

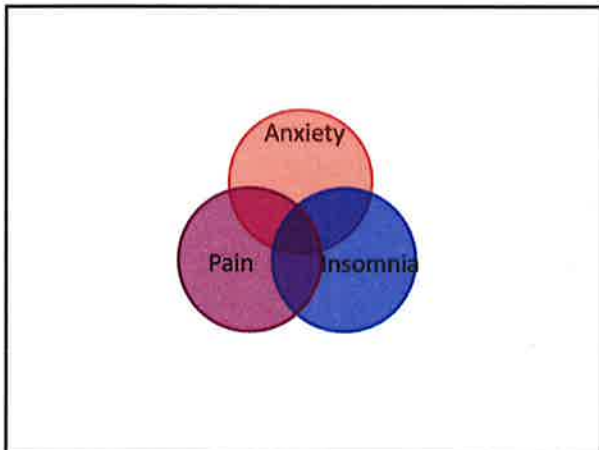
Acupuncture in psychiatry
- experiences, evidence and visions

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BAC, London, March 23, 2019

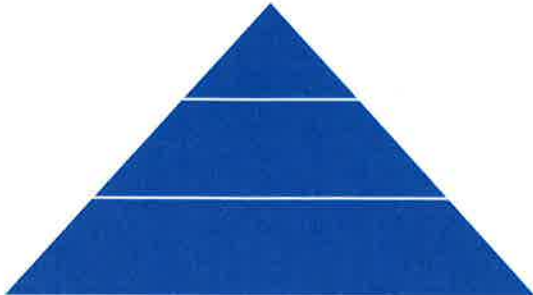
Anxiety, depression and sleeping problems....



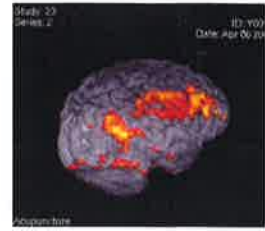
- Thus...
- Fairly good evidence for depression
 - Good evidence for anxiety and sleep
 - Especially ear acupuncture is more effective than sham and has the same effect as medication
 - Even reviews are positive
 - ... but conclude "more research is needed"

- How acupuncture is used in Swedish health care
- Private clinics
 - In the health care system

Who gets acupuncture?



Acupuncture can be interpreted...



Alternative medicine



Complementary medicine

Integrative medicine



Ear acupuncture

- A simpler kind of acupuncture
- Short training (3-6 days)

Standardized ear acupuncture: NADA



Research including NADA



Compare with conventional treatment

- Medication
 - Has modest effect
 - Has increased tolerance
 - Is addictive
 - Has negative side effects
 - Has negative impact on environment
- CBT
 - Effective but expensive and “in short supply”

How common is ear acupuncture in psychiatry and addiction treatment?

- NADA is used in 54 countries
- > 4000 persons in Sweden
- > 6000 persons in Denmark have NADA-training
- Battlefield acupuncture?

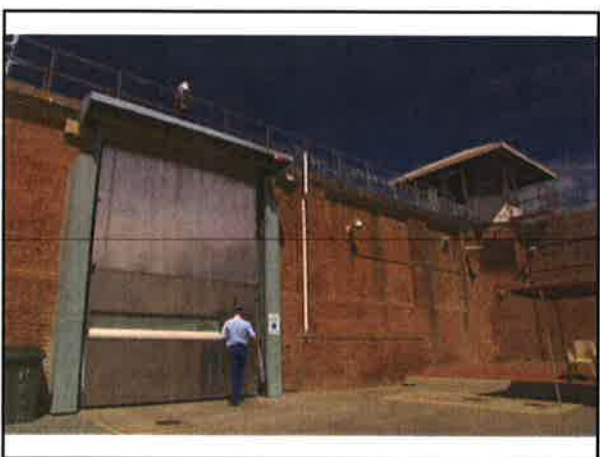
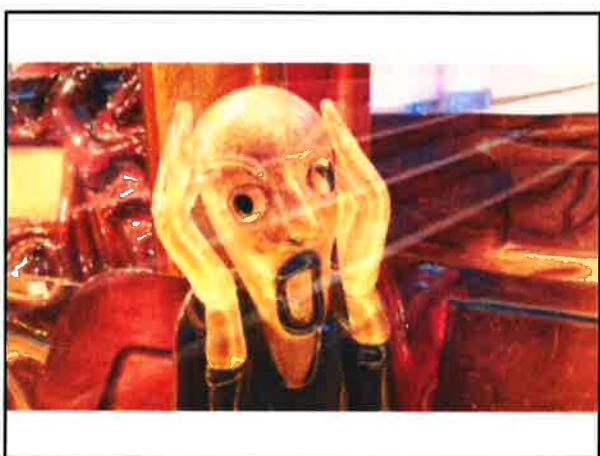
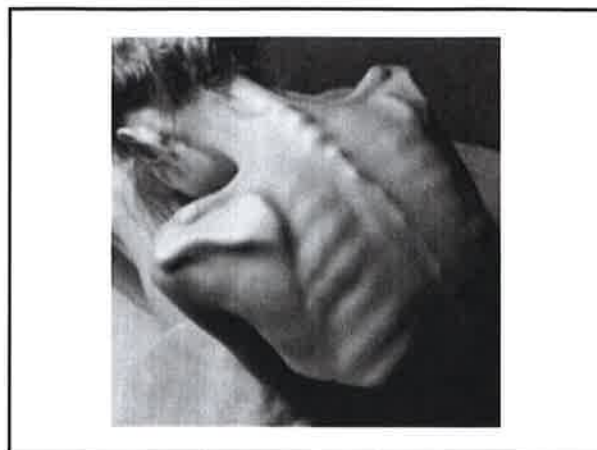
Nurses experiences, an example

