Integrative medicine in Italy and the Tuscany experience

Elio Rossi

Homeopathic Clinic - Hospital of Lucca
Tuscan Network for Integrative Medicine
Integrative medicine in Italy and the experience of the Region of Tuscany

Dr. Elio G. Rossi
Ambulatorio di omeopatia – ASL 2 Lucca
Complementary medicine in Italy

• In Italy today there are almost **2000 MDs using acupuncture**, more than **7000 homeopaths**, about **20,000 MDs with an homeopathic training** and approximately **300 MDs who have completed the course on anthroposophy**.

• We can calculate that there are at least **20,000 Italian practitioners (physicians, dentists, veterinarians)** prescribing homeopathic, included homotoxicological and anthroposophical medicines.

• In Italy homeopathic medicines are found exclusively in the pharmacy and they are sold by most of them.

• In 2000, **at least 7000 pharmacies out of 16,000, (43%), had a section for homeopathic and/or herbal remedies**. At this moment, we can calculate that around 90% of the Italian pharmacies can offer homeopathic and phytotherapeutic products. In addiction there are more than **4,000 herbal shops (erboristerie)** regulated by law since 1931.
Italian Government and Parliament have been urged to pass a national law regulating the practice of NCM.

No such law has yet been passed. Since 1986, year of the first law proposal (On. M.P. Garavaglia) more than 50 draft bills about NCM regulation have been tabled without any results.
Guidelines of the FNOMCeO on Non conventional medicines and practices

• ‘On 18th May 2002, at Terni, the National Council of the Italian National Federation of Medical Doctors and Dentists Associations (FNOMCeO), issued the “Guidelines of the FNOMCeO on Non conventional medicines and practices.

• They recognized nine NCMs: acupuncture, traditional Chinese medicine, ayurvedic medicine, homeopathy, anthroposophic medicine, homotoxicology, phytotherapy, chiropractic and osteopathy.

• These practices are considered exclusively under the professional responsibility of medical doctors and dentists.

• They must be “to all effects medical practice”
Complementary Medicine education and training

• Continuing Medical Education (CME) in general (conventional) medicine is obligatory for all medical doctors in Belgium, France, Italy, Latvia, Lithuania, Slovakia (controlled by the government) and in Austria, Bulgaria, Czech Republic, Germany, Hungary, Lithuania, Poland, Romania, Slovakia, Slovenia, Switzerland and the United Kingdom (controlled by the national medical associations/chambers/councils).

• In Italy Complementary medicine courses are generally CME-accredited.

• At this moment we can consider that there are, or there have been till the last year, “High specialization courses”, or “Masters”, or “Elective courses” included within the basic teaching programs of quite many Italian Universities, such as Torino, Milan Statale and Milan Bicocca, Brescia, Bologna, Firenze, Siena, Pisa, Roma, Chieti, Cosenza, Palermo.
Federation of Chambers of Medical Doctors Dentists: Toward national rules of education and training in Complementary Medicine.

2002: FNOMCeO – Terni resolution
2006: Constitution of the Inter-regional group «Complementary Medicine» at the Health National Commission of State and Region Conference
2008: Protocol of Agreement between Region and Professional Associations
2010: FNOMCeO – Guidelines on Non Conventional Medicine regulation of training and practice
2013: Approbation of the Agreement among the Italian National Government, the Regions and the Autonomous Provinces in relation to the terms and requirements for the quality certification of training and practice of Acupuncture, Phytotherapy and Homeopathy by medical doctors, odontologists, medical veterinaries and pharmacists
Italian National and Regional (Federal) Healthcare System

- The Constitutional Law n. 3 of 18 October 2001, has reformed most part of the Title V of the Italian Constitution, making a so called form of “Federalistic State”
- The rule of the State (Government, Ministry, etc) is to fix the “fundamental principles” on different subjects (education, urbanistic, ...) and also in healthcare.
- The rule of the Regions is to decide how to to put in practice and organize healthcare model, according to the political and social perspective of each region.
- To all the Italian citizens the “Essential level of assistance” (LEA) are guaranteed, which means that every person has the right to have a minimum level of healthcare, in each hospital of each region in the country.
The Government Act DPCM of 29/11/2001 has excluded acupuncture, phyitoterapy, homeopathy and other CAMs, from the Essential Level of Assistance (LEA).

In spite of this decision, some regions, such as Toscana, Bolzano, Umbria, Valle d'Aosta, partially in Campania and only for specific research projects, also Emilia Romagna, have included CAMs in their regional LEA.

Until March 2006, according to a census made by CAM Associations, there were in Italy at least 150 public Complementary Medicine clinics for outpatients in more or less all the Italian regions.
The Italian Permanent Conference State and Regions and the Autonomous Provinces of Trento and Bolzano

The Conference of State-regions. Instituted by Law 400/1988 and enhanced years later (Law 59/1997 and Legislative Decree 281/1997), it constitutes “privileged platform” for multi-level political negotiation and collaboration in Italy. It is composed of the Prime minister (or the Minister of Regional Affairs) as chairman; the Presidents of the regions; and other ministers when matters related areas of their competence are discussed. The central government consults Conference on any legislative initiative related to areas of regional interest. At least twice a year, the Conference State-regions meets in a so-called “Commun session” to address European Union matters that also affect regions and provinces. The Conference can play an advisory, normative and programmatic role and serve a platform facilitating information sharing.
Inter-regional group on «Complementary Medicine»

<table>
<thead>
<tr>
<th>Gruppi Tecnici Interregionali Tematici</th>
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<tbody>
<tr>
<td><strong>COOPERAZIONE SANITARIA INTERNAZIONALE</strong></td>
</tr>
<tr>
<td>(coordinamento: Veneto)</td>
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</tbody>
</table>

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The Italian Permanent Conference State and Regions and the Autonomous Provinces of Trento and Bolzano

The Conference of State-regions. Instituted by Law 400/1988 and enhanced years later (Law 59/1997 and Legislative Decree 281/1997), it constitutes “privileged platform” for multi-level political negotiation and collaboration in Italy. It is composed of the Prime minister (or the Minister of Regional Affairs) as chairman; the Presidents of the regions; and other ministers when matters related areas of their competence are discussed. The central government consults Conference on any legislative initiative related to areas of regional interest. At least twice a year, the Conference State-regions meets in a so-called “Common session” to address European Union matters that also affect regions and provinces. The Conference can play an advisory, normative and programmatic role and serve a platform facilitating information sharing.
Inter-regional Technical Group on “Complementary Medicine” at the State-Regions Conference

• Health Commission of State–Regions Conference promoted the establishment of an Inter-regional Technical Group on Complementary Medicine (CM) formed by delegates of most Italian Regions.

