

**Clinical and Scientific Research on
Acupuncture in Treating Pain Syndrome**

Qi Zhao

M.D./Ph.D

Acupuncture for low back pain (2002 to 2006)

- The incidence of low back pain in adults is as high as **84%**, and the most common cause of low back pain is lumbar disc herniation (ranking No. 1) and lumbar spinal stenosis (ranking No. 2).
- Dr. Zhao conducted systematic review of acupuncture and other non-surgical treatments for lumbar spinal stenosis, and intensive research on the treatment.
- Dr. Zhao used acupuncture, acupoint injection and massage (Treatment Group) to treat lumbar intervertebral disc herniation, compared with pure massage (Control Group), which significantly improve the treatment effectiveness.
- A clinical controlled trial of patients with lumbar disc herniation conducted during 2003 to 2005.

Acupuncture for low back pain (2002 to 2006)

Clinical controlled trial result for patients with lumbar disc herniation

Table 1. Comparison of the clinical effects between the two groups (Case)

Group	N	Cure	Improvement	Ineffectiveness	Total efficacy rate (%)
Treatment	50	44	5	1	98.0
Control	50	30	15	5	90.0

Note: A comparison between the treatment and control groups, $U = 2.46$, $P < 0.05$

Acupuncture for low back pain (2002 to 2006)

Clinical controlled trial result for patients with lumbar disc herniation

**Table 2. A comparison of the cure time between the two groups
(Case)**

Group	1 course of treatment	2 courses of treatment	3 courses of treatment
Treatment	23	18	3
Control	6	9	15

Note: A comparison between the treatment and control groups, $\chi^2 = 19$, $P < 0.01$

Acupuncture for low back pain (2002 to 2006)

Research outcome published on
National Medicine Journal

Clinical Observations on the Treatment of Lumbar Intervertebral Disc Protrusion by Acupuncture and Tuina

ZHAO Qi (赵 琪), YU Xiao-gang (于晓刚)

Beijing Hospital of Combined Traditional Chinese and Western Medicine, Beijing, 100039, China

摘要 目的:观察针刺、穴位注射配合推拿复位治疗腰椎间盘突出症的疗效。方法:先针刺,再穴位注射,最后推拿复位治疗,每日1次,6次为1个疗程。并与单纯推拿复位治疗对比。结果:治疗组在临床治疗有效率及相同时间治愈率方面均明显优于对照组。结论:针刺、穴位注射配合推拿复位的综合治疗方法,比单纯推拿复位治疗的疗效好,疗程短。

关键词 针刺疗法; 水针; 推拿; 椎间盘移位; 按摩

Abstract Objective: To investigate the efficacy of acupuncture and point injection in cooperation with Tuina and reposition for treating lumbar intervertebral disc protrusion. Methods: Treatment was given by first acupuncture, then point injection and last Tuina and reposition. It was administered once daily, 6 times as a course and compared with simple Tuina and reposition. Results: Both the effective rate in the clinical treatment and the cure rate in the same period were significantly higher in the treatment group than in the control group. Conclusion: A composite treatment by acupuncture and point injection in cooperation with Tuina and reposition is better in curative effect and shorter in the course of treatment than simple Tuina and reposition.

Key Words Acupuncture Therapy; Hydro-acupuncture; Tuina; Intervertebral disk Displacement; Massage

Acupuncture for low back pain (2002 to 2006)

Research paper published

Research outcome published on National
Medicine Journal
Chinese Acupuncture and Moxibustion

Title:
Research Progress in the Treatment of Lumbar
Spinal Stenosis with Acupuncture and Other Non-
surgical Therapies

中国针灸 2006 年增刊

· 115 ·

文章编号:0255-2930(2006)S-0115-03

中图分类号:R246.2 文献标识码:A

综 述

针灸等非手术疗法治疗腰椎管狭窄症研究进展

赵 琪 指导:王 凡

(北京市中西医结合医院,北京 100039)

[摘 要] 目的:总结针灸、推拿及非手术方法治疗腰椎管狭窄症(LSS)的方法及疗效。探讨中医疗法治疗本病的现状及今后需要解决的问题。方法:收集整理近 5 年针灸、推拿及非手术疗法治疗 LSS 的文章,按照针刺、推拿、药物注射分为三大类,介绍各家治疗方法及疗效。结论:综合运用多种疗法是目前治疗 LSS 的主流;临床医生应注意非手术疗法治疗 LSS 有一定的适应证及禁忌症;疗效评定缺乏统一的标准影响了本病的诊疗及研究工作。

[关键词] 非手术疗法;腰椎管狭窄症/针灸疗法;综述

腰椎管狭窄症(lumbar spinal stenosis, LSS)是老年人腰腿痛常见病因之一,发病率仅次于腰椎间盘突出症,占椎管内疾病的第 2 位。退变性腰椎管狭窄症是指腰椎管、神经根

