

Folder eCC\_00014724 is in stage Annual\_Report\_Due

**Name of the University, Hospital, Research Institute, Academy or Ministry**

UiT The Arctic University of Norway

**Name of the Division, Department, Unit, Section or Area**

National Research Center in Complementary and Alternative Medicine (NAFKAM)

**City** Tromsø **Reference Number** NOR-20

**Title** WHO Collaborating Centre for Traditional Medicine

**Report Year** 02-2019 to 02-2020

**1. Annual report on the agreed workplan**

**Describe progress made on the agreed workplan. For each activity, detail (1) the actions taken, (2) the outputs delivered, as well as (3) any difficulties that may have been encountered. Three responses are expected. [maximum 200 words per activity]. Indicate, if an activity has been completed previously, has not yet started or has been placed on hold.**

**Activity 1**

Title: Collaborate with WHO on collecting and analyzing data on legal status and regulation of T & CM, and on developing global information platforms on country-specific regulation and legal status of T & CM.

Description: NAFKAM will together with WHO/HQ in Geneva, collect, update and analyze data with regard to legal status and regulation of T & CM.

The analysis can also involve appropriate standardization of information and presentation of the data.

Together with WHO, NAFKAM will contribute to collecting, analyzing and disseminating country-specific data globally according to the specific workplan jointly prepared with WHO later.

Status: ongoing

NAFKAM continues to collect and update information on regulation, governmental supervision and reimbursement in 39 European countries. In addition to informing WHO reports, the information continues to be presented on NAFKAM's CAM Regulation website <<http://cam-regulation.org/en>>. Use of the website is stable and in 2019 visitors from more than 140 countries consulted the website. User data have shown that an increasing number of individuals planning to move to a European country with the aim of starting education or business within T&CM consult the website. The website also informs researchers and other professionals with an interest in regulatory issues.

In 2019, NAFKAM has begun to develop the website into a more targeted information resource. Staff members Barbara Wider and Ola Lillenes have started to restructure and update the data accordingly with a focus on:

- conducting a systematic update of all information and incorporating it into the text
- presenting and revising the information so it is not only suitable for informing WHO report but also for use on an international information website
- turning it into a portal for any individual or institution looking for information related to regulation, governmental supervision and reimbursement including contact points for more specific enquiries.

In 2019, NAFKAM's knowledge on regulation and policy continued to be included in research articles, WHO technical support tasks and in conference papers and presentations. See activity 2-4.

NAFKAM is ready to assist WHO in analyses on regulation and legal status of T&CM.

**Activity 2**



Title: Support WHO in the development of understanding for, and establishment of competence networks and research on risk, patient safety and quality assurance in T & CM.

Description: The T & CM field has not been systematically researched with regard to harm. NAFKAM and WHO will jointly strengthen the knowledge and dissemination of risk and safety understanding in T & CM use by:

1. Support WHO in the WHO project of quality improvement and safety of T&CM services.
2. Encouraging and supporting international competence networks representing health authorities, T & CM associations, researchers, T & CM providers, and patient organizations in order to strengthen qualified service and patient safety understanding on T & CM treatments.

Status: completed

Specific request from WHO: "Key technical issues for the safe use of herbal medicines with reference to interaction with other medicines."

NAFKAM was invited for the 2nd Global Review of the WHO document entitled "Key technical issues for herbal medicines with reference to interaction with other medicines". The review had been updated following expert comments during the 1st Global review. As a WHOCC on traditional medicine, NAFKAM provided input from two experts in March 2019.

WHO contact person: Professor Liu Xinmin, Consultant, Traditional, Complementary and Integrative Medicine, SDS, WHO

NAFKAM expert persons: Barbara Wider, Hilde Risvoll.

In addition to this specific request from WHO, NAFKAM has conducted a range of research and communication activities aimed at 1) quality improvement and safety of T&CM services and 2) establishing and maintaining competence networks. Research on and communication of risk and safety in T&CM remains one of NAFKAM's priorities and we have listed the main activities. We are forwarding a separate email with more detail of these and other related activities.

