



INCORPORATING TRADITIONAL AND COMPLEMENTARY MEDICINE INTO PAIN MANAGEMENT IN MINISTRY OF HEALTH HOSPITALS



PAIN FREE PROGRAMME | KEMENTERIAN KESIHATAN MALAYSIA | UNIT AUDIT KLINIKAL

DEFINITION OF T&CM

T&CM is a form of **health-related practice**

- designed to **prevent/ treat/ manage** ailment or illnesses or preserve the mental and physical well-being of an individual
- **excludes medical or dental practices** used by a medical or dental practitioner respectively.

Recognized Practice Areas	
• Traditional Malay Medicine (TMM)	• Chiropractic
• Traditional Chinese Medicine (TCM)	• Osteopathy
• Traditional Indian Medicine (TIM)	• Islamic Medical Practice
• Homeopathy	

UNIQUE FEATURE OF T&CM IN MALAYSIA






T&CM in Malaysia

Strong ethno-cultural ownership

Highly diversified practice area

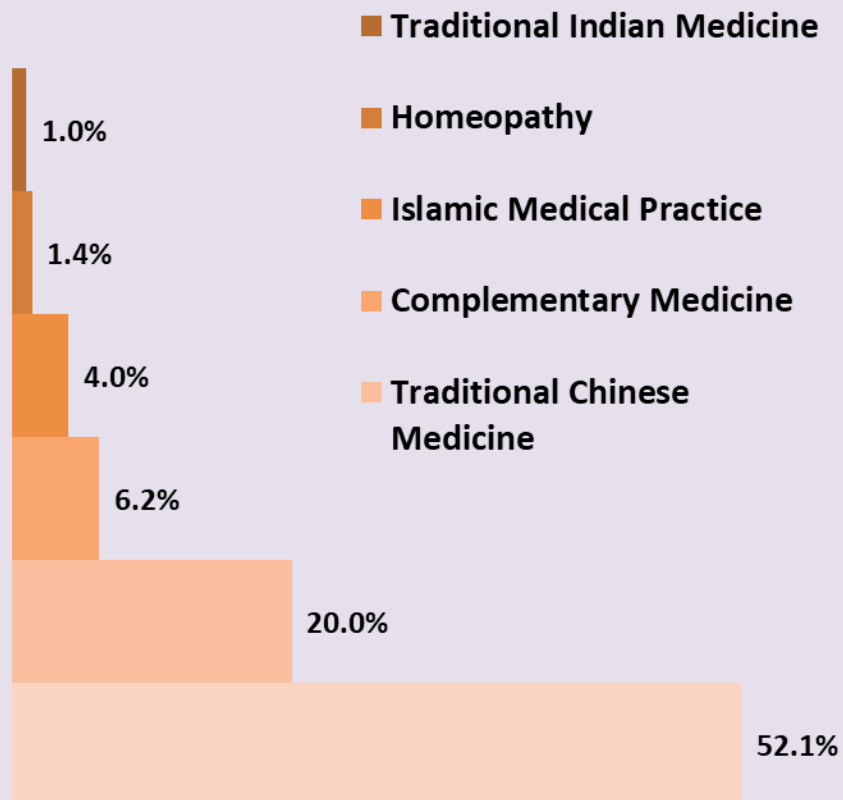
Provision of services that are dominated by the private sector

MALAYSIA'S TRADITIONAL MEDICINE MODALITIES ARE CULTURALLY SIGNIFICANT TO DIVERSE LOCAL ETHNICITIES

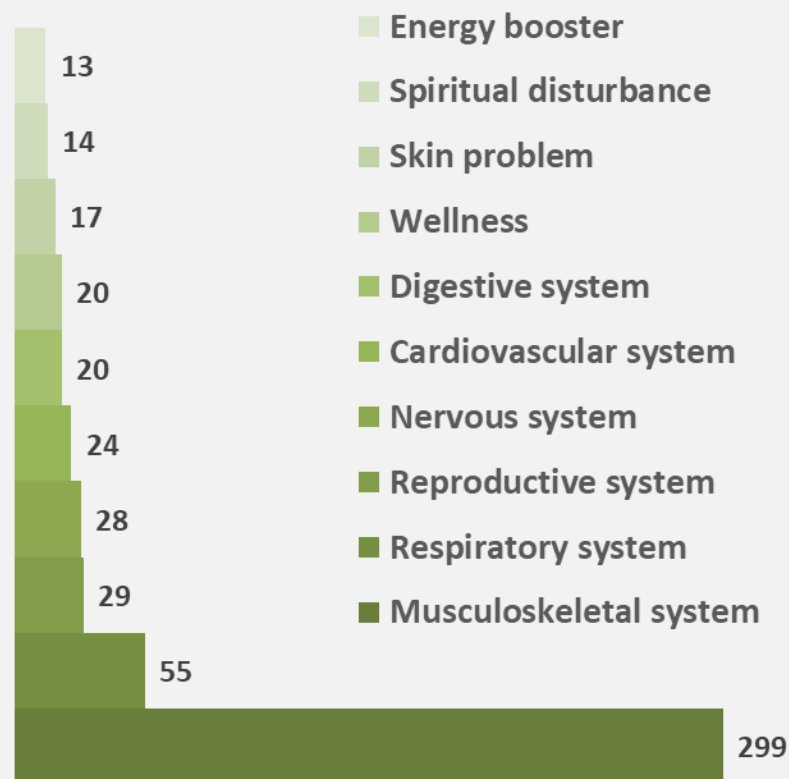
	Modality	History	Predominant ethnicity
	Traditional Malay medicine	<ul style="list-style-type: none"> Indigenous native medicine, dating back >1000 years 	Malay, Orang Asli
	Traditional Chinese medicine	<ul style="list-style-type: none"> Introduced by migrants from China in the 15th century, during the colonial era Most widely practiced traditional medicine in Malaysia 	Chinese
	Traditional Indian medicine	<ul style="list-style-type: none"> Introduced by migrants from India in the 15th century, during the colonial era 	Indian