转 34 例,无效 3 例,总有效率达 96.4%。杨宏^[7]采用针灸为主配合按摩治疗 32 例,除 1 例外,其他患者均治疗 1 次即见效,方法是在平髂嵴的棘突进针刺刺激神经根,使患肢产生电

Systematic Research on acupuncture for the treatment of pain syndrome (2005 – 2008)

- **Dr. Zhao systematically reviewed the clinical research on acupuncture for the treatment of pain syndrome during his master's by research study**
- **His research finding focus on treating pain syndromes with Houxi point**
- **More than 100 cases of various pain syndromes were treated with Houxi point, from which 68 patients on the treatment of acute lumbar sprain and stiff neck**

Systematic Research on acupuncture for the treatment of pain syndrome (2005 – 2008)

More than 100 cases of various pain syndromes were treated with Houxi point, from which 68 patients on the treatment of acute lumbar sprain and stiff neck are summarized as follows

All cases come from totally 68 patients who visited the outpatient in Acupuncture and Massage Center of Beijing Hospital of Integrated Traditional Chinese and Western Medicine between September 2003 and August 2007, including 38 patients with acute lumbar sprain and 30 patients with stiff neck. The general information is shown in Table 1:

Table 1 General Information of Patients

Illness	Male (person)	Female (person)	Average Age	Average Course of Disease (days)
Acute Lumbar Sprain	28	10	38.4±5.3	1.5
Stiff Neck	16	14	40.6±6.5	1

Systematic Research on acupuncture for the treatment of pain syndrome (2005 – 2008)

3.2 Treatment Effect

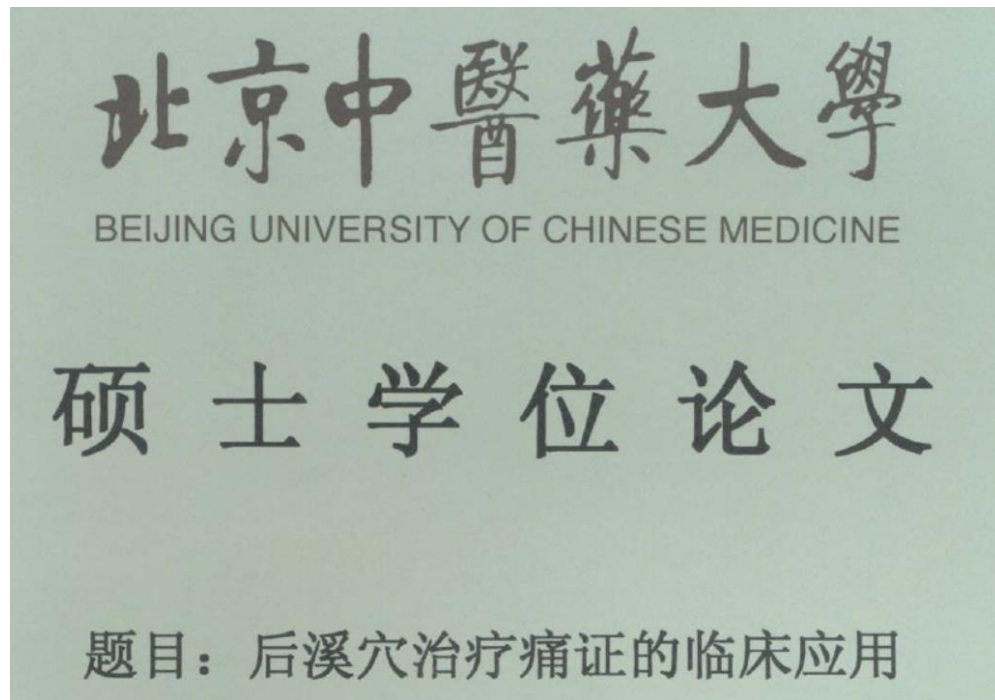
The treatment efficiency of acute lumbar sprain and stiff neck is 97.37% and 93.33%, respectively. Details are shown in Table 2.

Table 2 Treatment Efficiency (Person, %)

Illness	Cured	Improved	Unhealed
Acute Lumbar Sprain	33 (86.84)	4 (10.53%)	1 (2.63%)
Stiff Neck	25 (83.33%)	3 (10.00%)	2 (6.67%)

Systematic Research on acupuncture for the treatment of pain syndrome (2005 – 2008)

Dr. Zhao' s research was published in his master's degree dissertation



Dissertation Title:

Clinical application of acupuncture at Houxi point for pain treatment

Explore methods of treating pain syndrome from ancient Chinese medicine books (2009 to 2012)

Summarized Heated moxibustion used to treat costal or gastric pain, dull pain in ileum, pain with cold sensation below low back, pain with heavy sensation in low back, headache, pain of feet, and pain of joints. Bloodletting used to treat pain, swelling, and pus in the larynx caused by tonsillitis, and teeth ache cause from inflammation in the root of teeth.

