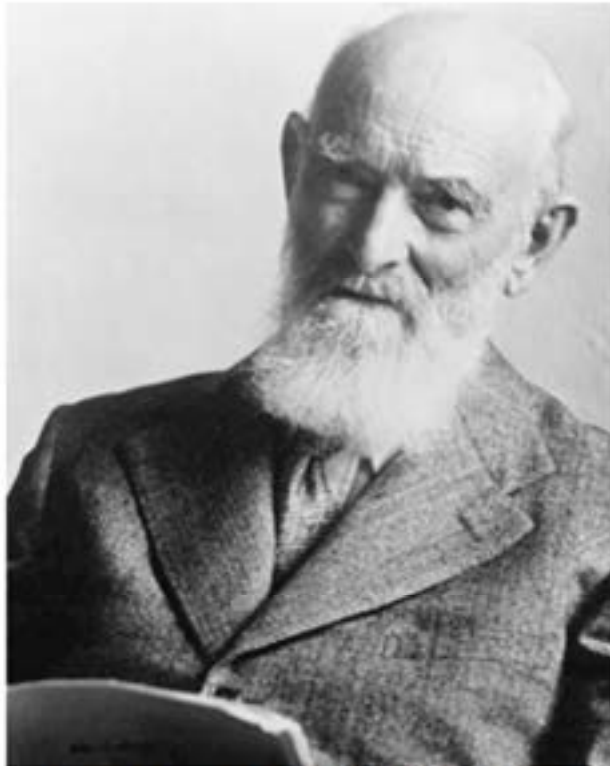


Robert-Bosch-Hospital

From a homeopathic hospital
to a holistic health care enterprise



Milestones in the history of the RBK



»Always try to become better, never be satisfied with what you gained«

Robert Bosch in the opening speech of the hospital 1940

- 1915** Founding of the “Robert-Bosch-Krankenhaus GmbH” by Robert Bosch the elderly
- 1973** Opening of the new RBK / founding of the „Dr. Margarete-Fischer-Bosch“ Institute for Clinical Pharmacology, both on the same campus
- 1978** RBK becomes teaching hospital of the University of Tuebingen
- 2004** Integration of the chest hospital „Schillerhoehe“

History



„Starting with the architecture, a duality was embedded in the structure of the new Robert-Bosch-Hospital that covered aspects of integrative medicine (homeopathic) combined with newest technique for a scientific based medicine, both in the interest and for the merit of the patients. Robert Bosch the elderly believed in both aspects of medicine and set the goal, that both branches had to stand the test of time. The Robert-Bosch-Hospital was the modernest hospital in Europe at the time of the opening. “

S.83 in Faltin, Th.: Homöopathie in der Klinik.

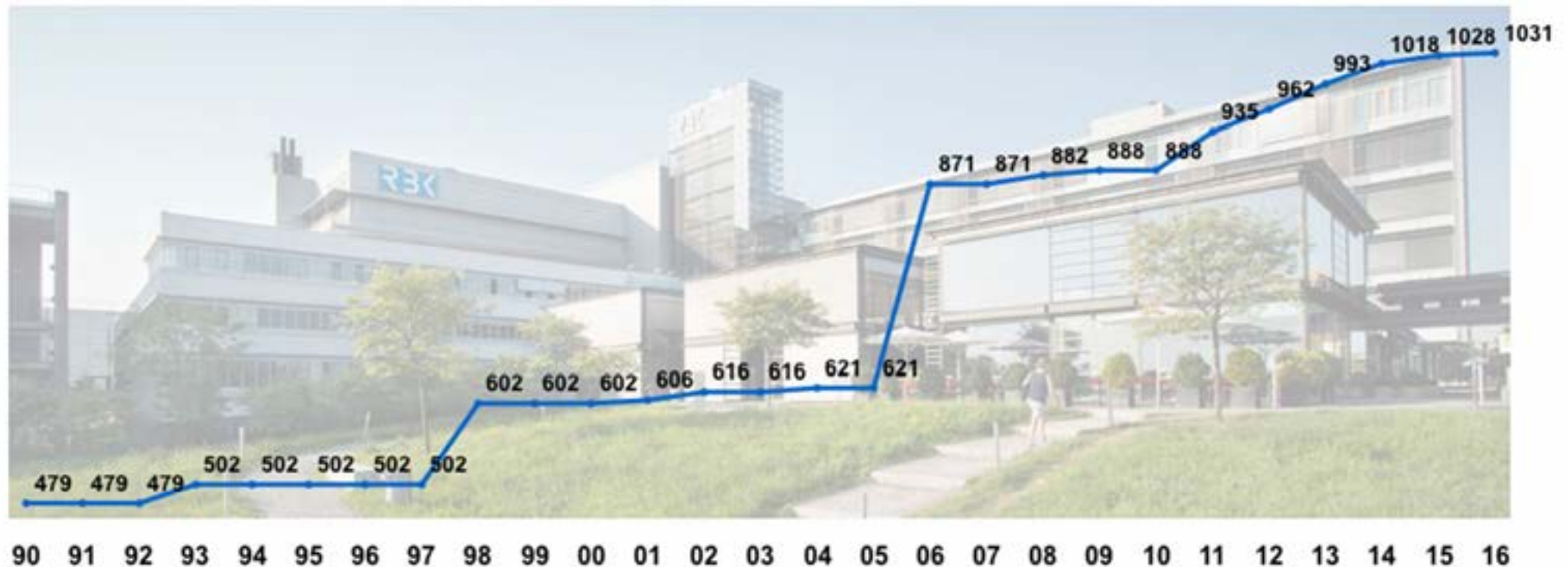
„Problematik und Scheitern der Homöopathie am Robert- Bosch-Krankenhaus.“