T&CM PRACTICES USED BY THE MALAYSIAN POPULATION

T&CM use by practices within the last 12 months with consultation



Categories of health problems which T&CM practices were frequently used for the last 12 months with consultation



GOVERNANCE ON T&CM

Ministry of Higher Education (Academic)

Malaysian Qualifications Agency Act 2007

Ministry of Human Resources (Skills)

National Skills Development Act 2006

Ministry of Health

National Institutes of Health (NIH)

Education
&
Training

Practice/
Practitioner

Research

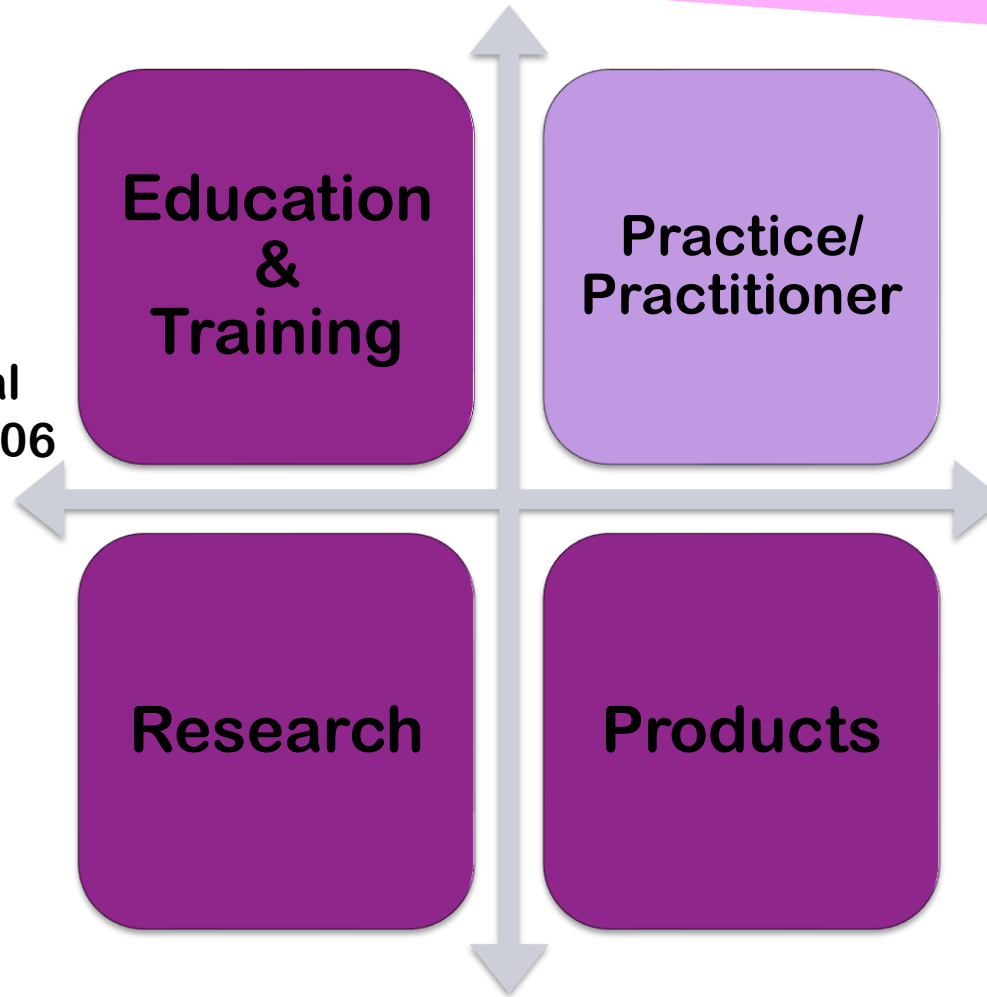
Products

Ministry of Health T&CM Division

Traditional and Complementary Medicine Act 2016

Ministry of Health National Pharmaceutical Regulatory Agency (NPRA)

Sales of Drugs Act 1952
Poison Act 1952
Dangerous Drugs Act 1952



MAJOR MILESTONES OF INCORPORATING T&CM INTO PAIN MANAGEMENT



MAIN COMPONENT OF PAIN FREE PROGRAMME

ANALGESIA &
ANESTHESIA/
PHARMACOLOGICAL

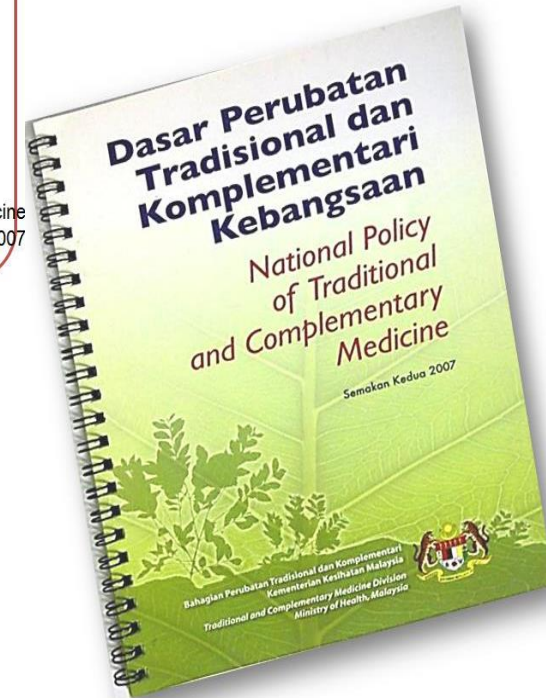
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NON-PHARMACOLOGICAL/
TRADITIONAL &
COMPLEMENTARY MEDICINE

MODERN SURGICAL
TECHNIQUES &
DAYCARE SURGERY

Traditional/ complementary medicine system (T&CM) shall be an important component of the healthcare system. It will **co-exist** with modern medicine and contribute towards enhancing the health and quality of life of all Malaysians.