•230•

Chin J Integr Med 2012 Mar;18(3):230-232

TRADITIONAL MEDICINE

Heated Moxibustion and Bloodletting in Tibetan Medical Literature of Dunhuang Heritage

ZHAO Qi (赵琪)¹, WU Mo-zheng (吴墨政)², and ZHAO Ji-ping (赵吉平)¹

ABSTRACT The paper introduces the heated moxibustion and bloodletting in Tibetan medical literature of Dunhuang Heritage. It proves that the external therapies in Tibetan medicine such as heated moxibustion and bloodletting are of very high level since the 8th century, which inspires current clinical practice. It also shows that the extensive exchange between Tibetan medicine and various kinds of medicine such as Chinese medicine promoted the development of Tibetan medicine.

KEYWORDS Dunhuang Heritage, Tibetan medicine, heated moxibustion, bloodletting

Explore the mechanism of acupuncture for analgesia (2012 to 2016) - with biochemical and modern medical research

- **It is found that NO is a specific substance of human qi and is closely related to the qi of the viscera and meridians.**
- **Through laboratory research on the levels of NO and 5-TH in the serum of migraine rats, it has been proved that bleeding method on jing-well points of three food-yang meridians is effective for migraine rats.**

Explore the mechanism of acupuncture for analgesia (2012 to 2016) - with biochemical and modern medical research

Table 1 Body Mass and Times of Scratching Head and Climbing Cage of Different Groups 0.5 h after Modeling

Group	Body Mass (g)	Times of Scratching Head and Climbing Cage
Control	264.20±12.27	0
Model	263.70±9.58	25.00±4.35
Western Medicine	265.08±13.42	24.20±5.37
Bleeding	261.60±16.72	25.50±6.22

Table 2 Comparison on Times of Scratching Head and Climbing Cage of Different Groups at Different Time Points ($\bar{x} \pm s, n = 10$)

Group	0.5h after Modeling	0.5h after Intervention	1h after Intervention	1.5h after Intervention
Model	25.00±4.35	14.40±7.00	12.00±5.89	11.20±5.61
Western Medicine	24.20±5.37	13.90±3.81 [*]	10.80±5.01	6.80±4.44 [△]
Bleeding	25.50±6.22	12.70±2.91 [*]	5.30±4.85 ^{△▲}	2.20±2.74 ^{△▲}

Note: by comparing with 0.5 h after modeling, ^{*}*P* < 0.05; and by comparing with the Model Group in the same period, [△]*P* < 0.05, ^{△△}*P* < 0.01; and by comparing with the Western Medicine Group in the same period, [▲]*P* < 0.05.

It has been proved that bleeding method on jing-well points of three food-yang meridians is effective for migraine rats through laboratory research on the levels of NO and 5-HT in the serum of migraine rats,

Table 3 Comparison on the Content of NO and 5-HT in Different Groups ($\bar{x} \pm s, n = 10$)

Group	NO	5-HT
Control	0.1114±0.0116	485.40±23.24
Model	0.1748±0.0568 ^{**}	442.80±32.35 ^{**}
Western Medicine	0.1322±0.0095 [△]	480.88±22.34 [△]
Bleeding	0.1242±0.0105 [△]	481.11±44.45 [△]

Note: By comparing with the Control Group, ^{**}*P* < 0.01; and by comparing with the Model Group, [△]*P* < 0.05, ^{△△}*P* < 0.01.

Explore the mechanism of acupuncture for analgesia (2012 to 2016) - with biochemical and modern medical research

The possible mechanism is : reducing the blood nitric oxide (NO) and improving the blood serotonin (5-HT).

Explore the mechanism of acupuncture for analgesia (2012 to 2016) - with biochemical and modern medical research

第20卷 第3期
Vol.20 No. 3

中医药导报

Guiding Journal of Traditional Chinese Medicine and Pharmacy

2014年3月
March.2014

The research outcome was published on Guiding Journal of Traditional Chinese Medicine and Pharmacy

试论一氧化氮是人体气的一种具体物质

赵琪,王军,王朋,赵吉平(通讯作者)
(北京中医药大学东直门医院,北京 100700)

[摘要] 将一氧化氮(NO)生物学作用和中医学中气的基本概念和主要生理功能对比分析后认为,NO即是属于中医学中人体的气的一种具体物质。这对气的实质的研究,以及与NO相关的中医、中西医结合研究,具有重要意义。

[关键词] 一氧化氮;中医学;人体气;物质

[中图分类号] R226 [文献标识码] A [文章编号] 1672-951X(2014)03-0003-02

DOI:10.13862/j.cnki.cn43-1446/r.2014.03.002

Study on NO as a Kind of Specific Substances of Qi in the Human Body

ZHAO Qi, WANG Jun, WANG Peng, ZHAO Ji-ping (Corresponding Author)

(Dongzhimen Hospital, Beijing University of Chinese Medicine, Beijing 100700)

[Abstract] According to the comparative analysis on the basic concepts in biology and medicine and main physiological function of nitric oxide (NO) and Qi in TCM, NO is a kind of specific material belongs to the Qi of Chinese Medicine in the human body. The study on essence of this kind of Qi and Chinese medicine as well as integrated traditional Chinese and Western medicine research associated with the NO has the vital significance.