• Main aim of the Inter-regional Table is to propose research and rules for CM practice, homogeneously in the whole Italian Nation.
Regional Law of regulation of “Bio-natural disciplines”

In 2005 the Regional Council passed a regional law which regulates the practice of the Bio-natural disciplines.

This activity is not included in the field of therapeutic treatment of diseases but is part of an area aiming at promoting the wellbeing of the population.

In other words, these activities intend to improve the quality of life and the relationship of everybody with his social and cultural surroundings and the environment.

Regulation of the practice of complementary medicine on the part of medical doctors, dentists, veterinary doctors and pharmacists

In 2007 the Regional Council of Tuscany approved the Law defining the educational criteria and disciplining the practice of homeopathy and complementary medicine on the part of medical doctors and dentists, veterinary doctors and pharmacists.
Tuscany Regional Law n. 9/2007
Regulation of the practice of complementary medicine for medical doctors, dentists, veterinary doctors and pharmacists

Protocol of Agreement in application of Regional Law n. 9/2007 between Tuscany Region and Professional Associations

Regional rules in application of the protocol of agreement for accreditation of CAM practitioners and education institutes

Official accreditation of CAM practitioners and CAM education institutes on the basis of the regional rules
“Regulation of the practice of complementary medicine on the part of medical doctors, dentists, veterinary doctors and pharmacists”

<table>
<thead>
<tr>
<th>Art. 1</th>
<th>(Foundamental Principles)</th>
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<tbody>
<tr>
<td>Tuscany Region guarantees the principle of freedom of therapeutic choice of the patient and of treatment by the physician, ...</td>
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<table>
<thead>
<tr>
<th>Art. 2</th>
<th>(Complementary Medicine)</th>
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<tr>
<td>The present law concerns the following disciplines:</td>
<td></td>
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<tr>
<td>– Acupuncture.</td>
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<td>– Phytotherapy.</td>
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<tr>
<td>– Homeopathy.</td>
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<tr>
<th>Art. 3</th>
<th>(List of Medical Doctors practising Complementary Medicine)</th>
</tr>
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<tbody>
<tr>
<td>Regional Association of Medical Doctors and Dentists, of Veterinary Doctors and Pharmacists set up a register of professionals practising Complementary Medicine, ...</td>
<td></td>
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</tbody>
</table>

Regional Association of Medical Doctors and Dentists, of Veterinary Doctors and Pharmacists and Tuscany Region, on the base of an agreement protocol:

a) ... admission criteria to the registers ...
b) transitory rules for recognition of titles obtained before the approval of the present law
Protocol of Agreement in application of Regional Law n. 9/2007

Signed in April 2008 by:

Tuscany Region and Professional Associations of Medical Doctors and Dentists, of Veterinary Doctors and Pharmacists.

 Defines:

• criteria of accreditation of Medical Doctors and Dentists, of Veterinary Doctors and Pharmacists and professional training institutes

• defines transitory rules for the inscription to the register of physicians “expert” in Complementary Medicine

• At the Regional Association of Medical Doctors and Dentists, of Veterinary Doctors and Pharmacists set up a register of professionals practising Complementary Medicine

  - acupuncture
  - phytotherapy
  - homeopathy

• Complementary medicine training for medical doctors, dentists and veterinaries:

  - at least of 3 years of duration
  - at least 450 hours of teaching,
  - with 100 hours of clinical practice

• For pharmacists, training of 100 hours in 1 year
Regional Government Act n. 993/2009
application of the Regional Law 9/2007

• With the Regional Government application act n. 993/2009 (November 2009), the accreditation procedure for education in Complementary Medicine has been defined in details.

• The Committee for education in Complementary Medicines, established by a decree of the Regional Government of Tuscany, has set up the criteria for the accreditation and verification of public and private institutes for the training in complementary medicine.
Accreditation of CAM training institutes operating in Tuscany (2011 -2013)

Till now, six Tuscan schools have been accredited by the Region, after the Tuscan Regional Commission for professional training in CM approval:

- **Scuola "Mario Garlasco"**
  Associazione Lycopodium, Società Italiana di Omeopatia Europea, Firenze
  info: [www.lycopodium.it](http://www.lycopodium.it)
  e-mail: info@lycopodium.it
  Istituto accreditato con decreto dirigenziale n. 5509/2011

- **Scuola Internazionale di Veterinaria Omeopatica "dott. Rita Zanchi", Cortona (AR)**
  info: [www.omeovet.net](http://www.omeovet.net)
  e-mail: info@omeovet.net
  Istituto accreditato con decreto dirigenziale n.5503/2011

- **Scuola di Agopuntura Tradizionale della città di Firenze, Firenze**
  info: [www.scuoladiagopuntura.it](http://www.scuoladiagopuntura.it)
  e-mail: info@scuoladiagopuntura.it
  Istituto accreditato con decreto dirigenziale n. 5501/2011

- **Associazione Effatà di Lucca**
  info: [www.scuolaomeopatiaeffata.org](http://www.scuolaomeopatiaeffata.org)
  e-mail: omeopatia@simonettatassoni.it
  Istituto accreditato con decreto dirigenziale n. 1020/2012

