Roadmap for Future CAM Research

Presentation

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CAM Research Roadmap - Background

- CAM is very prevalent within Europe <u>but</u> 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 (<u>not</u> 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
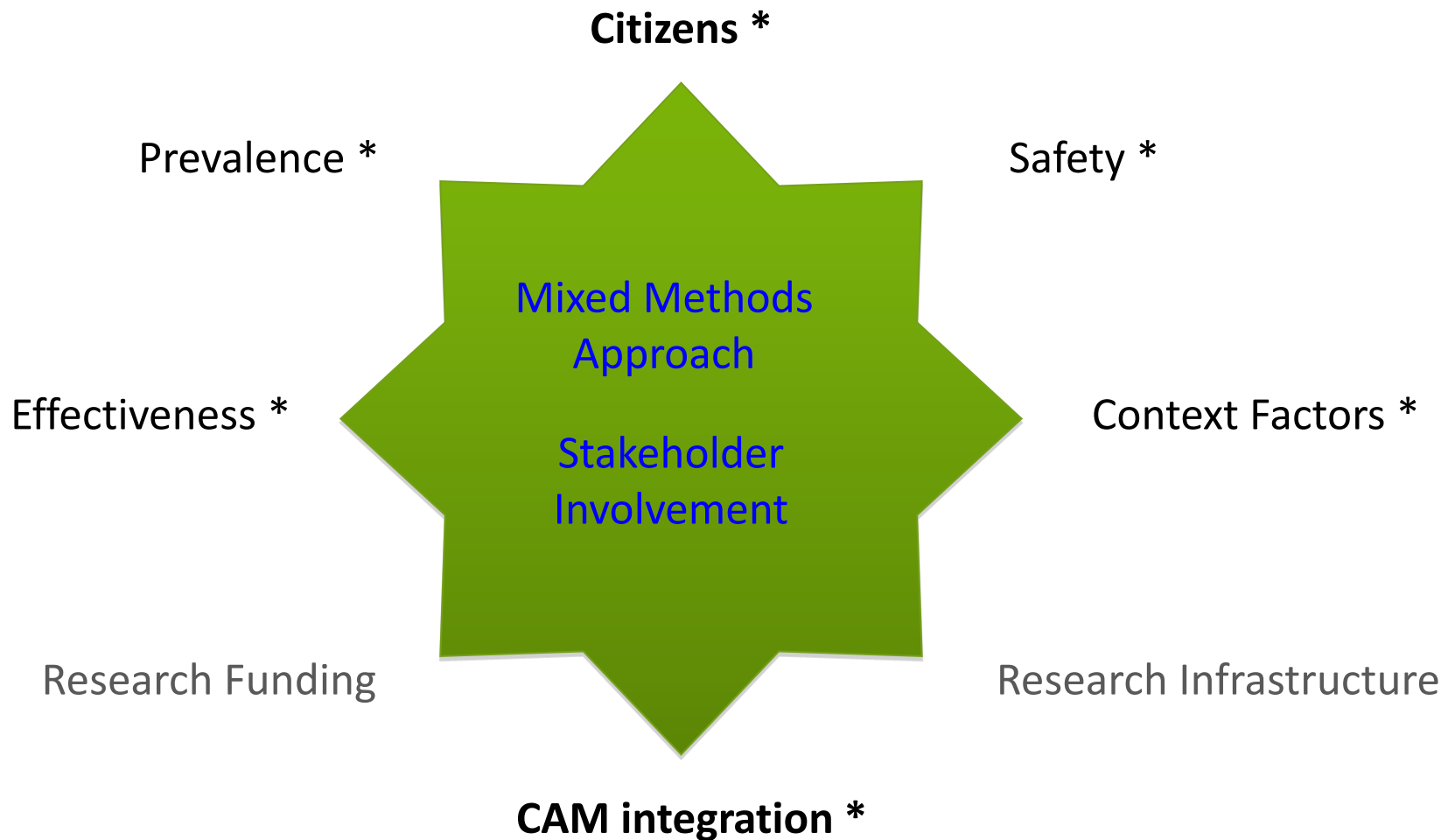 - consensus meeting

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 *

Safety *

Mixed Methods Approach

Stakeholder Involvement

Effectiveness *

Context Factors *

Research Funding

Research Infrastructure

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 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 I

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 !