Encouraging and supporting international competence networks

European-Asian networks:

- International Pattern Identification Network Group (iPING)

European networks:

- Collaboration with the German Competence Network Complementary Medicine in Oncology
- "Art as healing"

Regional consultation: advice and recommendations to health authorities

- Norwegian Health Authorities
- Norwegian Parliament's Central Health & Care Committee
- Norwegian Labour and Welfare Administration (NAV)
- Norwegian Consumer Authorities
- Swedish Health Authorities
- Scandinavian research collaboration

Public information about T&CM in a global perspective

- CAM Cancer website, focus on safety of T&CM in oncology: CAM Cancer <<http://cam-cancer.org>>
- CAM Regulation website <<http://cam-regulation.org>>
- <Nafkam.no> website
- Conference and meeting presentations
- Research articles in the peer-reviewed literature

### Activity 3

Title: Organize training programs/workshops/symposia on research approaches and evaluation of T & CM in collaboration with WHO and WHO CCs.

Description: NAFKAM will initiate a yearly international training program/workshop/symposium in the field of research methodology in T & CM in collaboration with WHO and ISCMR (International Society of Complementary Medicine Research). In the four coming years the topics will be chosen in collaboration with WHO, the other WHO CCs in T & CM and ISCMR. Dependent on funding possibilities the training programs/workshops will cover the costs for at least two trainees each time, as requested by WHO.

Status: completed

NAFKAM has not received any specific requests from WHO.

NAFKAM staff have provided several training initiatives on evidence-based research approaches and evaluation, both on an international as well as regional level.

- Training sessions: evidence-based approaches in Traditional Chinese Medicine
- Training sessions: research methodology
- Knowledge transfer meetings: patient safety in cancer and nutrition
- Teaching T&CAM healthcare professionals and students

#### Activity 4

Title: Engage in international collaborative efforts, and provide consultation relative to T & CM research and training, upon the request of WHO.

Description: NAFKAM will take an active part in international efforts with regard to collaborative research as well as information issues around T & CM. Such efforts can be, but is not limited to, research projects, surveys of T & CM practices, consulting with regard to organizational issues concerning T & CM, T & CM training, coordinated public information.

NAFKAM will provide consultation services globally in the same areas at the request of WHO.

Status: ongoing

A preliminary model for «good» integration of T&CM into health systems.

Vinjar Fønnebo chairs the WHO international expert group to study models of integration of Traditional and Complementary medicine into national health systems, especially in primary health care services. The group has developed a report addressing the following three objectives:

- What constitutes “good models” of T&CM integrated national health systems;
- What are the criteria to be considered to determine the level of integration of a country’s health system;
- A WHO definition for “integration” encompassing the role and position of T&CM in a health system and contribution to Universal Health Coverage and the Sustainable Development Goals (SDGs).

The group has collected information on the topic from a number of countries in all WHO regions, and visited India in October 2017. The group had two country visits in 2018: Ghana: March 6 to 10, 2018 and Portugal: May 1 to 4, 2018. The final report was evaluated at a WHO meeting in Macau from November 6-8, 2019. It will subsequently be forwarded to WHO after final editing.

## 2. Annual report on other activities requested

**Should WHO have requested activities in addition to the agreed workplan, please describe related actions taken by your institution [maximum 200 words]. Please do not include in this report any activity done by your institution that was not requested by and agreed with WHO.**

None.

## 3. Resources

**Indicate staff time spent on the implementation of activities agreed with WHO (i.e. those mentioned in questions no. 1 and no. 2 above). Do not include any data related to other activities done by your institution without the agreement of WHO. Please indicate staff time using the number of “full-day equivalents” – a day of work comprising 8 hours (e.g. 4 hours work per day for 7 days should be recorded as 3.5 full-day equivalents).**

**Number of staff involved (either partially or fully)**

Senior staff	Mid-career staff	Junior staff, PhD students
9	0	0

**Number of full-day equivalents, total for all staff involved**

Senior staff	Mid-career staff	Junior staff, PhD students
80	0	0

Implementation of the agreed workplan activities (i.e. those mentioned in questions no. 1 and no. 2 above) normally require resources beyond staff-time, such as the use of laboratory facilities, purchasing of materials, travel, etc. Please estimate the costs of these other resources as a percentage of the total costs incurred (e.g. if you incurred costs of USD 100 and the value of your staff time was USD 50 which makes the total of USD 150, please report 33.3% and 66.7%).

Percentage of costs associated with staff time	Percentage of costs associated with other resources	Total
95.00	5.00	100.00

#### 4. Networking

Describe any interactions or collaboration with other WHO Collaborating Centres in the context of the implementation of the agreed activities. If you are part of a network of WHO Collaborating Centres, please also mention the name of the network and describe your involvement in that network [maximum 200 words].

- Vinjar Fønnebø has been collaborating with other WHO CC in the above-mentioned project "A preliminary model for «good» integration of T&CM into health systems".
- See our collaboration with KIOM in Korea above.