- **Accademia internazionale di omeopatia classica "Pieria" di Pisa**
  info: [www.konstantos.org](http://www.konstantos.org)
  Istituto accreditato con decreto dirigenziale n. 1027/2012

- **Società Italiana di Omeopatia e Medicina Integrata SIOMI**
  info: [www.siomi.it](http://www.siomi.it)
  e-mail: segreteria@siomi.it
  Istituto accreditato con decreto dirigenziale n. 1019/2012
Results

- The accredited schools can deliver a diploma which allow directly **the inscription of the student to the official register managed by the Local Medical Association, as an “expert” in acupuncture, phytotherapy or homeopathy.**
- MDs registered as “expert” with a certificate Medical Association can participate to the possible competition for working as **“medical doctor specialist expert in CM”** in public hospitals of the region.
- Moreover, the students of the basic courses of the accredited CAM institutes are allowed not to obtain the compulsory annual CME credits for the duration of the course (**3 years**), as it happens for the Universitary Masters.
National rules for the education in Complementary Medicine in Italy

*The Agreement between the State and Regions was officially signed on 2013, February 7th*

Agreement, in accordance with Article 4 of the Legislative Decree n.28 (28 August 1997), among the Italian National Government, the Regions and the Autonomous Provinces of Trento and Bolzano in relation to the terms and requirements for the quality certification of training and practice of Acupuncture, Phytotherapy and Homeopathy by medical doctors, odontologists, medical veterinaries and pharmacists. Giovanni Leonardi

Renato Balduzzi  Luigi Marroni  Mario Romeri
Explanatory memorandum of the Italian Ministry of Health on the State - Regions Agreement on C.M.

Giovanni Leonardi
Signature of the agreements between Tuscan Region and Regional Chambers of medical doctors and dentists, veterinaries e pharmacists

Regional application of the Agreement State and Regions and Autonomous Provinces concerning the training criteria for Complementary Medicine.

Firenze, Palazzo Strozzi Sacrati, 16.3.2015
Other Italian regions have implemented the Agreement State and Regions on CM education

- **Valle d’Aosta** (DGR n. 1902/2014)
- **Provincia autonoma di Bolzano** (L.R. n. 1274 del 3.11.2015)
- **Provincia autonoma di Trento** (DGR n. 2793 del 30 dicembre 2013)
- **Piemonte** (L.R. n. 13/2015)
- **Lombardia** (DGR n. X / 3021 del 16/01/2015)
- **Emilia Romagna** (DGR n. 679, 19.5.2014)
- **Marche** (L.R. n.43/2013 successivamente integrata dalla DGR n.567 del 20/07/2015)
- **Umbria** (L.R. n. 24 del 28.11.2014)
- **Puglia** (L.R. n. 545 del 26-03-2015)
- **Sardegna** (DGR n. 34/22 del 07.07.2015)
- **Sicilia** (D.A. n. 1742/2014)
The experience of the Region of Tuscany in integration of Complementary Medicine in the Regional Healthcare System (1996 - 2016)
Principles of Complementary Medicine integration corresponding to the Tuscany Regional Health Plan

- Integration and inclusion
- Therapeutic freedom for patients and doctors
- Appropriateness and EBM
- Equal access to treatments
- Humanization of treatments
- Quality / safety for patients
- Innovation and development
- Promoting health and healthy lifestyles
- Creation of network synergies
- Tackling health inequalities
Survey on the opinions of family doctors and paediatricians in Tuscany concerning use of CAM (2003)

2,228 doctors and paediatricians interviewed, (of approximately 3,500 in total): 82% of respondents

- 15.2% practice CAM,
- 57.8% recommend them to their own patients,
- 11% have specific training, while ...
- 29.2% would like to have training in CAM.
- 65.7% is in favour of teaching CAM at university and,
- 23.7% have used non-conventional medicine to treat their own ailments, compared to an average of 20% of Tuscan citizens, according to the 2001 ISTAT survey.
La cerimonia di inaugurazione del Centro di acupunture e CTM «Fior di Prugna» 1996
CAM in Tuscan Regional Health Plans (1996 - 2013)

• The **Region of Tuscany’s healthcare programmes** have contained references to types of non-conventional medicine **since 1996**, and the Regional Health Plans have provided specific measures in support of them.

• **Regional Health Plan 1999/2001 chapter on: "Integration of Non Conventional Medicine (NCM = CAM) in regional health policy“**:  
  - creation of Regional Commission for NCM;  
  - support research on CAM with a fund for its integration in regional health politics of around 250,000 Euro every year.

• **Regional Health Plan 2005–2007** aims to guarantee **permanent integration** in the Regional Health Service of **types of CAM which present a sufficient level of scientific evidence** (acupuncture, herbal medicine, homeopathy and manual medicine).
Convegno MnC e politiche per la salute
Firenze dicembre 1998
Con la presenza del Ministro della salute Rosy Bindi

«L’esperienza della Regione Toscana nel campo dell’integrazione delle medicine non convenzionali nel sistema sanitario regionale è unanimemente considerata la più significativa nel panorama nazionale e può essere un riferimento anche a livello europeo».
(dall’intervento del Ministro della salute Rosi Bindi al Congresso MnC e politiche per la salute, Firenze, Palazzo dei Congressi, 5 dicembre 1998)
PROGETTO DI STUDIO SULLE MEDICINE NON CONVENZIONALI IN TOSCANA (1999)

Censimento dei corsi di formazione
Censimento delle associazioni
Censimento delle strutture pubbliche ed attività
Censimento delle attività produttive
Rassegna delle iniziative legislative
Selezione delle principali riviste
Diffusione delle MnC in Toscana: dati di popolazione
I medici toscani e le MnC: opinioni, uso e pratica. Lo studio pilota
Rassegna dei principali siti internet e della documentazione online
Primo Convegno Nazionale

