

بناام شد او ند جان و

عنوان مقاله :

Effect of minimal acupuncture for infantile colic

عنوان و مشخصات مجله :

Acupuncture in Medicine/Impact Factor:2/275

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ISI Rankings:

Subject	Rank/Out of	Quartile	Percentile
Integrative & Complementary Medicine ...	7/27	Q1	75%

Scopus Rankings:

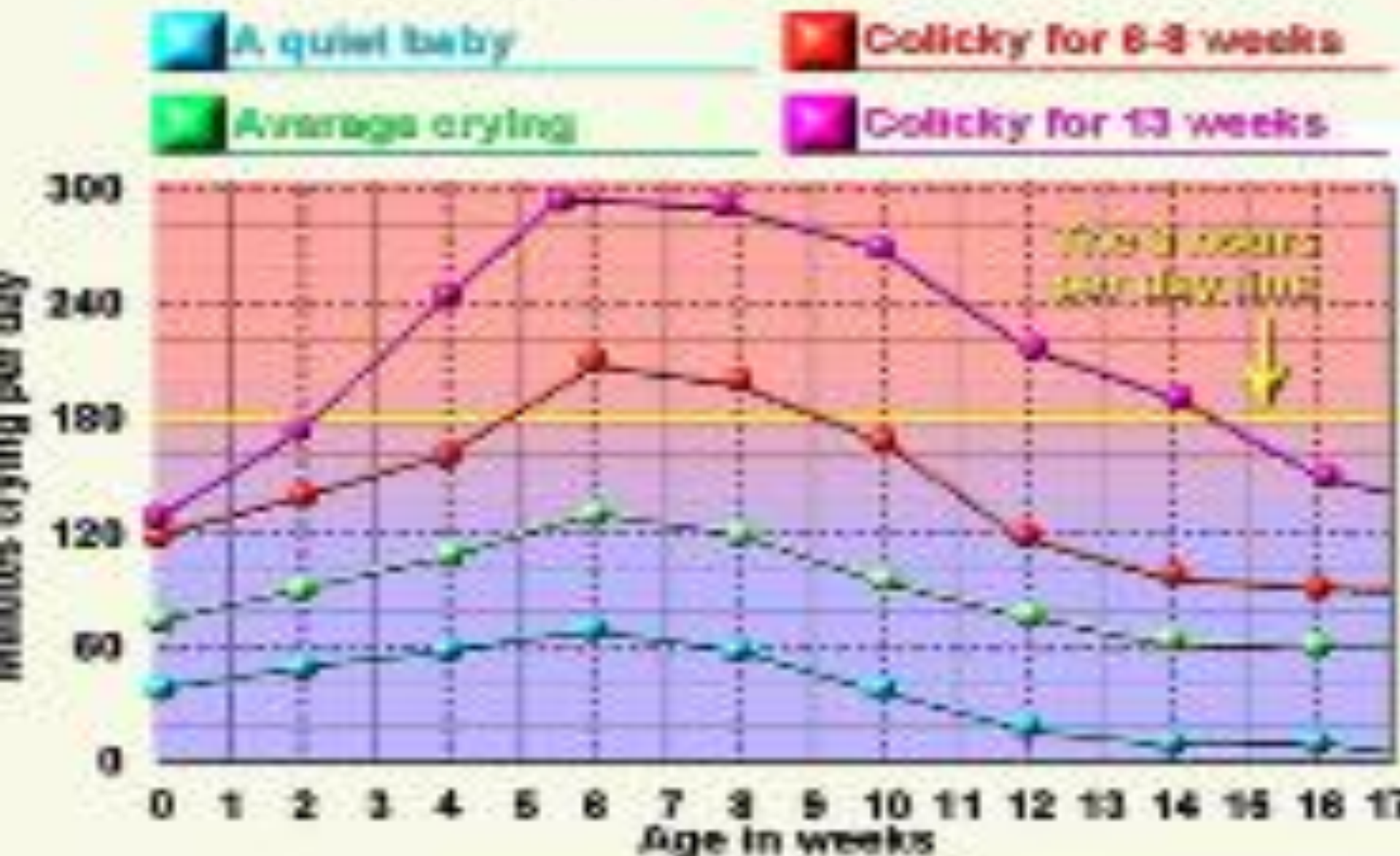
Subject	Rank/Out of	Quartile	Percentile
Complementary and Alternative Medicine	27/91	Q2	70%
Clinical Neurology	195/336	Q3	42%

Clinical Neurology

Introduction

- ▶ Excessive crying in infants is a problem for 10–20% of families
- ▶ causing pain in the infant and stress in the family.
- ▶ If crying and/or fussing exceeds 3 hours/day for >3 days/week, it is defined as infantile colic.

