

Implementation of the work plan. For each main activity briefly explain how the activity was implemented, the outcome and impact and, if available, the results of the evaluation (e.g. evaluation of a course by the participants). Also explain difficulties (if any). Do not provide technical results in this form (technical results, if applicable, are to be sent directly to the WHO Department you work with).

1. Establishment and maintenance of a national Centre in Traditional medicine and CAM. Centre will provide the public with balanced, neutral and scientifically based, information on traditional medicine and CAM nationally and internationally, specifically concerning:
 - treatment methods
 - information about the law, regulations and educational t e r n
 - research (recent and ongoing)

NAFKAM has established a National Information Center on CAM (NIFAB) which in Norway includes traditional medicine. NIFAB presents information to the general public about treatment methods, laws and regulations and educational opportunities in the country.

The information about research on treatment effects is under development and will be online within a few months.

NIFAB uses mainly the website www.nifab.no as its information channel, but is also available by phone, fax, email and ordinary mail.

2. The Norway-China Cooperation within TCM
The ministries of Norway and China entered an agreement on health issues in 1999. NAFKAM is responsible for the Traditional Chinese Medicine (TCM) pan. Three areas are prioritized:
 1. Mediate knowledge about TCM to scientists, clinicians in public health service and practitioners in alternative medicine
 2. Cooperation on education and research on TCM

One of the prioritized areas in the Norway-China Collaboration (NCC) is to mediate knowledge about TCM to scientists, clinicians in public health service and practitioners in alternative medicine. During 2009 the two employees at NCC, Terje Alræk and Jianping Liu, have given talks, presented research results and they have also taken part in media programs. All presentations have been based on their thorough knowledge in TCM. We have chosen some to exemplify this:

- Jianping Liu attended WHO Meeting on research methodology in traditional medicine Between 30 March and 2 April in Milan, Italy
- Jianping Liu attended the North-American Conference on Complementary and Integrative Medicine (NACCIM) between 12 and 15 May in Minneapolis, USA, to facilitate the workshop on systematic review on CAM with Susan Wieland from University of Maryland; and to present two posters "Green tea and cancer prevention: a systematic review of

randomized controlled trials and epidemiological studies" and "Herbal preparations for treatment of uterine fibroids: a systematic review of randomized controlled trials".

- Jianping presented "Challenges in reviewing TCM research" at the CAM Special Session and to co-facilitate two workshops on clinical research methodology at 17th Cochrane Colloquium, Singapore on 14 Oct. 2009.
- Jianping Liu presented "Guideline for viral hepatitis management/treatment: what is available and what are the practices?" at the WHO Consultation Meeting on the Management of Viral Hepatitis in Beijing, China [WHO China Office].
- During 2009 Alræk has been invited to several research meetings at Norwegian universities to present results from the ACUFLASH study - Acupuncture (TCM) for hot flashes in postmenopausal women.
- 23rd-24th. September Alræk was invited as keynote speaker at the "International Symposium for Acupuncture Research" Daejeon, Korea.
- Alræk represented NCC and NAFKAM at the WHO meeting "The fifth meetings of Directors' of WHO Collaborating Centers for Traditional Medicine", Melbourne, Australia 11th-14th November.
- 24th November Alræk took part in the University- and University College meeting in Oslo named "Establishing of China Meeting Place"
- Some examples of scientific publications :
- Borud EK, Alraek T, White A, Grimsgaard S. The Acupuncture on Hot Flashes Among Menopausal Women study: observational follow-up results at 6 and 12 months. *Menopause*. .
- Borud EK, Alræk T, White A, Grimsgaard S. The acupuncture treatment for postmenopausal hot flushes (Acuflysh) study: traditional Chinese medicine diagnoses and acupuncture points used, and their relation to the treatment response. *Acupunct Med*. 2009 Sep;27(3)
- Borud EK, Alraek T, White A, Fonnebo V, Eggen AE, Hammar M, Astrand LL, Theodorsson E, Grimsgaard. The Acupuncture on Hot Flushes Among Menopausal Women (ACUFLASH) study, a randomized controlled trial. *Menopause*. 2009 May-Jun;16(3)

- Alraek T, Malterud K Acupuncture for Menopausal Hot Flashes: A Qualitative Study About Patient Experiences .J Altern Complement Med. 2009 Feb 13
- HJ Cao, XF Pan, H Li, JP Liu [correspondence author]. Acupuncture for treatment of insomnia: a systematic review of randomized controlled trials. Journal of Alternative and Complementary Medicine 2009;15(11):1171-1186.[SCI]
- Li X, Hu J, Wang XY, Zhang HR, Liu JP. Moxibustion and other acupuncture point stimulation methods to treat breech presentation: a systematic review of clinical trials. Chinese Medicine 2009,4:4. doi: 10.1186/1749-8546-4-4.
- Jianping Liu. CAM-CANCER Evidence Summary. Chinese herbal medicine for advanced stage of pancreatic cancer (<http://www.cam-cancer.org/CAM-Summaries>).
- Jianping Liu. CAM-CANCER Evidence Summary. Black Cohosh (<http://www.cam-cancer.org/CAM-Summaries>).