National Policy of Traditional and Complementary Medicine
Ministry of Health Malaysia 2007



MALAYSIAN GOVERNMENT HAS UNDERTAKEN MULTIPLE INITIATIVES TO ENHANCE T&CM

1992

1992
Registration of TM product by National Pharmaceutical Control Bureau (NPCB)

1997
Good Manufacturing Practice (GMP) was implemented for TM manufacturers

2000

2000
Formation of Herbal Medical Research Center (HMRC) under Institute for Medical Research (IMR)

2001

2001
National policy on T&CM, MOH
• Reviewed in 2007

2002
Global Information Hub and National Committee in R&D for Herbal Medicine was established under IMR

2004

2004
Formation of T&CM Division

2013
Strategy of T&CM in Primary Health Care, MOH launched

2013
National Occupational Skills Standards (NOSS)
• Up to 2018, 10 T&CM related NOSS have been developed in the recognised practice areas

2015

2008
P5VS

2011
PFP

2012
AAA

MALAYSIAN GOVERNMENT HAS UNDERTAKEN MULTIPLE INITIATIVES TO ENHANCE T&CM

2015

2015
Up to 14 T&CM Units established in Public Hospitals and 6 T&CM Branch Offices established at State Health Departments

Malaysian Qualifications Agency (MQA)

- Up to 9 standards for diploma and degree level programs in T&CM established

2015
AAA
Deputation

2016

2016
Enforcement of T&CM Act 2016 (Act 775)

T&CM incorporated into the 11th Malaysian Plan as a potential new source of economic growth

Ministry of Health Malaysia Plan of Action 2016-2020

National Strategic Cancer Control Program 2016-2020 (NSCCP)

Pilot Project of Varmam Therapy in Sungai Buloh Hospital

Economic Transformation Programme (ETP) :
EPP1: High value herbal products & EPP10: Setting up wellness resorts

2018

2018
T&CM Blueprint 2018-2027 (Health Care) launched

Traditional Postnatal Service Transformation Plan executed

2020

2020
T&CM Division designated as WHO Collaborating Centre for Traditional, Complementary and Integrative Medicine



PAIN AS 5TH VITAL SIGN

VITAL SIGNS ASSESSMENT:

- BLOOD PRESSURE
- HEART RATE
- RESPIRATORY RATE
- TEMPERATURE
- PAIN SCORE
- SPO2

CONTINUATION SHEET

① UNIT TCM HPD

Low back -
6 months ago
hp - knee
Rx: Bil: C
C
P
P
V
+ TDP Low back

21 OCT 2021

114/85

60

36.5

97

Pain Score : 5

Kesakitan Skor

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PAIN SCALE

0 1 2 3 4 5 6 7 8 9 10

Adopted from IASP 2017

WORST PAIN

5 DURING: 5 AFTER: 5

② UNIT TCM HPD

Low back -
acupuncture
again: Hip
remain
Rx: Bil: R: He
Xiao
Zhao
Zi bu
Wux
mld: yao
+ TDP Low back

11 NOV 2021

123/75

92

36.2

94/6

Pain Score : 5

Kesakitan Skor

PAIN FREE PROGRAM

PAIN SCALE

0 1 2 3 4 5 6 7 8 9 10

Adopted from IASP 2017

WORST PAIN

5 DURING: 5 AFTER: 5

Wad TCM B/N

T&CM Outpatient Units in Public Healthcare Facilities under the Ministry of Health



