



**UNIVERSITÄT
BERN**
Medizinische Fakultät
Institut für
Komplementärmedizin IKOM

Future Directions in Clinical Research of Homeopathy

Klaus von Ammon

**Institute of Complementary Medicine IKOM,
University of Bern
Inselspital
CH-3010 Bern, Switzerland**

„Red Thread“

- > (K)IKOM as part of the University of Bern
- > CAMbrella Road Map
- > **Personal contribution**
- > Actual status of homeopathic research
- > Future tasks – areas of interest

(K)IKOM hidden in Bern University Hospital as one of 1860 medical chairs in Switzerland ...



**UNIVERSITÄT
BERN**
Medizinische Fakultät
Institut für
Komplementärmedizin IKOM



... or embedded in medical campus?



CAMbrella ...

... an EU funded project in 2010 till 2012 to **develop a CAM network** to develop a **roadmap for research strategies** as a guideline for future **scientific European CAM research**.

- > CAM provision in Europe comprises health care practitioners and physicians with different healing attitudes, medical background, training, certification, and practise.
- > Data are only available, if they are registered in any specific body open to the public, and therefore scarce, scientific publications are rare. (WP5)

CAMbrella has been established under the Seventh Framework Programme (FP7) of the European Commission, January 2010 to December 2012.

Topic FP7-HEALTH-2009-3.1-3: Complementary and Alternative Medicine coordination and support action. **Grant Agreement No. 241951**

Legal Status of Homeopathy in EU 27+12

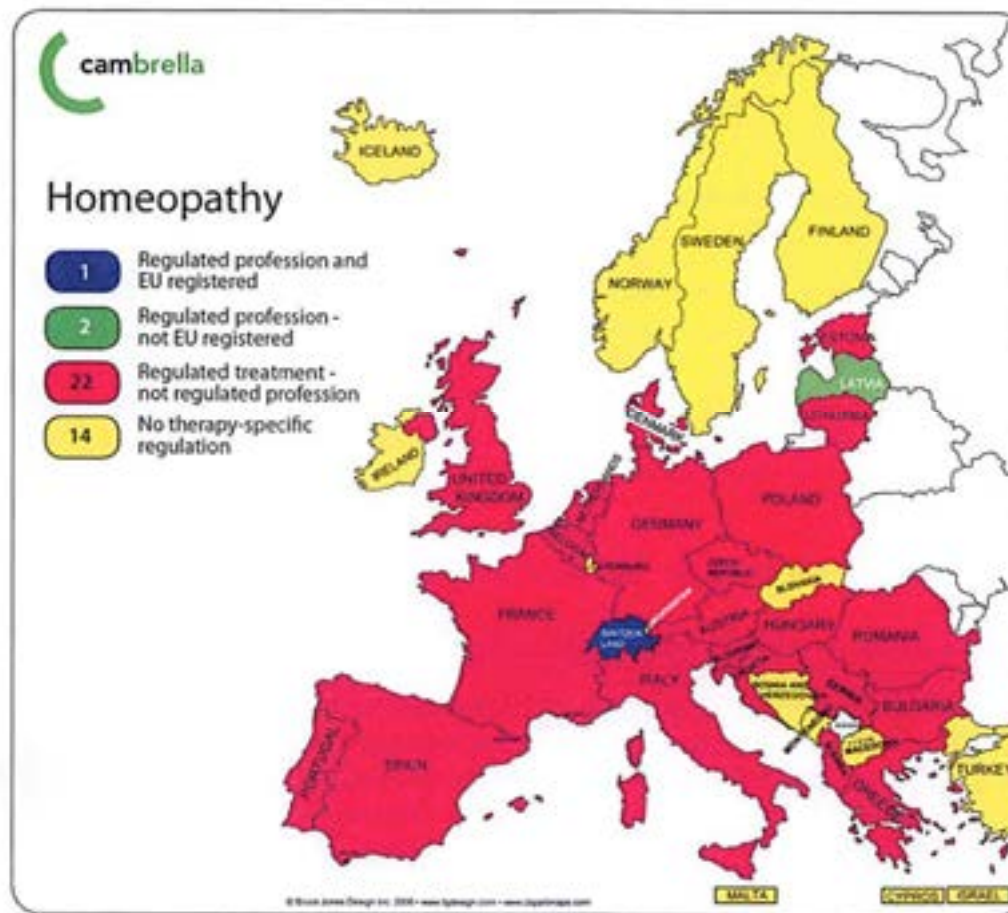


Figure 6.7.1 Homeopathy map

(Kindly provided by Solveig Wiesener and Vinyar Fønnebø, CAMbrella WP 2)



