

## Journal Watch – Complementary Alternative Therapies - February 2018

**Article:**

Acupuncture to Treat the Symptoms of Patients In A Palliative Care Setting

Romeo MJ, Parton B, Russo RA, Hays LS, Conboy L.

Explore: The Journal of Science and Healing. 2015, Vol. 11(5): 357-362.

Article link: <https://doi.org/10.1016/j.explore.2015.06.001>

**Review:**

**Strengths:** Validated tool that we use. Relevant population of patients. Integration of acupuncturist into interdisciplinary team with training.

**Weaknesses:** Small number of patients. Lack of standardized protocol and use of multiple treaters makes it impossible to pinpoint what parts of acupuncture treatments were the most effective. Did not discuss reasons for varying treatment lengths of acupuncture between patients or the patients' experiences of treatment.

**Relevance to Palliative Care:** The integration of acupuncture into a palliative setting will by no means replace conventional medical care and treatment, but rather serves as a complementary modality to improve QOL physically, emotionally and spiritually. It provides a safe alternative with low side effect profile to patients who are unable to tolerate or are reluctant to take pain medication, and can serve as an adjunctive therapy that is clinically cost effective. Acupuncture can help alleviate symptoms of pain, tiredness, nausea, depression, anxiety, drowsiness, appetite and dyspnea, as well as increase the patient's feeling of well-being.