Le Medicine non Convenzionali in ospedale

Agopuntura, fitoterapia, omeopatia e arti per la salute: esperienze di integrazione nel Servizio Sanitario Nazionale a confronto

Sabato 9 febbraio 2002
Complesso di San Micheletto Lucca
Tuscany, April 2014: **97 CAM clinics in 43 health services**

CAM CENTRES
GROUPED BY DISCIPLINES
- Acupuncture: **54**
- Homeopathy: **25**
- Phytotherapy: **11**
- Other: **7**

NUMBER OF CAM VISITS IN PUBLIC CENTRES
- 2006: **20,698**
- 2007: **22,812**
- 2008: **23,515**
- 2009: **24,455**
- 2010: **29,918**
**Pisa**
- Homeopathic Centre for Mother and Child
- Acupuncture for hypogalactia infertility, pregnancy
- Acupuncture for breast cancer

**Prato**
- Acupuncture clinic for pain
- Qigong for HIV patients

**Firenze**
- Phytovigilance Centre – University of Florence
- Smoking cessation acupuncture treatment
- Moxibustion for breach presentation of the foetus.
- Menopause secondary symptoms acupuncture symptoms
- Integrative oncology
- M.C. in palliative care

**Livorno**
- Human and veterinary homeopathy in the Gorgona prison

**Grosseto**
- Hospital Petruccioli of Integrated Medicine Of Pitigliano
- Rehabilitation Hospital of Manciano

**Arezzo**
- Zoo-prophylactic Institute of Tuscan and Lazio Region

**Siena**
Delibera GR n.633 del 3/9/07

Complementary Medicine
Constitution of the operative structure:

“Tuscan Network of Integrative Medicine”

It is a Tuscan organizational model “as a network” (Tuscan Network of Integrative Medicine) to warrant a unitary system, integration, quality of services, safety for patients, with the aim of prevention, therapy and rehabilitation.

Director Dr. Sonia Baccetti
General Direction of Health Department
Tuscany Region
Tuscan Regional Centres of Reference for CAM

- Traditional Chinese Medicine Centre “Fior di prugna” in Florence
- Herbal Medicine Service, AOU Careggi in Florence;
- Homeopathic Clinic, Campo di Marte Hospital in Lucca
An important step was the realization of a **Hospital of Integrative Medicine**. The structure has been organized in the **southern area of Tuscany (Maremma), Pitigliano – Saturnia**, in an area internationally known for its thermal baths. In order to study the feasibility of that project a regional delegation from Tuscany has visited the Royal London Homeopathic Hospital (RLHH) and Glasgow. It has been opened in 2011.
Hospital de Medicina Integrada de Pitigliano “Modelo de Atención Integral” desde 2011
Integration of CM and BND in the Public Health System since 1997: Regional acts

2002
Regional centres of reference Acup, Homeo, Phyto

PSR 96-98
PSR 99-01 e successivi

2005
Acup, Homeo, Phyto in Essential Levels of Assistance LEA

L.R. 40/2005
Representatives of CM in CSR Health Councils AUSL, AOU Regional Clinical Governance (2009)

2007
Tuscan Network Integrative Medicine

LR 9/2007
Regional Law of Regulation of CM education

2006
Regional agreement for CM physicians available in Specialist Clinics

LR 2/2005
Regional Law of Regulation of DNB

2011-2012
Accreditation of 6 CM education institutes
5.5.1.6 Medicine Complementari (MC) e non Convenzionali (MNC)

Integrazione, libertà di scelta terapeutica dell’utente, libertà di cura del medico, qualità delle prestazioni, formazione degli operatori, ricerca, sicurezza dell’utenza, modello organizzativo a rete delle attività pubbliche di medicine complementari e non convenzionali: questi i principi cardine che ispirano l’azione di piano in tema di Medicine Complementari (MC) e non Convenzionali (MNC). Infatti le medicine complementari (agopuntura, fitoterapia, omeopatia) a seguito di un lungo iter programmatico, fanno parte dei LEA (Delibera G.R. n. 655 del 20/06/2005), se ne prevede l’uso nelle linee guida regionali per il trattamento dei disturbi neurovegetativi della menopausa, sono
Regional Health Plan introducing Complementary Medicine within the regional Essential Levels of Assistance (LEA)

The Regional Healthcare Plan 2005-2007 aims to guarantee the definitive integration of forms of non-conventional medicine possessing a sufficient amount of scientific evidence enabling them to be defined as complementary medicine: namely, acupuncture, phytotherapy, homeopathy and manual medicine.

For these types of medicine the following are envisaged: introduction within the regional essential levels of assistance and implementation of designated tariffs;
Delibera G.R. n° 655 del 20/06/2005: includes complementary medicine on the regional tariff nomenclature, as: ‘complementary medicine’, specialist visits for acupuncture, homeopathy, phytotherapy and manual medicine, reserved for resident citizens, with a ticket of € 24.00
In 2006 a Regional Integrative Agreement on specialist care for outpatients which also includes Complementary Medicine was signed.

Specialist must have a **certificate issued by the provincial Medical Association**, on the base of criteria now defined by the Protocol which applies Regional law 9/2007, proving successful completion of theoretical and practical training **that demonstrates “expertise” in Complementary Medicine**.

So, it is possible to “publish” an **announcement of competition**, create a **board of examiners** and **make a theoretical and practical examination of candidates**.
CAM representatives in the Health Regional Council and Bio-ethical Regional Commission

In November 2005 Tuscany Regional Council decided to appoint:

• **one CAM representative** in the Health Regional Council and in each Local Health Unit Council

• **one CAM representative and one, as it is termed, “Bio-natural disciplines” representative** in the Bio-ethical Regional Commission.
Regione Toscana

Cittadini | Salute e sport

Medicine complementari

In Primo Piano

Ambulatori di medicine complementari
Circa 106 ambulatori pubblici in Toscana assicurano prestazioni di medicine complementari e che costituiscono una vera e propria Rete toscana di medicina integrata. Anche...