KEPALA BATAS HOSPITAL



SULTANAH BAHYIAH HOSPITAL



PEREMPUAN ZAINAB II HOSPITAL



SULTANAH HAJJAH KALSOM HOSPITAL



SULTANAH NUR ZAHIRAH HOSPITAL



CHERAS REHABILITATION HOSPITAL



PUTRAJAYA HOSPITAL



NATIONAL CANCER INSTITUTE



MALAYSIA



PORT DICKSON HOSPITAL



JASIN HOSPITAL



SULTAN ISMAIL HOSPITAL



SABAH WOMEN AND CHILDREN HOSPITAL

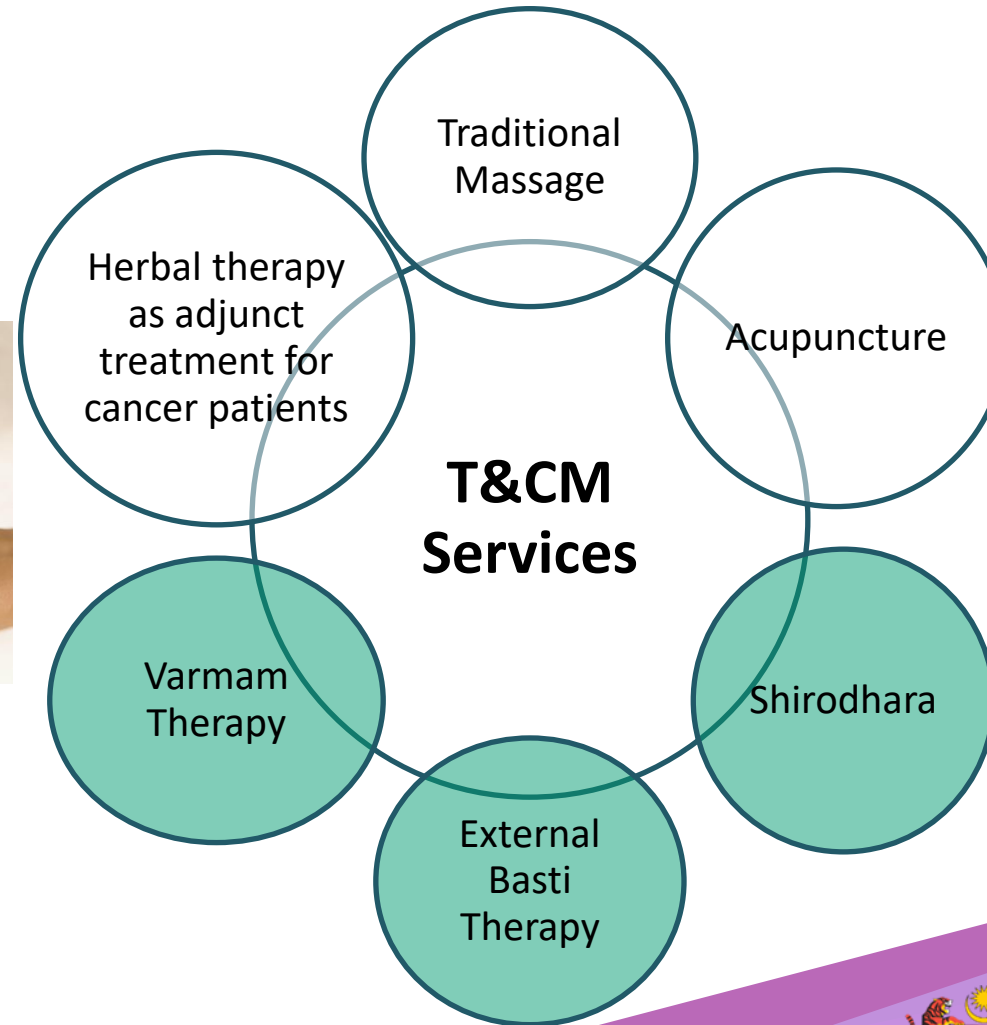


SARAWAK GENERAL HOSPITAL



DUCHESSE OF KENT HOSPITAL

T&CM SERVICES AVAILABLE AT SELECTED PUBLIC HOSPITALS IN MALAYSIA



MALAY MASSAGE



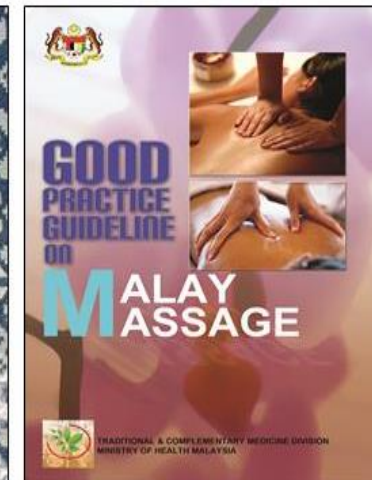
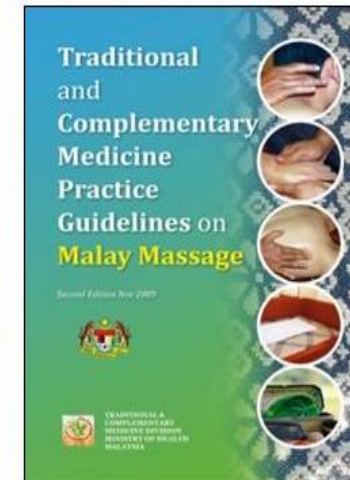
Cherkin et al. (2003) Annals of Internal Medicine, Vol. 138, No 11, p. 898 -907

A review of the evidence for the effectiveness, safety and cost of acupuncture, massage therapy and spinal manipulation for back pain

Tsao (2007) Evidence – based Complementary and Alternative Medicine, p.1-15

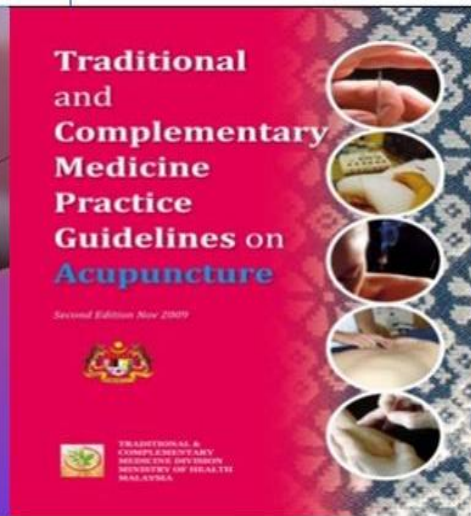
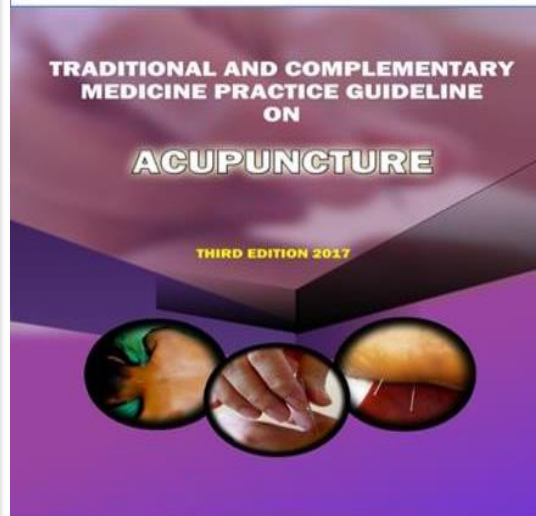
Effectiveness of massage therapy for chronic, non – malignant pain: A Review.

	Chronic pain	Post stroke
Number of session	3 sessions	7 Sessions
Breakdown of sessions	Every day or alternate day	First week :3 sessions Second week : 2 sessions Third week : 2 sessions
Assessment for effectiveness	Done at the third session	Done at the seventh session
Maximum session	5 sessions	10 sessions



ACUPUNCTURE

	Chronic pain	Stroke
Number of treatment session	5 sessions	20 sessions
Breakdown of session	Every day or alternate day	Every day or alternate day
Assessment for effectiveness	Done on fifth session	First 10 sessions : Asses the effectiveness of acupuncture points Second 10 sessions Asses the effectiveness of treatment
Maximum number of treatment session	10 sessions	30 sessions



ACUPUNCTURE - CONTRAINDICATION

- **Pregnancy**
 - May induce labour
- **Medical emergencies and surgical condition**
 - In such vases, first aid should be applied and transport to medical facility arranged
 - Acupuncture should not be used to replace surgical intervention
- **Malignant tumours**
 - Needling at the site of tumour is prohibited
 - However, it can be used as combination with other treatment modalities for the relief of the pain
- **Bleeding disorder**
 - Needling should be avoided in patient with bleeding and clotting disorder, or who are on anticoagulant therapy or taking drugs with anticoagulant effect