6 core areas of research:

- **prevalence** of CAM in Europe
- **citizens' attitudes and needs** towards CAM
- **safety** in order to assess the risk and cost-benefit ratio
- **comparative effectiveness research (CER)** to evaluate the overall effectiveness as an additional or alternative treatment strategy in real-world settings
- **effects of context and meaning**: they might be significant
- **different models of CAM health care integration** into conventional medicine throughout Europe.

Research – **for what Purpose?**

Inclusion into national health care systems

Improvement of people's, patients', animals', plants' health

Improvement of homeopathic skills and tools

Improvement of homeopathic remedies' quality, stability

Improvement of insight into mode of action

Inclusion into classical natural science's paradigmata

...



Prevalence: WP5 Record – survey (2)



UNIVERSITÄT
BERN
Medizinische Fakultät
Institut für
Komplementärmedizin IKOM

CAM discipline	non-medical practitioners	physicians (MD)	total
subtotal (CAM 1-10)			282'600
anthroposophical medicine	--- (D: 20)	4'500	4'500
oxygen / ozone therapy	3'000	??	> 3'000
Kneipp therapy (GER)	2'500	?	> 2'500
neural therapy (Huneke)	---	1'500	1'500
spagyric medicine ***	1'000	??	> 1'000
Total	178'000	150'000	295'100
Total per 100'000 (population)	33	30	63
*** homeopathic low-potencies			

u^b



Homeopathy MDs

EU (27) + EER (12) citizens	493'100'000	
total number of doctors ...	1'498'750	
... ... per 100'000 inhabitants		304
... with ECH standard training	17'107	
... with simplified hom. training (CEDH)	31'937	
... with hom. training (various levels)	49'044	
... with ECH training ... per 100'000 inhabitants		3

largely based on figures from CEDH
(Centre for Education and Development of Clinical Homeopathy),
Last update Nov, 2010, provided by Ton Nicolai, ECH president

Geographical Results re Homeopathy (WP5)



Homeopathy Provision by MD and Non-Medical Practitioners per 100'000 Inhabitants (EU 27+12)

no provision: white ○ | no data: off-white ○ | < 1: light gray ○ | < 5: gray ● | < 10: dark grey ● | > 10: black ●

Personal Research Agenda

- > What might be **your** contribution to „improve homeopathy“?

Prevalence: Mixed Methods Approach: Quantitative and **Qualitative** Data Needed

→ make your cases count: documentation

**integrate electronic files into daily practice
and make them available for research!**

Citizens' Attitudes and Needs

u^b

UNIVERSITÄT
BERN
Medizinische Fakultät
Institut für
Komplementärmedizin IKOM

→ activate EFHPA
(homeopathic patients' organisation www.efhpa.eu)

**make patients to supporters
integrate them as stakeholders!**

Safety



UNIVERSITÄT
BERN
Medizinische Fakultät
Institut für
Komplementärmedizin IKOM

→ report serious and adverse events (CIRS)

integrate CIRS into quality circles!

Comparative Effectiveness Research (CER)

→ compare conventional and homeopathy treatment results:

establish collaboration with an University institute of economy!

Effects of Context and Meaning

→ be aware of unspecific factors influencing results of
cc scientific studies

**establish collaboration with an university psychology
institute**

Different Models of Health Care Integration

→ Investigate the different models of medicine provision

create a country report describing the respective situation!