Discipline bionaturali
Le discipline del benessere e bio naturali sono tutte quelle tecniche che, pur non essendo sanitarie, promuovono il benessere della persona e contribuiscono a mantenerla...
At the voice Cittadini clic on: Salute e sport

And then, to the left column clic on:

Medicine complementari

http://www.regione.toscana.it/cittadini/salute/medicine-complementari
Regional Bulletin “MC Toscana”

Creation of a Regional Bulletin about CM, *MC Toscana*, a quarterly journal with informative, socio-medical and scientific articles.

It also publishes the calendar of the events, the initiatives in the regional area about CAM.

Since 2004, twelve years of activity and 34 issues published so far.
In October and November 2005 an information campaign on CAM was launched by the Italian Region Tuscany to inform all citizens about the integration of three CAM therapies (acupuncture, homeopathy and herbal medicine) in the Regional Health Service.

Citizens could dial a free phone number to get full information about this matter.
Regional Information Campaign regarding Complementary Medicine

Against allergies, now you can choose. Also homeopathy, is you want. Call 800...
Non Conventional cake (chocolate and hazelnuts)
University Masters on CAM in Tuscany (2006-2012)

- Faculty of Pharmacy – University of Firenze (2006-2007)  
  Master II level in Fitoterapia Tradizionale Cinese
- Faculty of Medicine – University of Firenze (2006-2008)  
  Master II level in Agopuntura e Medicina Tradizionale Cinese
- Faculty of Medicine – University of Firenze – Pole of Empoli (2007-2008)  
  Master II level in Fitoterapia Clinica
- Faculty of Medicine – University of Siena (2009-2016)  
  Master II level in Integrated Medicina
- Faculty of Pharmacy – University of Pisa (2008-2010)  
  Master I level in piante aromatiche e medicinali
- Faculty of Medicine – University of Firenze (2011 – 2016)  
  Master in Natural Medicine
Complementary Medicine and drug survey services in Tuscany

- **Service Linea Verde Pronto Salute**
  (tel. 0571 702451)
  [www.naturamedica.net](http://www.naturamedica.net)

- **Service**
  Information on Homeopathic remedies and drug survey
  (tel. 0583 449459)
L’Istituto Superiore di Sanità in collaborazione con i Centri di Riferimento per le Medicine Complementari della Toscana e molte altre associazioni e società scientifiche di MC e MNC ha realizzato nel 2009-2010 una campagna informativa.

CAM: to know them for a better use
Regional course on
Clinical risk and safeness of the patient in
Complementary Medicine

Organized by Integrative Medicine Tuscany Network and
Regional Centre for Clinical Risk Management

CME Training in 2009, to define criteria to evaluate clinical risk and
monitoring the diagnostic-therapeutical practices in
Complementary Medicine

Evaluation and management of clinical risk for prevention of adverse
reactions

Guarantee a good level of safety for patients of Complementary Medicine
attending Public Health Service
Regional socio-healthcare integrated plan (2012-2015)

The PSSIR 2012-2015 devotes the special chapter n. 3.2.5 about the appropriateness in healthcare to the Complementary Medicine and inserts the use of complementary medicine treatments in many areas such as:

- the promotion of childbirth in normal pregnancy
- the termal care
- the fight against pain
- the prevention of mental disorders
- the end of life
- the fight against cancer
Training project on “Giving birth with Energy” to the midwives of Tuscany who are working in the Healthcare public system (around 140) and also private centres, on techniques of Chinese Traditional Medicine (tuinà massage, self-massage, moxibustion, plum blossom, Qigong, auricolo therapy, ...), use of homeopathic and herbal remedies in physiological delivery.

General objectives are:

1. Training on Chinese Traditional Medicine, Homeopathy and herbal medicine, in obstetrics;
2. Promote natural childbirth;
3. Induce relaxation of women in labour;
4. Reducing pain in delivery;
5. Helping post partum condition and puerperium;
Training course ASL 2 Lucca

Complementary Medicine in labor and physiological delivery

Corso di formazione
Medicine complementari nel travaglio e nel parto fisiologico

Presentazione
Il corso, promosso dall’Ambulatorio di Omeopatia e dall’U.O. di Ginecologia e Obstetricia dell’ASL 2 Lucca, si rivolge a tutto il personale della sala travaglio e della sala parto, ovvero ginecologi, ostetriche, infermeri e neonatologi. L’obiettivo degli incontri è garantire un’assistenza in sala travaglio e parto anche attraverso l’integrazione delle medicine complementari e dell’omeopatia, sempre più richieste dalle donne in gravidanza, così come indicato anche dal parere del Consiglio regionale dei sanitari n. 54/2014.

Docenti
Dott. Gian Luca Bracco
Dott.ssa Marialessandra Panizzo
Dott. Elio Rossi

Referenti del corso
Maria Pasita Bellomini: mp.bellomini@usl2.toscana.it
Chiara Cervino: chiara.cervino@gmail.com
Giulia Fantoni: g.fantoni@usl2.toscana.it
Laura Giardina: l.giardina@usl2.toscana.it
Rosaria Papini: r.papini@usl2.toscana.it

Info
Chiara Cervino: chiara.cervino@gmail.com
Carmela Leone: seceratari.omeo@usl2.toscana.it

Modulo didattico
- 4 moduli di 4 ore con lezioni di 50 minuti
- supervisione ogni 2 mesi
- luogo di incontro on line su piattaforma FAD, discussione, materiale consegnato ...