[Key words] NO; TCM; Qi in the human body; Substances

Explore the mechanism of acupuncture for analgesia (2012 to 2016) - with biochemical and modern medical research

辽宁中医杂志 2014 年第 41 卷第 11 期

• 2309 •

DOI:10.13192/j.issn.1000-4719.2014.11.015

The research outcome was published on Liaoning Journal of Traditional Chinese Medicine

略论一氧化氮与脏腑经络之气的关系

赵琪, 张佳佳, 王军

(北京中医药大学东直门医院, 北京 100700)

摘要:一氧化氮(NO)属于中医学气的重要物质基础,人体的气、脏腑之气、经络之气均由元气所派生。脏腑之气如心主血脉、脾胃升降、肾主生长发育、肺主气、肝主疏泄;经络之气如穴位经气的激发、针灸治病和保健、以及太极拳、气功运气,均与NO密切相关。

关键词:一氧化氮;中医学;脏腑之气;经络之气

中图分类号:R223 文献标志码:A 文章编号:1000-4719(2014)11-2309-03

Brief View on Nitric Oxide's Relationship with Qi of Meridians and Zangfu Organs

ZHAO Qi, ZHANG Jiajia, WANG Jun

(Dongzhimen Hospital Attached to Beijing University of Chinese Medicine, Beijing 100700, China)

Abstract: Nitric oxide (NO) is an important substance of Qi. Qi in the human body, Qi of Zangfu organs and Qi of meridians are all originated from primordial Qi. Qi of Zangfu organs, such as: heart dominating blood circulation and vessels, spleen and stomach ascending and descending; kidney governing growth and development; lung governing Qi; liver controlling conveyance and dispersion. Qi of meridians includes stimulation of channel - Qi, acupuncture treatment of diseases and health care. Besides, there are also Tai Chi and Chi gong. All these have close relationship with NO.

Key words: nitric oxide (NO); traditional Chinese medicine; Qi of Zangfu organs; Qi of meridians

Research on acupuncture for cancer pain (2017 – 2022)

- In 2020, approximately 145,000 patients are diagnosed with cancer in Australia; 19.3 million new cancer cases worldwide
- More than 70% of cancer patients are tortured by pain, and 50% of cancer pain has not been effectively controlled.
- The three-step analgesic principle proposed by the World Health Organization is currently facing severe challenges from the addiction and side effects of analgesic drugs, including constipation, nausea, drowsiness, confusion, hallucinations, dependence, etc.
- Acupuncture therapy has a unique clinical effect in relieving cancer pain with high safety.
- Acupuncture and moxibustion provide a new research method for treating cancer pain.

Research on acupuncture for cancer pain (2017 – 2022)

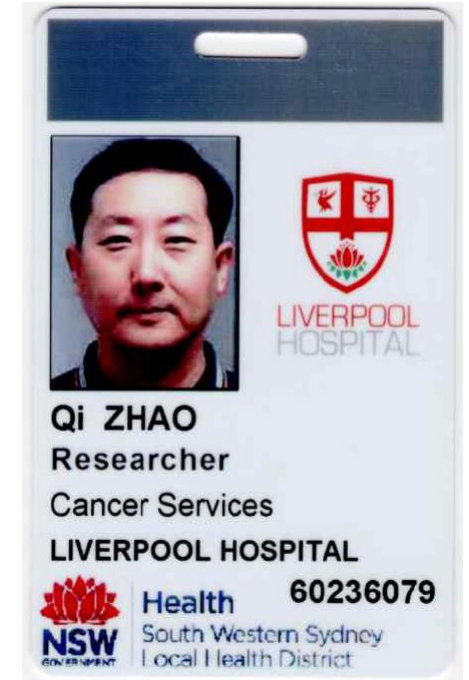
Project Background

- Western Sydney University, Beijing University of Chinese Medicine and South Western Sydney Local Health District jointly established the first integrated Chinese and Western medicine oncology alliance in 2018.
- Australia-China Chinese Medicine Center is to explore the model of integrated tumor treatment in Australia, that is, to integrate the advantages of traditional Chinese medicine and acupuncture to provide better treatment and recovery opportunities for cancer patients.
- Jointly seek a new model of integrated Chinese and Western medicine treatment of tumors that can be carried out in Australian public hospitals, and further explore the scientific mechanism of Chinese medicine to treat tumors.