COMPLICATIONS OF ACUPUNCTURE TREATMENT

- Stuck needles
- Bend needles
- Broken needles
- Hematoma
- Pneumothorax
- Fainting

TRADITIONAL INDIAN MEDICINE

1. SHIRODHARA

- Shirodhara, as one of the healing techniques of Ayurveda, is characterised by the continuous pouring, flowing, dripping, spilling of oil or any other liquids such as decoction, medicated milk, medicated butter milk and water on the forehead for a specific period of time. In Sanskrit, shiro means “head”, and dhara means “continuous flow in a stream”



2. EXTERNAL BASTI THERAPY

- One of the modalities of Panchakarma therapy where warm medicated oil is retained within a boundary made of dough and is kept for a certain period of time over the lumbar region (Kati Basti), cervical region (Greeva Basti) and knee joint (Janu Basti)



TRADITIONAL INDIAN MEDICINE

3. VARMA

- Varma therapy is the therapeutic manipulation of Varma points in which the pranic energy remains concentrated. Manipulation over these points with a particular force for the specified time will release the pranic energy from these points and bring relief to the affected individual by regulating the flow of pranic energy which is obstructed due to assault on specific points (Varma points) or due to other causes.



TRADITIONAL INDIAN MEDICINE SERVICES OFFERED AT T&CM UNITS OF SELECTED PUBLIC HOSPITALS

Practice	Year of introduction	Indications	Public healthcare institutions
Shirodhara	2011	To complement the treatment of patients suffering from mental ailments such as insomnia, headaches, stress, anxiety and depression	Port Dickson Hospital
	2014		Cheras Rehabilitation Hospital
External basti therapy	2015	To complement the treatment of patients with musculoskeletal ailments	Port Dickson Hospital Cheras Rehabilitation Hospital
Varmam therapy	2017	To complement the treatment of orthopaedic patients for pain in the lower back, knee or neck	Sungai Buloh Hospital

CARE EXTENSION / REFERRAL FOR T&CM

WHO?

Any Medical practitioner registered with MMC can refer

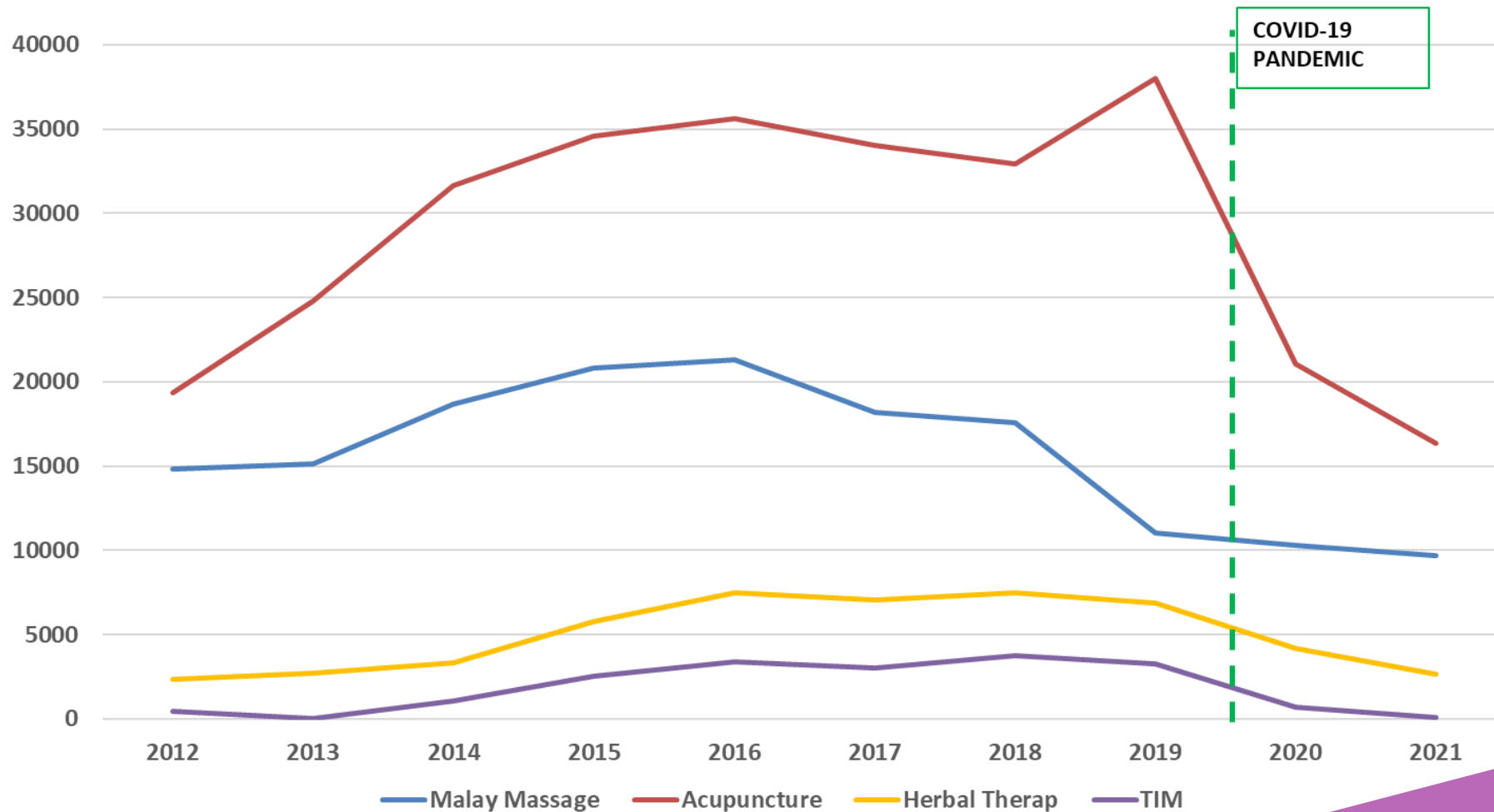
WHAT?