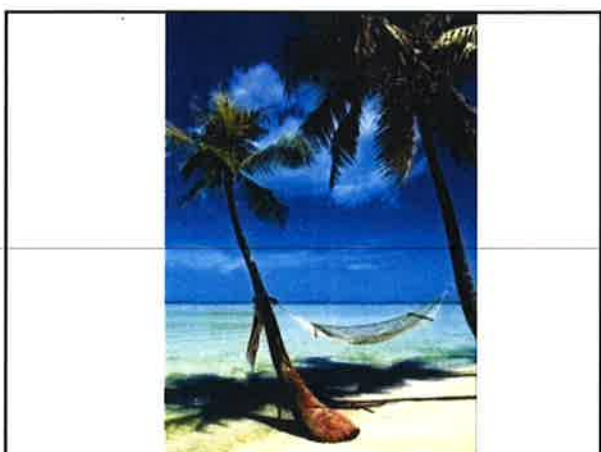
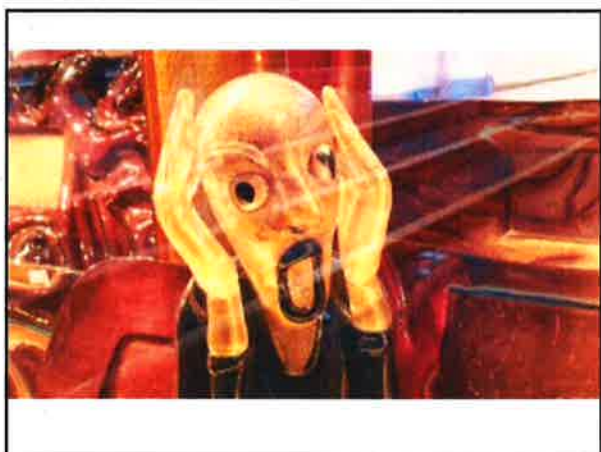
- Five focus groups, 24 nurses and nurse assistants
- AP is an effective tool in the toolbox
- Attractive treatment
- Person centered care
- (Landgren, Ekelin, Sjöström-Strand, Ahlström, 2019)

Acupuncture in anorexia – patients' experiences

- 16 narrative interviews
- In-patients
- Phenomenologic hermeneutic method (Lindseth & Norberg 2004)







Acupuncture became the framework that offered a pause, a space for reflection



ACU-EAT, interviews

- ACU-EAT, a quantitative and qualitative study (submitted)
- ACU-EAT, 47 patient interviews (in script)

Clinical effects?

- Patient benefits
 - Reduced symptoms and few side effects
 - Less medication on demand
 - Better progress
- Staff benefits
 - Better progress
 - Creates alliance
 - Strengthens the professional identity
- Clinic benefits
 - Acupuncture is cheap, safe, effective, environment friendly

To implement acupuncture you need...

- ...at least one enthusiast
- ...a positive leader of the clinic
- ...structure

Potential barriers for implementing acupuncture in the health care system

- Lack of evidence?
- Laws?
- Side effects?

Facilitating factors

- A paradigm shift
- A more holistic approach
- A growing interest in integrative medicine
- Environmental concerns

Take home message

Insomnia, depression and anxiety are major problems which decrease life quality

Acupuncture is not a magic wand

- ...but a non-verbal non-pharmacological treatment, can relieve many symptoms, give instant gratification without toxic effect or other severe side effects, may reduce suffering and increase quality of life
- ... is cheap and environment friendly

It's about humanity

- Generously, lovingly, without conditions applying, no questions asked.... Provide acupuncture to everyone who wants it as often as they want!

Thank you for listening!

- Questions?