pages 211-334

Thomas Faltin. Homöopathie in der
Klinik.

The numbers of beds up from 1990



Zusätzlich bewilligte Planbetten/Plätze

1993	1998	2001	2002	2006	2008	2009	2011	2012	2013	2014	2016
20 beds heart surgery	100 beds clinic for geriatric rehabilitation	4 beds isotopic medicine	10 daycare beds for the psychosomatic department	202 beds Chest clinic 40 beds Charlottenhaus	7 beds heart surgery 4 daycare beds oncology	6 daycare beds for the psychosomatic department	45 ZIM/ZOM 2 daycare beds oncology	27 ZIM/ZOM	10 new born ICU 20 ZIM/ZOM	25 ZIM/ZOM 10 ZIM/ZOM	3 daycare beds for the psychosomatic department
3 beds isotopic medicine			2004 5 daycare beds for the psychosomatic department								

CCC full partner: Robert-Bosch-Hospital (RBK)

- the leading hospital for cancer in Stuttgart (capital of BaWue)



Robert-Bosch-Hospital

Chest medicine at
Schillerhöhe

43,000 in-patients, CMI 1,364,

1,031 beds, 2,700 employees, sales €280M/year

823 beds

208 beds



Klinik Charlottenhaus

- part of the RBK group since 1st of January in 2006
- 40 beds
- about 50 employees and 9 doctors with hospital admitting privileges
- gynaecology, obstetrics and cosmetic surgery
- Part of the center of surgery at the RBK



Internal medicine

- Gastroenterology
- Hematology
- Cardiology
- Nephrology
- Psychosomatic medicine
- Clinic for Geriatric Rehabilitation



Surgery

- General and abdominal surgery
- Anaesthetics
- Gynaecology and Obstetrics
- Heart surgery
- Orthopedics



Diagnostic medicine

- Radiology and nuclear medicine
- Laboratory medicine
- Pathology
- Institute of clinical Pharmacology
- Pharmacy



Chest clinic

- Pneumology
- Thoracic surgery
- Anesthesia

2014 Opening of a new building for the Cancer Center at the CCC full partner RBK in Stuttgart



CCC full partner RBK, activities with UKT and MFT 2015

- RBK is teaching hospital of the MFT (≈ 40 students)
- Head of the IKP is chair of clinical pharmacology in Tuebingen
- Institute of legal medicine from MFT at RBK
- Chiefs of departments of the RBK are associated professors at the MFT
- The Interfaculty Center for Pharmacogenomics and Pharma Research is a joint scientific institution – IZEPHA platform for personalized oncology

Multidisciplinary mini-graduate school 2014 - 2017



Membran-associated drug targets in
individualized tumor therapy

10 PhD/MD students for 3 years





Naturopathy and Integrative Medicine at RBK

Executive clinical director Prof. Dr. Alscher
(in co-operation with **Prof. Dr. Dobos**, Kliniken Essen-Mitte)

Physicians:	Dr. Felix Joyonto Saha (senior physician) Dr. Friedrich Geiger (FA, ZB NHV)
Mind-body-medicine:	Ralf Reißmann
Coordination:	Dr. Claudia Seelenmeyer



Naturopathy and Integrative Medicine at RBK

The Integrative Oncology combines conventional oncology with evidenced-based complementary therapies. The main goal of Integrative Oncology is to reduce side effects of oncological treatments and to improve patient's quality of life

Phase I (since Dec. 2015):

**Integrative oncology:
oncology und hematology
gynecology oncology**

→ 157 patients (total)*

**Naturopathy ambulance
(integrative oncology)
(89 patients)**

**mind-body medicine
compact program
(41/68 patients; 4 groups)**

Form of Treatment

In the Integrative Oncology, the application of complementary medical methods are subsidiary and always in coordination with the standard oncological treatments

complementary medical methods with scientifically-proved effectiveness through studies:

- the classical complementary medicine
- the rational phytotherapy
- ~~{• the anthroposophical medicine}~~
- ~~{• the homeopathy}~~
- ~~{• the traditional chinese}~~
- the "regularity therapy" or the Mind-Body medicine

Together with the patient, a team of different occupations develop strategies to explore and to strengthen the individual health-promoting potentials of patients (Salutogenesis).