Research on acupuncture for cancer pain (2017 – 2022)

Project Background

- As the pain specialist, Dr ZHAO Qi is appointed as the Co-Director in Chinese Medicine Center of Western Sydney University
- Dr ZHAO Qi works as the principal investigator, in charge of the research project
- He leads a team working towards building an evidence base for cancer pain treatments to Australia
- Supported by Western Sydney University, Liverpool Hospital and South Western Sydney Local Health District



Research on acupuncture for cancer pain (2017 – 2022)

Project Progress

- Start from 2017
- Numerous interviews with Western medical experts and ethics committees
- Revise the clinical research draft repeatedly
- A clinical study titled "Acupuncture for cancer-related pain: a pragmatic randomized-controlled trial" passed the Australian clinical trial ethics certification on Feb 2020
- Acupuncture treatment at Liverpool Hospital approved on Jun 2020
- The protocol of the trial was published in Dec 2020.
- The research is currently underway, and the Pain level (by Numerical Rating Scale) of the patients under treatment has decreased significantly.

Research on acupuncture for cancer pain (2017 – 2022)

regis2.health.nsw.gov.au/OmniNet/Project/ProjectDetails?projectId=2019%2FETH13683

REGIS
Research Ethics and Governance Information System

Qi Zhao

Projects Dashboards Profile Help Sign out

2019/ETH13683 - ACUPUNCTURE FOR CANCER RELATED PAIN: A PRAG...

Project details are on this page.

Project details

- Approved Status
- 0 Revision milestones
- 0 Overdue milestones

Details

Parent project	2019/PID15328		
Project identifier	2019/ETH13683		
Principal organisation	South Western Sydney Local Health District Human Research Ethics Committee		
Approval date	04 Feb 2020	Expiry date	04 Feb 2025
Shared	X.Zhu@westernsydney.edu.au (Edit) q.zhao2@westernsydney.edu.au (Owner)		

Research on acupuncture for cancer pain (2017 – 2022)

regis2.health.nsw.gov.au/OmniNet/Project/Applications?projectIdentifier=2019/PID15328

REGIS
Research Ethics and Governance Information System

QI Zhao

Projects Dashboards Profile Help Sign out

2019/PID15328 - ACUPUNCTURE FOR CANCER RELATED PAIN: A PRAG...

Project details are on this page.

New sites can only be added if the Ethics application has not been approved and is in the In Progress status.

[+ New Site](#)

Applications

[Export CSV](#) Show entries Search:

Identifier	Title	Comments	Version	Status	Owner	Created date
2019/ETH13683	Acupuncture for Cancer Related Pain: A pra...		1.02	Approved	Qi Zhao	21/11/2019 02:03:55 PM
2019/STE17767	Acupuncture for Cancer Related Pain: A pra...		1.08	Authorised	Qi Zhao	22/11/2019 06:38:48 PM

Showing 1 to 2 of 2 entries

< Previous **1** Next >

Research on acupuncture for cancer pain (2017 – 2022)