Daily crying at different ages



colic

Introduction

- ▶ The colic may be resolved if cow's milk protein is eliminated.
- ▶ Nutritional supplements of *Lactobacillus reuteri* might also be effective.
- ▶ However, the effectiveness and safety of other conventional treatments remains unproven.

Introduction

- ▶ It is plausible that acupuncture may have positive effects in infantile colic.
- ▶ to reduce pain
- ▶ Restore gastrointestinal function
- ▶ Calming effect
- ▶ No serious side effects

Introduction

- ▶ Only three RCTs of acupuncture for infantile colic have been published.
- ▶ The first trial involved bilateral needling at LI4 for 20 s
- ▶ The second applied unilateral needling at LI4 for only 2 s.
- ▶ The third trial evaluated the effect of 30 s of acupuncture at ST36 bilaterally.
- ▶ The first two trials reported a significant reduction in crying following minimal acupuncture (MA) at LI4 compared to no acupuncture.

Introduction

- ▶ the three previous studies were conducted in **private clinics** where parents may have relied strongly on the intervention.
- ▶ In all three studies, the treatment was **short in duration** and standardized in nature (**using a single point**) and, therefore, arguably does not reflect clinical practice.

The original aims of this trial

- ▶ (1) to test if acupuncture is effective as a treatment for infantile colic in a CHC setting.
- ▶ (2) to compare the effect of two types of acupuncture against no acupuncture in infants with colic at CHCs.

Methods

- ▶ A multicenter
- ▶ Randomized controlled
- ▶ Single-blind
- ▶ Three-armed trial (ACU-COL)
- ▶ As an adjunct to standard care

Flow chart of the ACU-COL study.

Screening

Allocation

Intervention week 1

Intervention week 2

Follow up

426 infants were screened

269 infants were not randomised.
- 156 did not fulfill the criteria for colic
- 113 parents did not want to participate

157 infants were randomised

10 infants were excluded
- 3 were hospitalised due to infections
- 4 parents did not want to participate
- 3 could not start as no acupuncturist was available

147 infants started the intervention

Group A
n=49

Group B
n=49

Group C
n=49

1 drop out, parents were exhausted
n=48

n=49

1 drop out, due to medical treatment against infection
n=48

1 drop out, hospitalised due to fever
n=47

n=49

n=48

Methods

- ▶ The infants were randomly allocated to three groups:
- ▶ (A) standardized minimal acupuncture at LI4
- ▶ (B) semi-standardised individual acupuncture inspired by Traditional Chinese Medicine
- ▶ (C) no acupuncture

Methods

- ▶ 426 infants
- ▶ Sought help for colic and registered their child's fussing/crying in a diary
- ▶ 157 fulfilled the criteria for colic
- ▶ 147 started the intervention

Methods

- ▶ Seven visits during the first 3 months for routine childcare
- ▶ Parallel to usual care, study participants visited the study CHC twice a week for 2 weeks.

Inclusion

- ▶ Criteria infantile colic
- ▶ 2-8 wk
- ▶ cow's milk protein from breastfeeding mothers and/or appropriate formula for at least 5 days.

Exclusion

Exclusion criteria included:

- ▶ Being born before 37 weeks' gestation
- ▶ Taking any kind of prescribed medication
- ▶ Having previously tried acupuncture

Data collection

- ▶ Parents registered the infant's fussing and crying daily in a detailed diary during the BL, the first (IW1), the second IW (IW2) and the FU period .
- spss
- ▶ Data were collected between January 2013 and May 2015.

DIY Acupressure – Let's Begin!