Sede degli incontri
Stanza riservata al corsi di preparazione al parto, Piano terra dell’edificio B presso l’Ospedale Campo di Marte (Lucca) Cittadella della Salute

Accreditamento ECM (in corso di approvazione)
## Guidelines of the Regional Health Councils (RHC) on/including Complementary Medicine

<table>
<thead>
<tr>
<th>Topic</th>
<th>Opinion RHC n.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guidelines about the use of Acupuncture and TCM within Tuscan Healthcare System</td>
<td>33/2015</td>
</tr>
<tr>
<td>Modalities of pain control In labor and delivery</td>
<td>54/2014</td>
</tr>
<tr>
<td>Guidelines on menopause treatment</td>
<td>12/2015</td>
</tr>
<tr>
<td>Guidelines on back pain</td>
<td>42/2015</td>
</tr>
</tbody>
</table>
✓ sul sito della Regione Toscana
✓ sul sito dell'ISS
http://www.snlg-iss.it/lgr;
Acupuncture and TCM in the Tuscan Regional Healthcare Service: guidelines for Healthcare

**Edited by:** Sonia Baccetti, Mariella Di Stefano, Chiara Menicalli, Valeria Monechi. **Authors:** Gian Franco Gensini, Sonia Baccetti, Chiara Menicalli, Valeria Monechi. **With the contribution of:** Pietro Addamo, Nadia Baccellini, Alessandro Bussotti, Francesco Cipriani, Franco Cracolici, Raffaele De Gaudio, Giovanna Franconi, Daniela Matarrese, Rocco Mediati, Elio Rossi, Alfredo Vannacci, Rosella Visconti.

**Approved by Regional Health Council of Tuscany on 14 December 2015**

Cinese Healthcare Official delegation visiting Fior di prugna
✓ sul sito della Regione Toscana
✓ sul sito dell'ISS http://www.snlg-iss.it/lgr;

La linea guida e IDT sono uno degli interventi della politica dei Servizi sanitari per la promozione dell’efficienza e dell’appropriatezza clinica. Le linee guida e IDT raccolgono raccomandazioni di comportamento basate sulle migliori prove scientifiche disponibili.

La collana «Linee Guida-Regioni» – inaugurata dalla Regione Toscana – intende documentare la produzione di linee guida e altri strumenti di governo clinico da parte dei Servizi sanitari regionali su temi rilevanti di salute non ancora trattati da linee guida nazionali, ed elaborati in conformità con il metodo SNLG.
Gorgona homeopathic veterinary project

About 60 prisoners work and earn
On the isle all domestic animals are breded
Since 15 years homeopathic medicine is used
Some practitiones, human medical doctors, working in Gorgona had an homeopathic training, thanks to the veterinary experience.
A training course for prisoners has been organized on “sustainable stock-farm”
A research supported by Tuscany Region (carried out in 2005) documented the benefit obtained since the introduction of homeopathic treatment in the animals healthcare

- Gorgona is an isle in Tuscany
- Gorgona is a National Park
- Gorgona is also a prison, but
- Gorgona is an open prison
In order to promote the widespread use of CM also for the inmates citizens so as to realize a real equality of educational opportunity and treatment, based also on the experience made in the past in the Gorgona prison, it has been decided to offer a regional level a training course for the penitentiary healthcare workers on the use of CM in all the Tuscan prisons.

The training program was organized in 6 seminar days starting with a preliminary training module in order to introduce to Complementary Medicine and then tackle the basic principles of the prevailing disciplines acupuncture, herbal medicine, homeopathy and welfare disciplines and guidance of trained professionals to promote the use of CM within Tuscan prisons.
Regional training course

“Promotion of complementary medicine in prison”
Il trattamento del dolore cronico in medicina generale:
acquisizione di un metodo di cura per la creazione della rete di terapia del dolore

Tecniche di medicina complementare nella terapia del dolore

Technics of Complementary Medicine in pain therapy

Dott. Elio G. Rossi
Ambulatorio di omeopatia Azienda USL 2 Lucca
Struttura di riferimento regionale per l’omeopatia
Regional course: The treatment of chronic pain in general practice: acquisition of a treatment method for the creation of the network of pain therapy

Main target:

The objective of the course is to build an integrated network among different professionals for the treatment of chronic pain (including Complementary Medicine) able to guarantee a specific care pathway at different levels depending on the needs of each patient and professional skills.

The integration between professionals makes use of a common mode of work which is the "method" for the reasoned diagnosis of the type of pain, in order to establish the effective and appropriate treatment and an appropriate management of the route including the communication methods with the patient and among the health professionals.
Regional Law n. 28/2015 of Healthcare Reform - Principles of reorganization for Wide Area

- System efficiency, quality and appropriateness of care provided, oriented approach to clinical governance
- Territorial organization surgeries and hospital activities ensuring quality, efficiency, greater therapeutic offer, ethical use resources, reduce inappropriate diagnostic tests
- Defining quality criteria and accreditation structures with individual identification "specialty" and "specificity"
- Clinical risk management and safety of the patient.
- Multicenter research programs (efficacy, economic impact, cost/benefit ratio)
- Enhancing health professions (physiology monitoring, promotion of lifestyles reasonable, appropriate use of medications
- Communications as a pillar of integration.
Proposal of priority areas of action of Complementary Medicine in Tuscany

The minimum priority areas of action which must be guaranteed in all Vast Areas:

- Fight against pain (chronic care model, medical initiative).
- Treatment of adverse effects in oncology.
- Promote physiological birth in low risk pregnancies.
- Gender Medicine (menopause, pelvic pain)
- Prevention and treatment of infections of the upper respiratory and atopic diseases in the adult and child population
Complementary Medicine in Oncology

- Analysis of scientific literature (2005–2010) and clinical experiences about the use of Complementary Medicine in Oncology.
- Research of **clinical evidence** of CM efficacy in treatment of cancer.
- Defining **evaluation and application of CAM techniques** useful on the base of the scientific literature.
- Training of the staff working in Oncologic departments.
- Spreading the possible use of CM onto the Oncologic clinics in the Health regional System.
- **Spreading information** about cost and benefit of the use of CAM among oncologic patients.
Integrative approach to the cancer patient (integration to the anticancer therapy)