CONSORT flow diagram

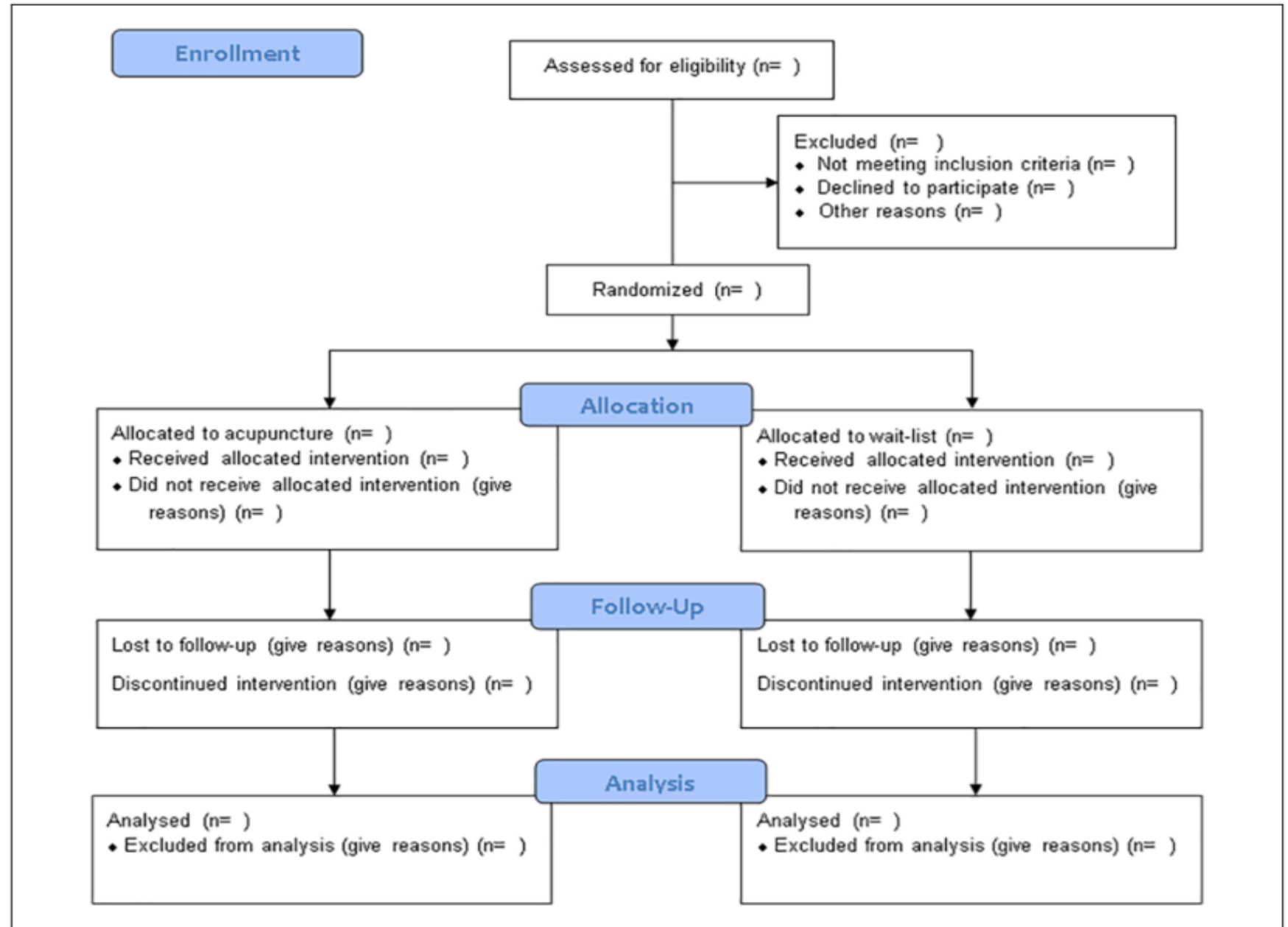


Figure 1. CONSORT flow diagram of the study.

Research on acupuncture for cancer pain (2017 –2022)

Trial procedures

Table 1. Trial Procedures.

Time point	Week 1		Week 2			Week 3		Week 4		Week 8
Visit number	Vt 1 BI	Vt 1 AI	Vt 2	Vt 3	Vt 4	Vt 5	Vt 6	Vt 7	Vt 8	Vt 9
Screening	X									
Informed consent	X									
Sociodemographics	X									
Assessment										
NRS	X	X	X	X	X	X	X	X	X	X
Analgesic use	X		X		X		X		X	X
Auricular acupressure frequency			X	X	X	X	X	X	X	
Adverse events		X	X	X	X	X	X	X	X	
CEQ	X									
Interview									X	
Intervention		X	X	X	X	X	X	X	X	

Abbreviations: Vt, visit; BI, before intervention; AI, after intervention.

Research on acupuncture for cancer pain (2017 – 2022)

The outcome is promising, the average NRS reduced 3.9 so far

	A	B	C	D	E	F
1	Randomisation ID	Groups	Prescreening NRS	Visit 1 NRS	Visit 8 NRS	Follow up NRS
2	2AEH	B	5	9	8	8
3	3TSM	A	6	6	2	3
4	SKC5	A	7	7	2	4
5	4SPI	A	6	6	-	-
6	CM6	B	8	8	0	1
7	GW8	A	5	5	1	2
8	EMU7	B	6	7	5	5
9	NR9	A	9	9	4	4
10	FH10	A	9	9	4	6
11	CAT11	B	6	6	3	4
12	GER12	B	6	8	5	7
13	NAS13	A	5	5	1	2
14	VS14	B	6	6	4	3
15	JB15	B	5	6	2	2
16	LDH16	A	8	8	3	6
17	FJ17	B	8	8	4	-
18	AW18	A	9	9	-	-
19	KS19	B	9	9		
20	RA20	A	9	9	3	
21	AC21	A	7	7		
22	QZ22	B	5			
23	GV23	A	8	8		
24	LW24	B	10			
25	EA25	A	8			

Research on acupuncture for cancer pain (2017 –2022)

Feedback from Patients

Dear Dr Zhao

My Name is Suy Kim Chuor,
I was suffering from back pain in early 2000 and became diagnosed with breast Cancer (HER2 grade) in 2012 which resulted in having a Mastectomy followed by chemotherapy and Radiation. Due to this I was put onto medication. Since then I have felt chronic pain, neck pain and Radiating Numbness to the hand and all so I have joint pain all of my finger. I experience that the radiating and the numbness in both hands when I'm lying down on one side. Since then, my back pain has gotten worse which also Radiates towards my leg. In June 2019 I had received consultation and Tuina therapy from Dr Zhao about 3 to 4 months the Numbness has gotten better. Thanks to Dr Zhao.

Suy Kim Chuor
20/09/2019

WESTERN SYDNEY UNIVERSITY

Chinese Medicine Centre Patient Feedback

The quality of the TCM clinical services provided by the practitioners of the Chinese Medicine Centre has been highly regarded and widely accepted by the public with appreciation.