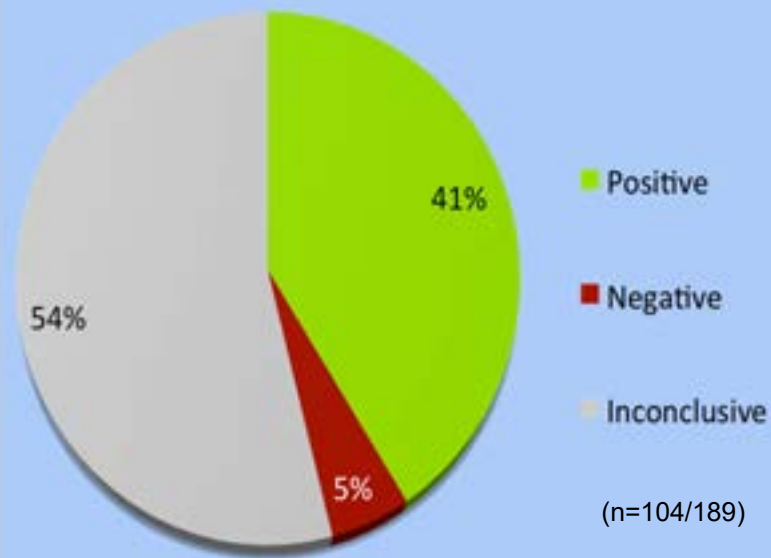
Homeopathy Road Map (Summary)



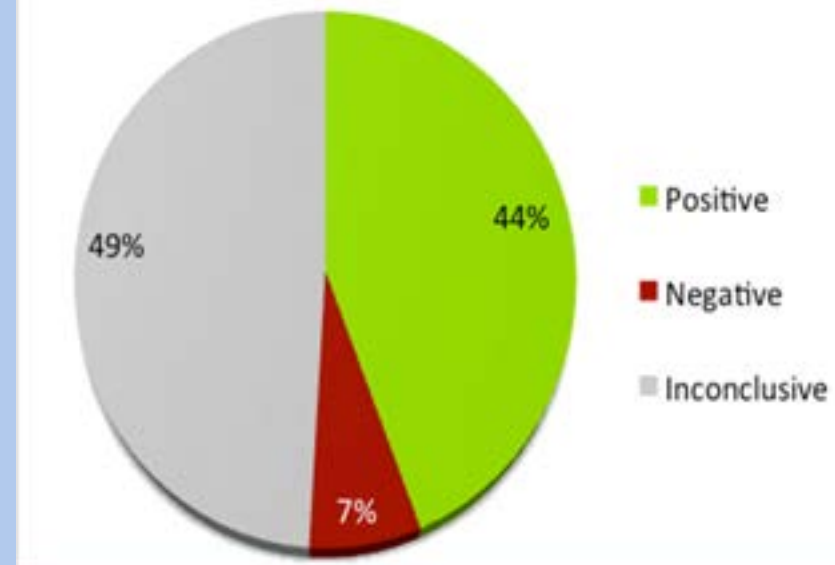
- prevalence → **make your cases count: documentation**
- citizens' attitudes and needs → activate patients' organisation
- safety → **report serious and adverse events (CIRS)**
- comparative effectiveness research (CER) → university institute
- effects of context and meaning → university psychology institute
- different models of health care integration → **country report**

Knowledge established – and to get

189 RCTs of homeopathy (end of 2014)



1016 systematic reviews of RCTs of conventional medicine



Meta-Analyses (peer reviewed) of Homeopathy-RCTs: Results (© KvA)



Author	Year	Journal	Studies	Included	Result
Kienle	1981	MMW	123	120	+
Kleijnen	1991	BMJ	107	105	+
Linde (thesis N. Clausius)	1997	Lancet	119	89	+ (OR 2.54)
Linde/Melchart	1998	J Altern Complement Med	32	28	(+) (CI 1.17-1.23) „indiv. homeop.“, N=1'778
Cucherat	2000	Eur J Clin Pharmacol	118	17	+
Shang	2005	Lancet	110	8	negative*
- Lütke	2008	Clin Epidemiol	110	109	(+, Re-An., - muscle soar.)
- Rutten	2008	Homeopathy	110	110	(+, Re-Analysis)
Mathie	2014	Syst Rev	32	22	+ (OR 1.53 – 1.98)

* Hahn RG (2013) negative, ie „... not effective only, if >95% of studies neglected ...“

Original and Replication of Studies and Trials in Clinical and Basic Research is needed

- > meta-analyses have been done of existing papers
- > new Evidence can be generated by new studies and trials, only
- > in different levels of research
- > case-studies, N-of-1-studies, case-series,
- > prospective, observational studies (explanatory)
- > prospective controlled trials (explicatory)
- > comparative effectiveness studies

Observational Studies

France (2008-12)

Germany (2002, 2005, 2008)

Switzerland (2005)

UK (Liverpool 2001, London 2003, Bristol 2005, multicenter 2008)