Interventions

- ▶ Group A received standardised MA at LI4.
one needle 3 mm unilaterally for 2–5 s and then withdrawn without stimulation.
- ▶ Group B received semi-standardised Needling at Sifeng ,LI4 and ST36.
- ▶ Group C spent 5 min alone with the acupuncturist without receiving acupuncture.

Results

Compared with infants not receiving acupuncture, those in the acupuncture groups:

- ▶ Exhibited a significant relative reduction in the time spent crying between BL and IW2 ($p=0.05$)
- ▶ significant relative reduction in the time spent colicky crying between BL and FU ($p=0.031$)

Adverse events

- ▶ In total, 388 treatments, On 200 occasions the infant did not cry at all.
- ▶ On 157 occasions the infant cried up to 1 min,
- ▶ On 31 occasions the infant cried for >1 min
- ▶ The acupuncturists reported bleeding (a single drop of blood) on 15 occasions.
- ▶ One parent reported
- ▶ No other adverse events were reported.

Discussion

- ▶ Thus acupuncture might have a role in shortening the strenuous period of colic.
- ▶ Objective way: a diary was used
- ▶ Cheap, safe and effective interventions
- ▶ Meeting a supportive professional may relieve the burden of colic for parents
- ▶ De ji sensation
- ▶ Ethically acceptable

Conclusion

- ▶ For those infants that continue to cry >3 hours/day, acupuncture may be an effective treatment option.
- ▶ The two styles of MA tested in ACU-COL had similar effects; both reduced crying in infants with colic and had no serious side effects.

More Doctor Believing In Acupuncture.CM

More Western-Trained Doctors Believing in Acupuncture, Chinese Medicine

Five hundred two doctors trained in Western medicine were surveyed about their knowledge of (and experience with) six forms of complementary and alternative medicine. More doctors believed in the effectiveness of acupuncture and Chinese herbal medicine than any other CAM therapy.

Belief in Efficacy of Therapy



In addition, 58.3% of these doctors "agreed" or "strongly agreed" that some CAM therapies need to be accepted by Western medicine.

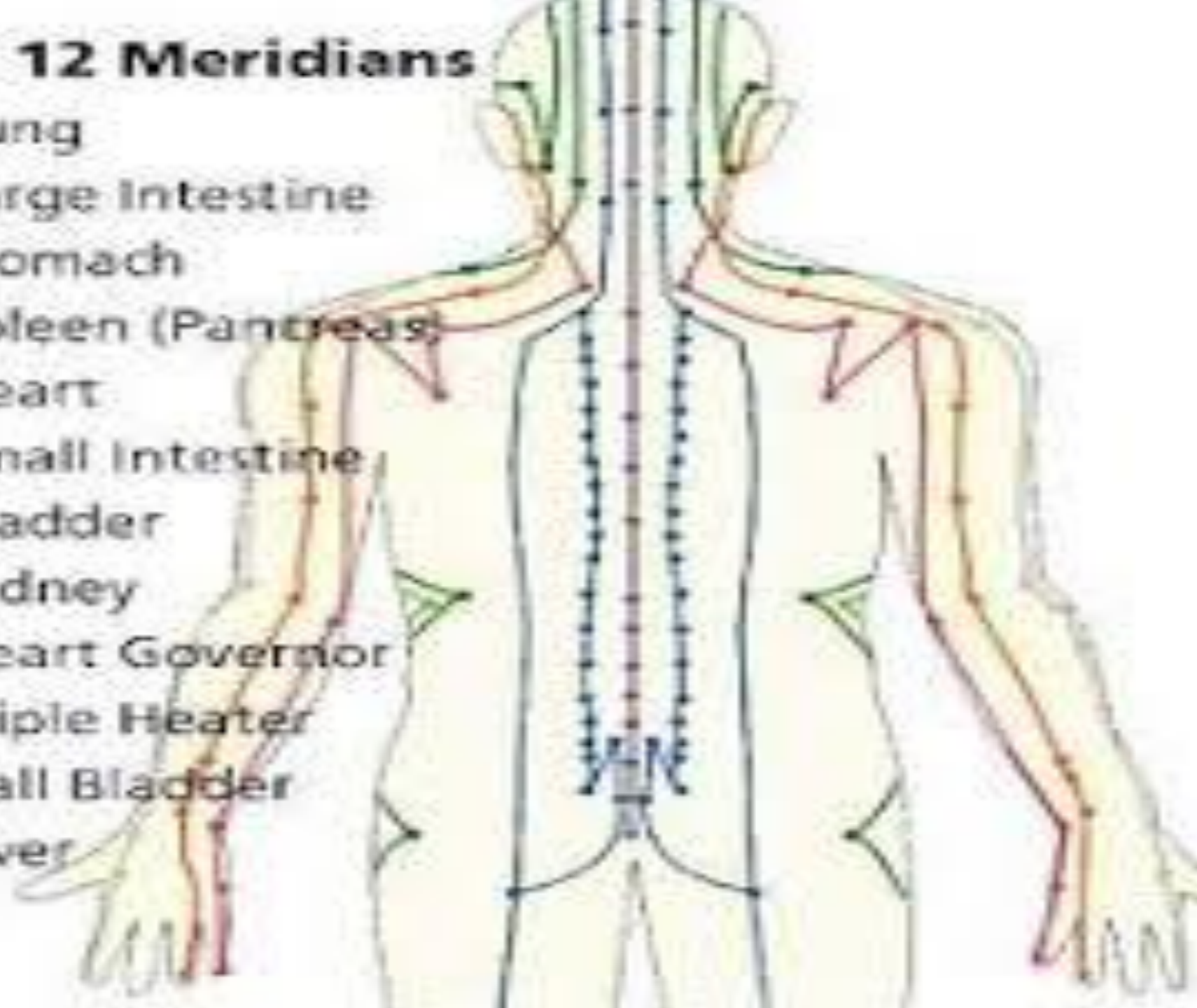
SOURCE: Lee SH, et al. Knowledge of, attitudes toward, and experience of complementary and alternative medicine in Western medicine- and Oriental medicine-trained physicians in Korea. *American Journal of Public Health* December 2002;92(12):1994-2000.