I was suffering from back pain in early 2000 and became diagnosed with breast Cancer (HER2 grade) in 2012 which resulted in having a Mastectomy followed by chemotherapy and Radiation. Due to this I was put onto medication. Since then I have felt chronic pain, neck pain and Radiating Numbness to the hand and all so I have joint pain all of my finger. I experience that the radiating and the numbness in both hands when I'm lying down on one side. Since then, my back pain has gotten worse which also Radiates towards my leg. In June 2019 I had received consultation and Tuina therapy from Dr Zhao about 3 to 4 months the Numbness has gotten better. Thanks to Dr Zhao.

30-08-2019
Updated 31 Aug 2019
Massage Therapy Session-Dr. Kang
I feel a little bit tense in my head. I guess the last two weeks were hectic and my body just turned. We started the session as usual with question, How do I feel? Well, I have been feeling heaviness in my head and just feeling exhausted. Dr. Kang responded by saying that he can give the massage to my head. Awesome that is the solution that I have been looking for. Indeed, I feel much better after that. The heaviness was reduced significantly and I feel more relaxed. As result I gained back my energy.

To Shera,
Thank you from the bottom of my heart for treating me and giving me from my facial Analysis. I thank you for sending you an instrument to treat me & make me feel better.
Aurelia
October 2019.

Just to let you know that the acupuncture on my shoulder has worked very well indeed. The trouble is, it has worked so well that my wife would now like to try it on her wrist! She could be available in Westmead sometime on Thursday 10 October and Friday 1 or Monday 4 November. Do you think there is any possibility this could be arranged?
Thank you so much, you've made a real difference.

09-08-2019
Updated 12 Aug 2019
One of my historic moment
Started my day with a very good massage by Doctor Kang. This time he increased the pressure and focused on the pain area. Feel so good and relaxing.
After massage immediately I attended appointment with Dr. Astrid. As usual my favourite session. While we were talking I realised that my sitting position is changed. I guess this must be caused by massage.

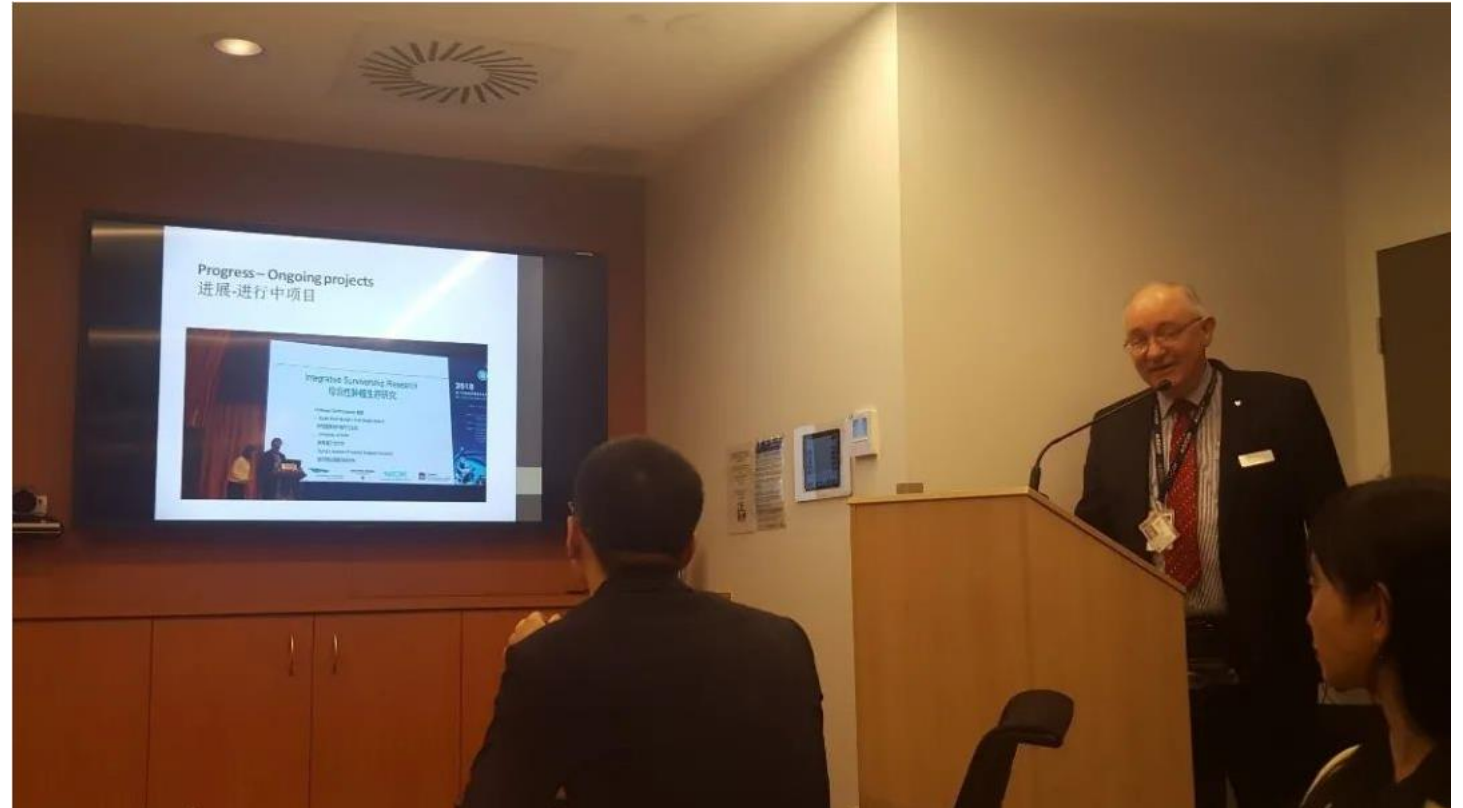
because no one's ever asked me to write a
here goes: I started seeing Dr Zhao in April
the dates are anymore, I needed help with my
it is which was very painful in my hips, legs, shoul-
my massage session with Dr Zhao I felt a lot better
Dr Nisha Mahajan about my right hip getting
it's a good idea now I'm curious about the acup-
t that Dr Zhao told me about to also help
inflammatory arthritis & the eczema that some-
kin so itchy I'm glad Bridgette the receptionist
tal's Wellness Centre Level 1 asked me if I
Zhao I'm also glad I said yes because I get