- Information to be included in referral/care extension form include complete diagnosis, laboratory profiles, radio imaging reports, treatment regimes and other relevant information

TO?

- Head of relevant T&CM Unit

TOTAL NUMBER OF PATIENTS TREATED IN T&CM UNITS IN MALAYSIA

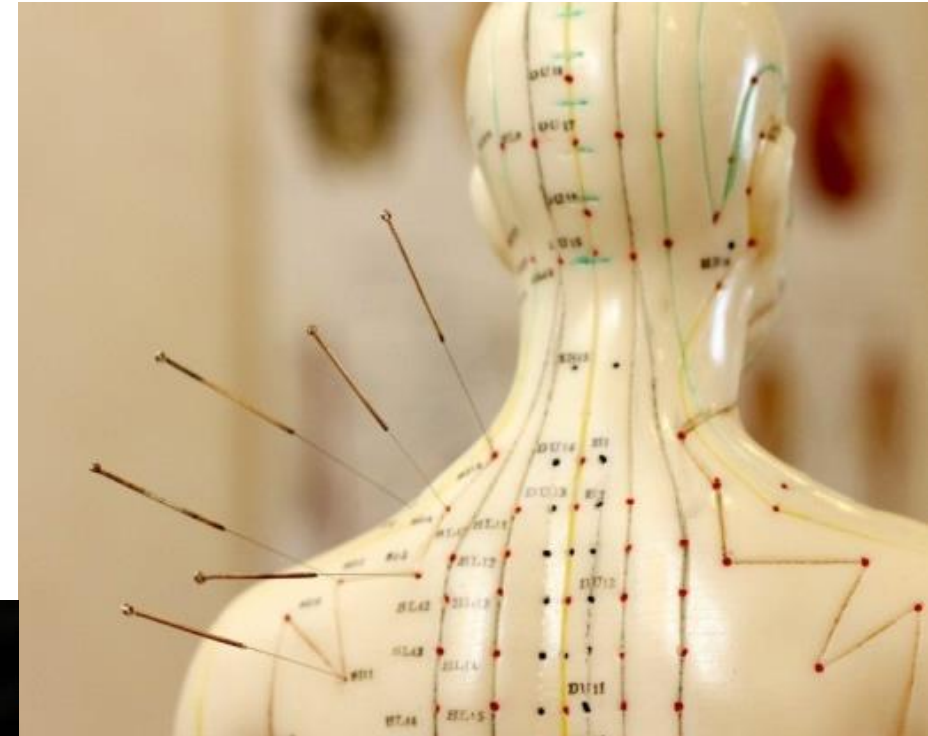


ROLE OF ACUPUNCTURE IN PAIN MANAGEMENT



WHAT IS ACUPUNCTURE ?

Acupuncture is a procedure of inserting and manipulating fine filiform needles into acupoints to relieve pain or for therapeutic purposes associated with or without moxibustion.



HOW DOES ACUPUNTURE WORK?

(in Chinese medicine concept)



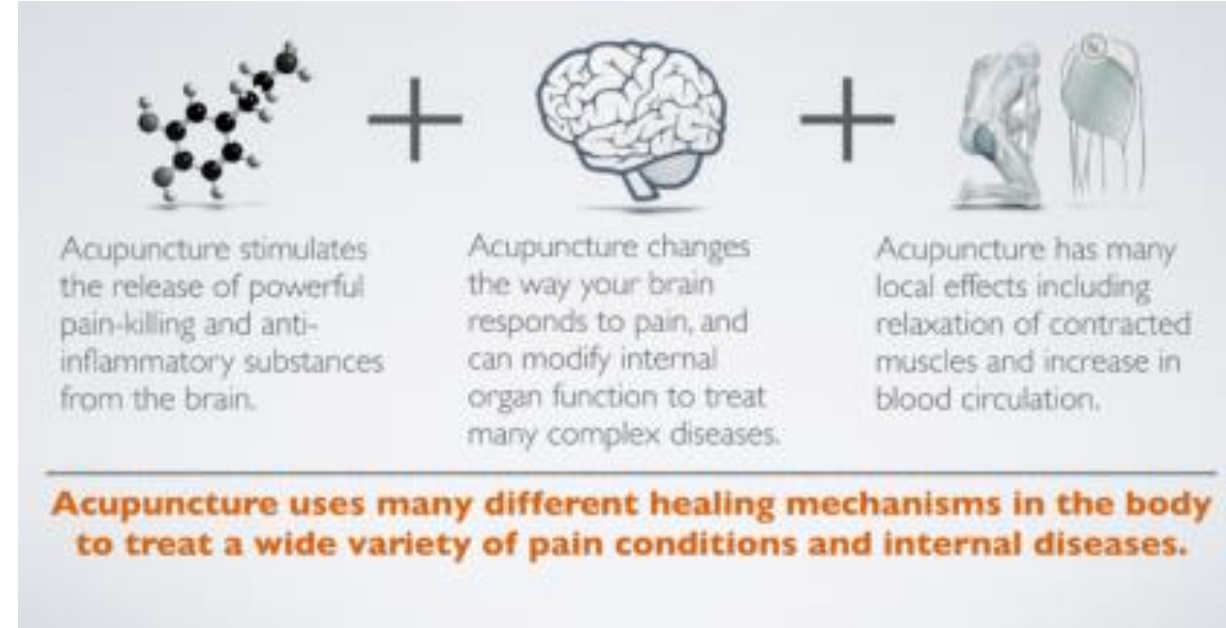
Pain in Chinese Medicine (CM)

- **Pain:** Obstruction in the circulation of Qi and blood in the channels/meridian
- **Acupuncture:** Aim to regulate the flow of Qi & balance Yin and Yang of the body

HOW DOES ACUPUNCTURE WORKS? (in modern science concept)

Needling the acupuncture points:

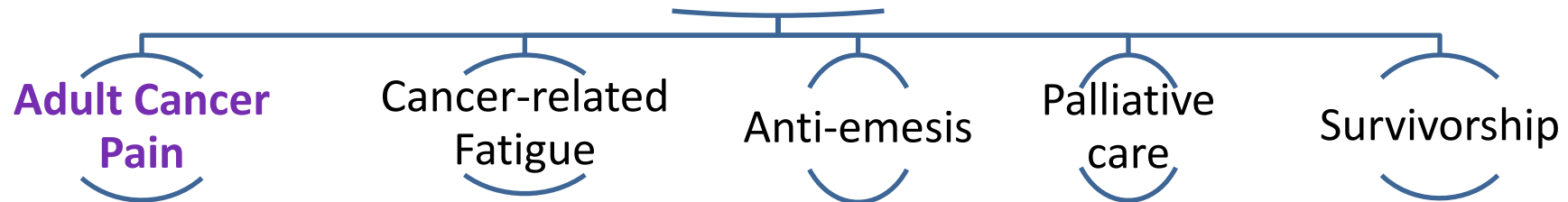
- Stimulates the neuro-endocrine system to release chemicals in the muscles, spinal cord and brain.
- These chemicals will either **change the experience of pain** (e.g. endogenous opioid neuropeptides) or trigger the release of other chemicals and hormones which influence the body's own internal regulating system.





National Comprehensive
Cancer Network®


NCCN Clinical Practice Guidelines (CPG) in Oncology recommend **acupuncture** as one of the intervention



- **The top 5 cancer symptoms relieved by acupuncture:**
1. **cancer pain**; 2. nausea and vomiting; 3. cancer-related fatigue; 4. hot flush; 5. xerostomia



CLINICAL EVIDENCE OF ACUPUNCTURE FOR PAIN MANAGEMENT

 BMC Part of Springer Nature

BMC Complementary Medicine and Therapies

Research article | [Open Access](#) | Published: 23 August 2014

Pain management with acupuncture in osteoarthritis: a systematic review and meta-analysis

Taru Manyanga , Maria Froese, Ryan Zarychanski, Ahmed Abou-Setta, Carol Friesen, Michael Tennenhouse & Barbara L Shay

BMC Complementary and Alternative Medicine **14**, Article number: 312 (2014) | [Cite this article](#)



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Evidence-Based Complementary and Alternative Medicine

Review Article

Acupuncture for Pain Management in Cancer: A Systematic Review and Meta-Analysis

Caiqiong Hu,¹ Haibo Zhang,² Wanyin Wu,² Weiqing Yu,¹ Yong Li,² Jianping Bai,² Baohua Luo,¹ and Shuping Li¹

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Hindawi Publishing Corporation

Evidence-Based Complementary and Alternative Medicine

Volume 2016, Article ID 1720239, 13 pages

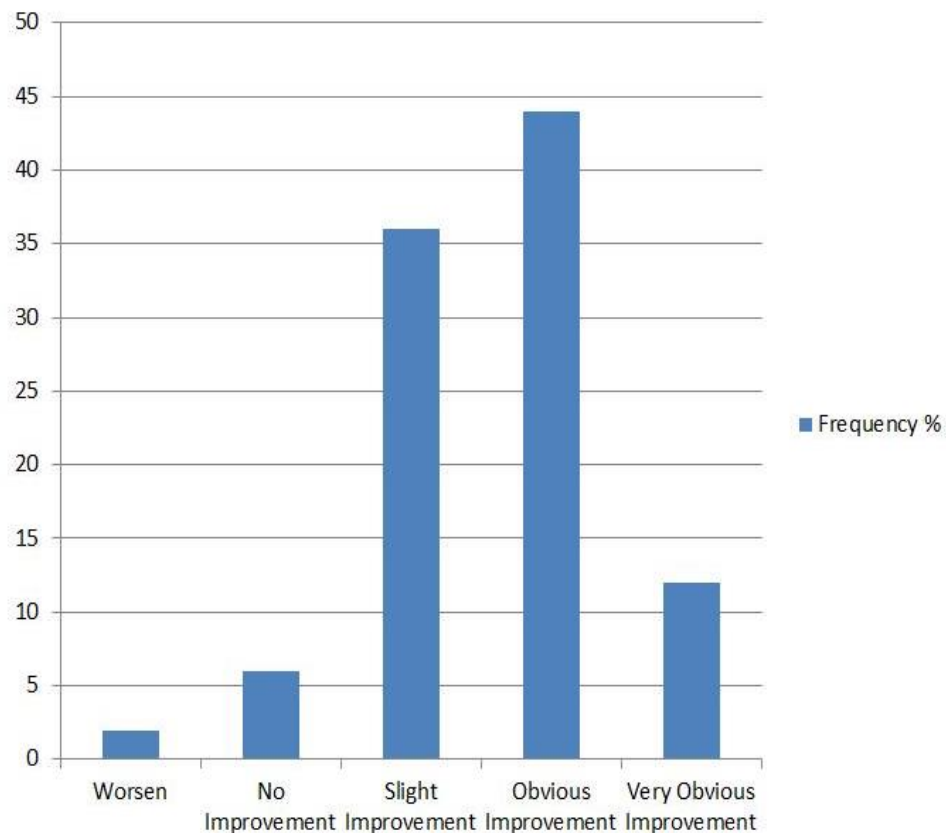
<http://dx.doi.org/10.1155/2016/1720239>