Comparative Clinical Studies

Depression

Ear infection in children

Upper respiratory tract infections

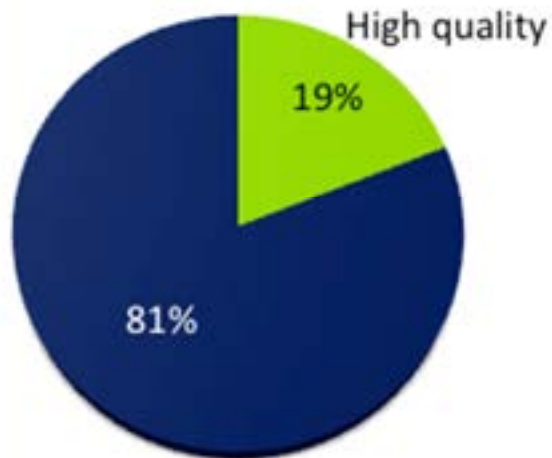
Vertigo

Multiple (chronic) conditions

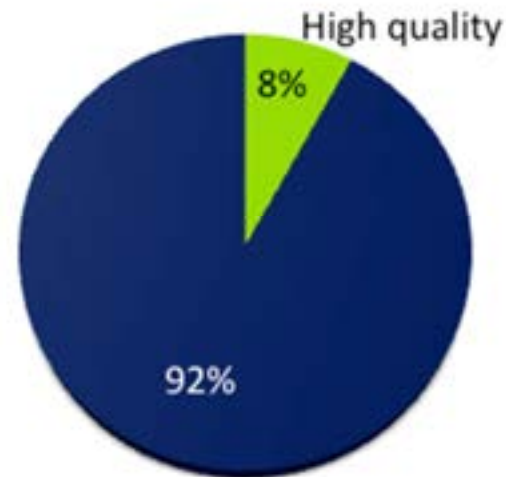
Study Quality

Quality of trials

Homeopathy



Conventional medicine



110 Homeopathy trials compared to 110 matched conventional trials

Shang et al 2005 *Lancet*

to be improved in design, implementation, conduct, analysis and reporting

What conditions can homeopathy treat effectively and cost-efficiently?

... focus our efforts towards areas of greatest clinical need, where homeopathy is likely to be of most benefit.

Rachel Roberts, HRI Chief Executive

diarrhea in children (individualized)

ear infections (otitis media) in children (individualized)

hay fever (*Galphimia glauca*, clinical; *Pollen C30*, isopathy)

influenza (*Oscillococcinum*[®], complex)

vertigo (*Vertigoheel*[®], complex)

attention deficit hyperactivity disorder (ADHD, individualized)

irritable bowel syndrome (IBS, individualized)

fracture healing (clinical)

...

...

Cost-effectiveness and Satisfaction

Data in Switzerland 1999-2005 (1), NHS in UK (2) and in the Netherlands (3):

savings of up to 15% in favour for classical homeopathy, even after adjustments for statistical differences in populations treated by CAM or CON, due to more (5.4 vs. 4.4 consultations per year) and longer consultations (30 vs. 19 min. duration) and savings in (conventional) drugs, less time in hospitals (0.5 to 0.9 days), less time away from work, less early retirement, less transfers into old peoples' homes, summing up to **better quality of life** (4).

Other aspects of usefulness and benefits, result in **more satisfaction due to highly effective interpersonal care**, a way of integrated medicine (5).

References: (1) Melchart 2005, Studer and Busato 2011; (2) Thomas 2001; (3) Kooreman and Baars, 2012; Baars and Kooreman, 2014; (4) Mattmann P, 2005, Frei-Erb M 2009; (5) Busato 2010; in: "25 Years of ECH" 2015

How does homeopathy work?



**UNIVERSITÄT
BERN**
Medizinische Fakultät
Institut für
Komplementärmedizin IKOM

Each
Contribution of
Homeopathic
Doctors is needed!

Individual Homeopathy Road Map

**Please, make your individual contribution
with (wo)man power or funding research, eg:**

- qualitative research from patients' and doctors' perspective,
- original studies/trials and replications in
- basic and preclinical research towards
- discovery of the mode of action;
- efficacy and stability of substantial and high potentized raw materials
- humanities (context and meaning)
- sociologic (equality)
- political perspectives (access to homeopathy)

Thank you very much!

klaus.vonammon@ikom.unibe.ch