Aeraldine (Gerry) Williamson
6/9/19

Research on acupuncture for cancer pain (2017 – 2022)

Progress – Ongoing Projects

Dr. Eugene Moylan, Director of the Oncology Department of Liverpool Hospital, shared the story of this Chinese and Western Medicine cooperation




Research on acupuncture for cancer pain (2017 – 2022)

Study Protocol

Acupuncture for Cancer Related Pain: Protocol for a Pragmatic Randomised Wait-List Controlled Trial

Integrative Cancer Therapies
Volume 19: 1–10
© The Author(s) 2020
Article reuse guidelines:
sagepub.com/journals-permissions
DOI: 10.1177/1534735420976579
journals.sagepub.com/home/ict



Qi Zhao, PhD^{1,2*}, Suyang Zheng, PhD^{2,3*} , Geoff P. Delaney, PhD⁴, Eugene Moylan, MB BS⁵, Meera R. Agar, PhD^{5,6,7}, Eng-Siew Koh, FRANZCR⁵, Hezheng Lai, MCM², Yoann Birling, MMed², George Shengxi Zhang, PhD², Kang Wang, PhD^{2,8}, Yong Ma, PhD^{3,9}, and Xiaoshu Zhu, PhD²

Abstract

Background: Acupuncture has been proved effective for cancer related pain (CRP) in China, America and some other countries. However, there is relative lack of evidence to support the use of acupuncture for CRP in Australia. **Objectives:** To assess the effectiveness and safety of acupuncture for management of CRP in a real-world setting and to understand cancer patients' experience of undergoing acupuncture for CRP. **Methods:** A pragmatic randomised controlled trial will be conducted in South Western Sydney Local Health District (SWSLHD) in NSW, Australia. Adults with cancer related pain (n=106) will be randomised in a 1:1 ratio to receive the acupuncture intervention up front versus after a wait list period of 4 weeks. Pain level (by Numerical Rating Scale), analgesic use, auricular acupressure frequency and adverse events will be assessed at baseline, mid-treatment and post-treatment. Expectancy on trial outcome (by Credibility and Expectancy questionnaire) will be assessed at baseline. The perspective of the participants (by an interview) will be recorded after the last intervention. **Expected outcomes:** We hypothesise that acupuncture will relieve cancer related pain at mid-treatment and post-treatment. We also hypothesise that few adverse events will be provoked by acupuncture. **Trial registration:** Australia New-Zealand Clinical Trial Registry (ACTRN12620000325909).

Keywords

acupuncture, cancer related pain, pragmatic, clinical trial, complementary and alternative medicine

Submitted August 26, 2020; revised November 2, 2020; accepted November 4, 2020

¹Dongzhimen Hospital Affiliated to Beijing University of Chinese Medicine, Beijing, China

²Chinese Medicine Centre, Western Sydney University, NSW, Australia

³Nanjing University of Chinese Medicine, Nanjing, China

⁴University of NSW, Australia

⁵South Western Sydney Local Health District, NSW, Australia

⁶University of Technology Sydney, NSW, Australia

⁷University of NSW, NSW, Australia

⁸Dongfang Hospital of Beijing University of Chinese Medicine, Beijing, China

⁹Affiliated Hospital of Nanjing University of Chinese Medicine

*These authors contributed equally to this work.

Corresponding Author:

Xiaoshu Zhu, Chinese Medicine Centre, Western Sydney University, Locked Bag 1797, Penrith, NSW 2751, Australia.

Email: X.Zhu@westernsydney.edu.au

Set up Zhao Acupuncture Clinic (2023 – present)



Zhao Acupuncture clinic affiliated to Jarher Senior Center serving the Washington DC and Maryland state.

We offer high-quality services including acupuncture, massage, cupping, moxibustion and dietary therapy.