Conclusion: Acupuncture + drug is more effective than drug alone



ACUPUNCTURE SERVICES IN T&CM UNIT HPJ: A SIMPLE OBSERVATION ON THE MANAGEMENT OF CHRONIC PAIN

Changes In Pain Score Before and After Treatment

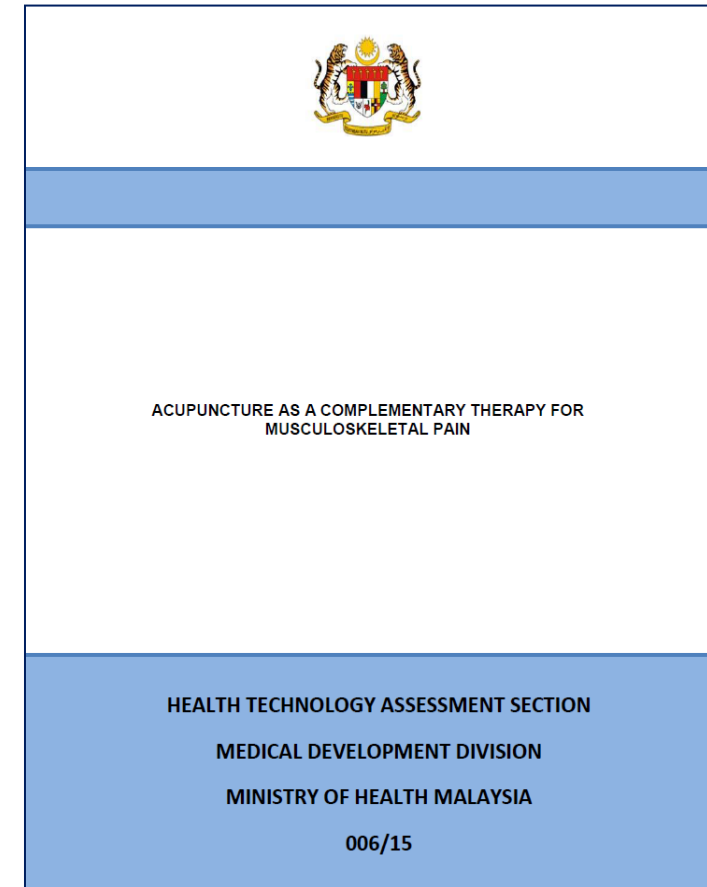


- Observation period: April 2012 to October 2012
- Inclusion criteria : 1.Chronic pain
- 2.Completed the regime
- Exclusion criteria: 1.Non Chronic Pain
- 2Regime not completed
- 3.Assessment not done
- 4.Case note not completed
- Total number of case collected: 50 cases
- Demographic:
- Male : 28, Female : 22
- Age: 19 to 76
- Changes in pain score= (pain score before treatment) - (pain score after treatment)
- Worsen= changes in pain score <0
- No improvement = changes in pain score=0
- Slight improvement=changes in pain score =1 or 2
- Obvious improvement=changes in pain score=3 or 4 or 5
- Very obvious improvement= changes in pain score>5

• Source : All data provided by T&CM unit HPJ

TR: ACUPUNCTURE AS A COMPLEMENTARY THERAPY FOR MUSCULOSKELETAL PAIN

- There was evidence on the effectiveness of acupuncture for patients with musculoskeletal pain such as neck pain, osteoarthritis, back pain, low back pain, fibromyalgia and ankle sprain
- There was evidence to suggest that acupuncture was safe and there was no serious adverse events noted.
- However, pain due to local insertion of the needle, ecchymosis and local paresthesia were among some of adverse events reported.



ROLE OF OTHER COMPLEMENTARY MEDICINE IN PAIN MANAGEMENT

THE JOURNAL OF ALTERNATIVE AND COMPLEMENTARY MEDICINE
Volume 9, Number 6, 2003, pp. 837-846
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Efficacy of Massage Therapy in Chronic Pain: A Pragmatic Randomized Trial

HARALD WALACH, Ph.D.,¹ CORINA GÜTHLIN, Dipl.Psych.,¹
and MIRIAM KÖNIG, Dipl.Psych.²

Findings: massage can be at least as effective as Standard Medical Care in chronic pain syndromes

Varma treatment regime has been very effective for the management of Osteoarthritis. Treatment with Varmam application alone can be tried in near future to substantiate the effect of Varmam on pain management of osteoarthritis

Janani and Manickavasagam, IJPSR, 2017; Vol. 8(12): 5286-5290.

E-ISSN: 0975-8232; P-ISSN: 2320-5148

IJPSR (2017), Volume 8, Issue 12

(Research Article)



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EFFECTIVENESS OF VARMAM THERAPY FOR THE MANAGEMENT OF OSTEOARTHRITIS

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Siddha Clinical Research Unit ², Ayurveda & Unani Tibbia College, Karol Bagh, New Delhi - 110005, New Delhi, India.



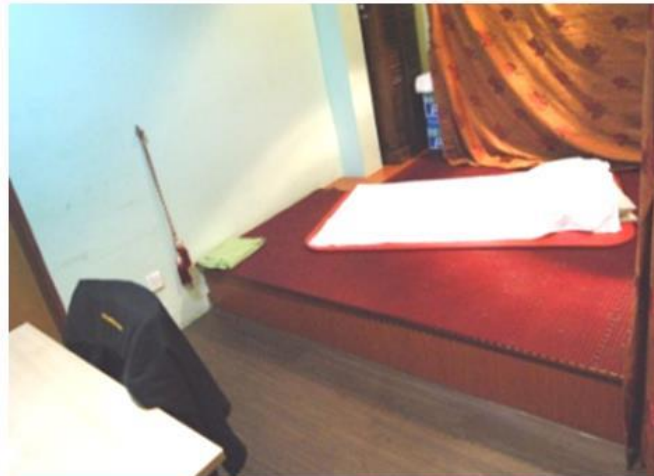
Hospital Kepala Batas,
Pulau Pinang



Hospital Sultan
Ismail, Johor



Hospital Putrajaya



Hospital Port Dickson



Hospital Sultanah Hajah Kalsom



Mr. Ma Wen, expert in acupuncture-assisted anesthesia



Mr. Zheng Zhan, expert in herbal oncology, provided TCM consultation in Sabah Women and Children Hospital, Likas, Sabah.



IKN Pain Free round at T&CM Unit 25/9/2020





IKN Pain Free round at T&CM Unit 25/9/2020





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- CAWANGAN AMALAN, BPTK
- CAWANGAN DASAR & PERKEMBANGAN, BPTK



THANK YOU



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