History of Acupuncture

- ▶ Practiced in China for over 4,000 years
- ▶ Acupuncture is the insertion of needles in specific points on the body.
- ▶ These insertion points are believed to correspond with 14 main pathways within the body called meridians.

The 12 Meridians

- Lung
- Large Intestine
- Stomach
- Spleen (Pancreas)
- Heart
- Small Intestine
- Bladder
- Kidney
- Heart Governor
- Triple Heater
- Gall Bladder
- Liver



Where do yin and yang fit in?

- ▶ Acupuncture needles are inserted in an attempt to balance the opposing forces of yin and yang
- ▶ Yin and yang are balanced when a person is healthy and chi is therefore able to flow freely
- ▶ Injury or illness cause yin and yang to become distressed and unbalanced

Yin & Yang

Yin

Wet

Moon

Front

Female

Darkness

Rest

Matter

Cold

Chronic



Yang

Dry

Sun

Back

Male

Bright

Activity

Energy

Heat

- ▶ Originally there were 365 acupuncture points, but through the years this number has increased to over 2,000.
- ▶ Each point is believed to correspond with a particular illness or injury.



Is there a medical basis to acupuncture?

- ▶ Acupuncture is not based on modern medical science.
- ▶ There is no obvious correlation between the 14 identified meridians and the actual location of organs and nerves within the body.

acupuncture

- ▶ Subjective
- ▶ Objective
 - Pain
 - Sedation
 - Hemostasis
 - Immunity
 - Anti infl

What is acupuncture used to treat?

- ▶ Depression
- ▶ Arthritis
- ▶ Kidney problems
- ▶ Flu
- ▶ Fatigue
- ▶ Chronic pain
- ▶ Migraines
- ▶ Paralysis
- ▶ Hypertension
- ▶ Tendonitis
- ▶ Vision problems
- ▶ Sexual Dysfunction
- ▶ And many others...

But there are risks...

- ▶ Bladder or lung puncture
- ▶ Allergic reaction to needles
- ▶ Infection from unsterilized needles
- ▶ Fainting
- ▶ Convulsions
- ▶ Nerve Damage
- ▶ Putting off treatments that are known to be effective

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متشکر از توجه شما