- Physical activity
- Diet

Art-therapy in palliative treatments

Music, dance, painting,... to improve quality of life and relieve pain

Psycho-oncology

The Tuscan Cancer regional call centre for cancer patients

Use of CAM in oncologic patients

Treatment of adverse effects of conventional therapy

Narrative medicine

Complementary treatment of cancer
## Network of the public clinics of CM in oncology in Tuscany

<table>
<thead>
<tr>
<th>Clinic</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AUSL 2 Lucca</strong>:</td>
<td>Ambulatorio di medicine complementari e alimentazione in oncologia</td>
</tr>
<tr>
<td><strong>AUO Careggi</strong>:</td>
<td>Ambulatorio di fitoterapia e agopuntura in oncologia</td>
</tr>
<tr>
<td><strong>AUSL 10 Firenze</strong>:</td>
<td>Ambulatorio di agopuntura e MTC in oncologia</td>
</tr>
<tr>
<td><strong>AUO 5 Pisa</strong>:</td>
<td>Ambulatorio di agopuntura e omeopatia nella Breast Unit oncologica</td>
</tr>
<tr>
<td><strong>AUSL 9 Grosseto</strong>:</td>
<td>Ospedale di Medicina Integrata Petruccioli di Pitigliano – Ambulatori di terapia del dolore, Grosseto.</td>
</tr>
<tr>
<td><strong>Hospice San Felice a Ema (Firenze)</strong>:</td>
<td>cure palliative</td>
</tr>
</tbody>
</table>
Integration of complementary medicines in the Oncology Network of the Tuscan Tumor Institute
Complementary medicine in cancer/anticancer therapy symptoms Grading 1A and 1 B

**AGOPUNCTURE:** for nausea and post-chemotherapy and post-surgery vomiting, in the different phases of pain, for vasomotor disturbances of iatrogenic menopause, xerostomia, and for the side-effects of radiotherapy;

**HOMEOPATHY/HOMOTOXICOLOGY** for vasomotor disturbances of iatrogenic menopause and for the side-effects of radiotherapy (radiodermitis and mucositis).

**PHYITOTHERAPY:** is used to treat anxiety and depression, cancer-related fatigue, mucosites, nausea, vomit and pain

**NUTRITION:** specific diet (see Decalogus)
Composition of the Tuscan Integrative Oncology working group

- General Manager (or his representative) of the competent Regional Direction in the field of right to health
- 3 expert oncologists identified by the Directory Board of the Tuscan Tumor Institute
- Regional Reference Structures for CM Azienda USL 10 of Florence for acupuncture and Chinese traditional medicine
- Regional Reference Structures for CM Azienda USL 2 of Lucca for homeopathy
- Regional Reference Structures for CM AOU of Careggi for phytotherapy
To set up a working group formed by the General Manager (or his representative) of the competent Regional Direction in the field of right to health; by 3 expert oncologists identified by the Directory Board of the Tuscan Tumor Institute, the personnel in charge of the Regional Reference Structures for CM (Azienda USL 10 of Florence for acupuncture and Chinese traditional medicine, Azienda USL 2 of Lucca for homeopathy and AOU of Careggi for phytotherapy);

identification of the outpatient structures that can offer CM services at a regional level, with the coordination of the regional reference structures for CM

- definition of the procedures that ensure appropriate inclusion of the “new offer” of CM in the oncology network;
- starting with the experiences that the different regional reference structures have consolidated, drafting of therapeutic protocols to be used consistently over the regional territory;
- identification of communicative strategies addressed to the citizen, to the oncology physicians and health workers of the Regional Health Service relative to the use of complementary therapies and practices not recommended to the oncology patient, as they lack demonstration of effectiveness, or are rather risky for the possible refusal of therapies of proven effectiveness;
- development of methods designed to evaluate the results obtained in terms of effectiveness in controlling symptoms, costs/benefits of treatment, economic sustainability and reproducibility of the proposed procedure.
Tuscan Regional working group of Integrative Oncology

S. Baccetti
K. Belvedere
L. Fioretto
E. Rossi
F. Firenzuoli
G. Amunni
S. Bracarda
The experience of Tuscan Region in the European and international perspective
The European Partnership for Action Against Cancer (EPAAC) was launched in 2009, after the European Commission published its Communication on Action Against Cancer: European Partnership.

The specificity of the Partnership is that it brings together the efforts of different stakeholders into a joint response to prevent and control cancer. In its initial phase, until early 2014, the work of the Partnership will be taken forward through a Joint Action (cofinanced by the EU Health Programme). The National Institute of Public Health in Slovenia has assumed the role of leader of the EPAAC Joint Action, which encompasses 36 associated partners from across Europe and over 90 collaborating partners.

!!NEW!! To see the EPAAC GANTT chart with all of the latest updates on project milestones and deliverables, please click here.
European survey of integrative oncology centres

The Joint Action European Partnership Against Cancer EPAAC (2011-2014)

Josep Borras
Sandra Rados
Agopuncture, phytotherapy, homeopathy, homotoxicology and anthroposophy in oncology

Authors:
Sonia Baccetti
Mariella Di Stefano
Elio Rossi

Rete Toscana di Medicina Integrata

Editore Felici – Firenze
(in uscita a aprile 2015)
Distribution of I.O. centres in EU
European survey of integrative oncology centres

### Summary data of the survey: centres contacted, respondents, respondent meeting inclusion criteria of the survey, and respondents meeting inclusion criteria and providing integrative oncology therapies.