Cooperation on research and education

At the moment NCC is involved in a colorectal cancer project at Xi Yuan hospital in Beijing. This project has received 1,5 millions RMB from the Ministry of Science and Technology.

NCC is also planning a study named: "Development of a Primary Care Model which acknowledges Several Systems of Care in Norway and China" This study will be collaboration between NCC, National Centre of Rural Medicine -both at the University of Tromsø. Our collaborating partners in China are not yet finished, however Centre for evidenced based Chinese Medicine at Beijing University of TCM will be an important collaborating partner.

Alræk and Liu have planned and arranged for Norwegian medical students to stay at Chinese TCM hospitals while visiting China on their study tour. This has resulted in two rapports: "Can acupuncture influence the motility of the gastrointestinal tract?" and "Acupuncture treatment for Bells palsy."

Jianping Liu has supervised a master student in Norway, with the title "Acupuncture for depression: an overview of systematic reviews and randomized clinical trials"

Terje Alræk has started to supervise a Chinese born medical student at the University of Bergen. The student will be engaged in the colorectal cancer project at Xiyuan hospital, Beijing.

Jianping Liu and Terje Alræk have been involved and interviewed in a series of Norwegian radio programs related to TCM both in Norway and in China.

Alræk has been invited to the Norwegian Health Directorate on several occasions to speak about NCC and TCM. Likewise he has been invited by the Norwegian Medical Association to give lectures on TCM to clinicians in public health service. Several schools and University Colleges related to education in alternative medicine have Alræk lectured at.

3. Postgraduate training in acupuncture

The postgraduate training program for licensed health personnel in acupuncture will lead to establishment of qualified acupuncturists in Norway and other countries.

The private college Akupunkturhøgskolen in Oslo has been accredited to give a Bachelor's degree in acupuncture. NAFKAM has therefore put its own educational program in acupuncture on hold until the government decides at what educational level a future licensing of acupuncturists will be set. If the level is set to a Master's level, NAFKAM will proceed with postgraduate training.

4. Register for Exceptional Disease Courses

Patient experiences after use of CAM and traditional medicine need to be registered systematically to generate knowledge about treatments that may be beneficial on a wider scale.

Activity 4: NAFKAM will therefore establish an international register of exceptional disease courses after the use of CAM and traditional medicine

The Registry of Exceptional Courses of Disease is collecting exceptionally good and exceptionally bad courses of disease after the use of complementary and alternative medicine from patients in Norway, Denmark, and Sweden.

The registry is a base for researchers. Per 31.12.2010 301 patients had registered. The largest disease groups are Multiple Sclerosis (MS), Cancer, and Myalgic Encephalopathy/Chronic Fatigue Syndrom (ME/CFS). The types of treatment being

used most widely among the registry patients are acupuncture, dietary advice, homeopathy, herbs and supplements, healing, and reflexology.

5. Other information related to the collaboration between the centre and WHO. Briefly describe visits by WHO staff to the centre, visits by the centre staff to WHO (HQ and/or Regional Office), use of the centre staff by WHO, support provided by centre staff for courses cosponsored or organized by WHO (HQ and/or Regional Office), WHO financial support to the centre through contractual or Technical Services Agreement or other type of support provided by WHO, any other collaborative activities. Please mention any difficulties encountered in the collaboration and suggestions for increased and improved collaboration with WHO.

In 2009 we had no specific activity involving personal meetings between NAFKAM and WHO, but we exchanged views on plans for a follow-up of our consultation with China regarding their monitoring of TCM hospitals. A follow-up meeting is planned in Shanghai in June, 2010.

6. Collaboration with other WHO Collaborating Centres: Briefly describe the nature and outcome of the collaboration and the name(s) of the other WHO Collaborating Centre(s) with which the centre has collaborated. If applicable, please mention the name of the network of which the WHO Collaborating Centre(s) belongs. Also include suggestions for increased and improved collaboration with other WHO CCs

NAFKAM has had the following cooperation with other WHO Collaborating Centres in Traditional Medicine:

- a. The WHO Collaborating Center in Melbourne, Australia: Planning of a pre-conference at the 5th ISCMR conference of Complementary Medicine Research (Tromsø, May 19-21, 2010).