardless of the industry domain, the developmental nature of leadership requires experiential learning that sensitizes the leader to the different contexts they encounter. Leadership development includes learning reflective practice, relationship building, and forming a community of like-minded leaders. Learning how to lead is an intricate and dynamic process, involving a readiness to change roles, giving leadership to others, and a keen sensitivity to awareness. Leadership involves a diversity of stakeholders in which the physician leader initiates the conversations. This requires an open systems mindset and the ability to go beyond technical specifics to influence a wider, inter-disciplinary team in health care context. Teaching physicians reflective practice in this era of distractability is one of the challenges of leadership development.

The best way to address the barrier of distractability is to improve the meta-cognitive skills of the individual. Physicians may excel at problem-solving in a specific area of medicine, yet leadership requires a very different way of thinking and learning. Leadership development is a combination of experiential learning and programmed learning, including the conceptual frameworks of leadership together with a practice field to integrate and apply the skills of leadership, such as self-discovery of leadership identity and a movement towards mindfulness. Integral to this learning is the support of other leaders in the community, who provide a mixture of collegiality and shared learning that helps to sustain the leader’s growth. The purpose of this paper is to suggest ways of learning physician leadership in 2018.

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