<table>
<thead>
<tr>
<th></th>
<th>total</th>
<th>Italy</th>
<th>other EU countries</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>%</td>
<td>n</td>
</tr>
<tr>
<td>Contacted</td>
<td>236</td>
<td>74</td>
<td>74</td>
</tr>
<tr>
<td>Respondents</td>
<td>123</td>
<td>52.1</td>
<td>53</td>
</tr>
<tr>
<td>Respondents meeting inclusion criteria</td>
<td>99</td>
<td>80.5</td>
<td>41</td>
</tr>
<tr>
<td>Respondents meeting inclusion criteria and providing IO/ respondent centres</td>
<td>47</td>
<td>47.5</td>
<td>24</td>
</tr>
<tr>
<td>Respondents meeting inclusion criteria and providing IO /contacted centres</td>
<td><strong>47</strong></td>
<td><strong>19.9</strong></td>
<td><strong>24</strong></td>
</tr>
</tbody>
</table>

6.5% (3) of centres included in the survey were identified thanks to cooperation of associated/collaborating partners of EPAAC.
Complementary and alternative medicine for cancer patients: results of the EPAAC survey on integrative oncology centres in Europe.

Support Care Cancer. 2014 Dec 4;

Rossi E, Vita A, Baccetti S, Di Stefano M, Voller F, Zanobini A
Towards the construction of European Integrative Oncology networks

Ispra (Va) 17th January 2015

According to a survey conducted by the Tuscany Network of Complementary Medicine (RTMI), about 50 oncological hospitals in Europe integrate anticancer protocols with Complementary therapies.

These experiences, however, are still fragmented and not linked together; for this reason, one of the objectives that the RTMI intends to pursue for the future is to help create relationships between structures, associations and European institutions that deal with integrated oncology.

The meeting was organized by the Joint Research Centre (JRC), a European Commission structure, in close relationship with DG Health, provides the European political bodies independent technical and scientific advice.
CAM (non-mainstream care, e.g. for improving QoL for induced menopause)

Competence requirements for physicians

Competence requirements for nurses
Ispra (Va) 2015: workshop of Tuscan Network Integrative Medicine and Joint Research Centre (JRC), Europea Commission

Meeting with the Tuscan Network for Integrated Medicine, Association

Friday, 16 January 2015
09:00 – 16:30

09:00 – 09:30 Presentation of JRC’s activities and the ongoing projects in the PHPS unit
Ciarán NICOLL

09:30 – 10:00 Updates on the European Commission Initiative on Breast Cancer
Luciana NEAMTIU

10:00 – 10:15 Coffee Break

10:15 – 10:45 Complementary Medicine in Tuscany Region: Integration in the Public Health System
Sonia BACCETTI

10:45 – 11:15 Complementary and alternative medicine (CAM) in cancer care
Elio ROSSI

11:15 – 11:45 Presentation of the survey on the Integrative Oncology centres in Europe
Mariella DI STEFANO

11:45 – 12:15 Non-mainstream therapies in oncology; evaluating the evidence
Lydie MEHEUS

12:15 – 12:45 Discussion on possible areas for collaboration

12:45 – 14:00 Lunch

14:00 – 16:30 Continuation of discussion and conclusions

Agenda

Meeting with the Tuscan Network for Integrated Medicine, Association of European Cancer Leagues and Anticancer Fund

JRC Ispra
Room 12a/12b
16 January 2015, 09:00 – 16:30
The European Commission Initiative on Breast Cancer (ECIBC) is a project coordinated by the JRC. Its aim is to ensure and harmonise the quality of breast cancer services across European countries. The ECIBC will have four tasks:

- To develop the New European Guidelines for breast cancer screening and diagnosis (New European Guidelines), which will continue the work of the 4th edition of the European Guidelines for Quality Assurance in Breast Cancer Screening and Diagnosis, published in 2006 by the European Commission.
  - To develop a voluntary European Quality Assurance scheme for breast cancer services (BCSs) (European QA scheme) based on the EU legislative framework on accreditation
  - To develop a European template of training on digital mammography
  - To provide a platform of guidelines for breast cancer treatment, rehabilitation, and follow-up
  - To develop a long-term web hub hosting all the deliverables.
Quality Assurance Scheme Development Group (QASDG) of the European Commission Initiative on Breast Cancer (ECIBC) - Ispra 9-11 September 2015
European experience developments of Tuscan Network Integrative Medicine: the project CanCon (Cancer Control)

Regional Act n. 159 on 03-03-2014


Contribution to a Comprehensive Cancer Control model that includes Complementary Medicines, starting from evidence.
Partecipation to the European Action E39 COST

“Forests, Trees, and Human Health and Well-being”

3rd European COST Action E39 Conference
Partecipation to the 1st European Forum of Dialogue in Medicine

“The patient between Conventional Medicine and Complementary Medicine”

Bruxelles, 18 October 2007
1st Congress European Integrative Medicine (ECIM) Berlino 2008
2° European Union Homeopathy Day
EUROPEAN PARLIAMENT
Bruxelles – 2nd April 2009

Homeopathy and Complementary Medicine in Tuscany, Italy: integration in the Public Health System

Invitation

Joint Meeting of the European Parliament Interest Groups
MEPs Against Cancer
and
MEPs for CAM

Complementary and Alternative Medicine (CAM): An investment in health

Date: Thursday 27 June 2013, 9:00-11:00
Venue: European Parliament, Room JAN 6Q1

Keynote speech by EU Commissioner Tonio Borg
ECIM 2012 in Florence: results

• More than 1200 participants, more than 1000 medical doctors and health and wellness professionals.
• More than 500 scientific papers, 300 presentations, 200 i poster;
• 90 CAM associations partner of the congress and 50 companies as sponsor.
Project IDEASS City to city
Belgrade (Serbia) 2005

http://www.ideassonline.org/stage/bros_view_eng.asp?id=27

Moxibustion for the fetus in the breech position
University of Kragujevac (Serbia)
At the Homeopathic Society of Pancevo Vojvodina (Serbia)
Last mission in Serbia, Belgrade October 2014
Thank you for the attention
omeopatia@usl2.toscana.it