Therapy Goal

- relief of nausea and vomiting
- to minimize climacteric symptoms as aftermath of anti-hormone therapy, e.g. through using Cimicifuga extract, Acupuncture or Intervention in group with meditations and breathing exercises
- to minimize Fatigue symptom
- to minimize mucosal changes and mouth dryness
- to minimize changes to nails
- to minimize diarrhea and constipation
- to minimize hand-foot-syndrome and neuropathy
- to minimize pain

To improve the quality of life

Acupuncture, Phytotherapy, exercising and above all the Mindfulness-Based Stress Reduction (MBSR) in Mind-Body Medicine with methods like meditation, Yoga, qigong and tai ji can help in case of insomnia, anxiety and depression.

Positive results on quality of life of Breast Cancer patients can be showed in mistletoe therapy.

Compact program: Mind-Body Medicine

Change of Lifestyle

Above all the "Regularity Therapy" and the Mind-Body Medicine aim to achieve a lasting and sustainable change of lifestyle and self-care in the sense of strengthening the health promoting potential of the patients.

Robert-Bosch-Krankenhaus | Naturheilkunde und Integrative Medizin

Naturheilkundliches Kompaktprogramm

Termin: Mittwoch

Raum: Gebäude Atrium, Raum H.E.303

Beginn:

25.05.2016

Leitung:

Ralf Reißmann

Ärztliche Visite:

Dr. Geiger/Dr. Saha

Sekretariat:

0711/8101-6258

Koordination:

Dr. Seelenmeyer 0711/8101-5767

Übersichtsplan für die Gruppe Lavendel

	25.05.2016	01.06.2016	08.06.2016	15.06.2016	22.06.2016	29.06.2016	06.07.2016	13.07.2016	20.07.2016	27.07.2016	03.08.2016	
09:00-09:45	Begrüßung	Bewegung										Lehrküche 10-14 Uhr (Frau Finkbeiner)
09:45-10:30	Bewegung	Visite										
10:30-11:15	Überblick	Theorie Ernährung	Naturheilkundliche Hausmittel	Walking	Yoga	Hydrotherapie 10:30 - 11:30 Uhr Bade-	Mistel	Fatigue	Qigong	Rückblick Bilanz		
11:15-12:15	Entspannung											
12:15-13:00	Mittagessen											
13:00-15:00	Einführung Mind-Body-Medizin-Programm Kennenlernen	Umgang mit Stress	Resilienz und Lebensstil-modifikation	Bedeutung von Wahrnehmungs- und Bewertungsgewohnheiten I	Bedeutung von Wahrnehmungs- und Bewertungsgewohnheiten II	Sensibilisierungstraining	Kommunikation nach Innen	Kommunikation nach Außen	Raum für Vertiefung	Ausblick Abschied		
											Entspannung	
											Visite	

Medical history /first contact:

1.5 hours/patient

Conditions:

6 hours/day, weekly,
11 weeks

Naturopathy and Integrative Medicine at RBK

**Phase II: Clinic for Internal medicine,
Naturopathy and Integrative Medicine
(planned 30 beds)**



**naturopathy ambulance
(integrative oncology)**

**mind-body medicine
(compact program)**

Integrative oncology

- Gyn-Oncology
- Hem-Onco

Accomplished at RBK \leq 2015

- 2010 start of a molecular diagnostic facility
- from 2010 to 2015 major invests in diagnostic and therapy (new facilities and machines in radiology, radiation therapy,...)
- 2014 New building Cancer Center
- 2014 Cooperation with UKT in Cancer research and therapy
- 2015 start of a new center “complementary and integrative oncology”



The Future of Integrative Medicine

More and more patients seek integrative medicine practitioners. By 2007, approximately **40% of adult Americans** and 12% of children were using some form of alternative therapies compared with 33% in 1991.

The number of **US hospitals** offering integrative therapies, such as acupuncture, massage therapy, therapeutic touch, and guided imagery, has increased from 8% in 1998 to **42% in 2010**. Many academic cancer centers offer these integrative practices as part of a full spectrum of care.

The National Institutes of Health established an office in 1994 and a National Center for Complementary and Alternative Medicine in 1998.

Integrative medicine began to have an impact on **medical education**.

Establishment of the Consortium of Academic Health Centers for Integrative Medicine, composed initially of 11 academic centers. By 2012, this group had grown to **54 medical and health profession schools** in the United States, Canada, and Mexico that have established integrative medicine programs.

The Future of Integrative Medicine

THE AMERICAN
JOURNAL *of*
MEDICINE®

WHERE DOES INTEGRATIVE MEDICINE STAND?

There is clear evidence that integrative medicine is becoming part of current mainstream medicine.

CONCLUSIONS

Now on the horizon is a more pluralistic, pragmatic approach to medicine that is patient-centered, that offers the broadest range of potential therapies, and that advocates not only the holistic treatment of disease but also prevention, health, and wellness.



Robert-Bosch-Hospital

competence for the people

