Research on Whole Person Health

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Conventional Medicine

Integrative medicine

Complementary and alternative therapies and practices

NCAM
NATIONAL CENTER FOR COMPLEMENTARY AND ALTERNATIVE MEDICINE
Integrative health

Conventional Medicine

Complementary therapies and practices

Whole Person Health

NIH Strategic Plan FY2021-2025
Chronic stress
Poor sleep
Poor diet
Sedentary lifestyle
Does the treatment work?
Does the treatment work?

?

?
Acupuncture (3 weeks)\textsuperscript{a}  

\begin{itemize}
  \item Individualized
  \item Standardized
  \item Simulated
  \item Usual Care
\end{itemize}

RMDQ MCID (%)

\textsuperscript{a} Cherkin, Sherman, et al, Arch Intern Med, 2009; \textsuperscript{b} Cherkin, Sherman et al, Arch Intern Med, 2011

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Massage (10 weeks)\textsuperscript{b}  

\begin{itemize}
  \item Relaxation
  \item Focused / Structural
  \item Usual Care
\end{itemize}

RMDQ MCID (%)

\textsuperscript{b} Cherkin, Sherman et al, Arch Intern Med, 2011

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Yoga (12 weeks)\textsuperscript{c}  

\begin{itemize}
  \item Yoga
  \item Matched Stretching
  \item Usual Care
\end{itemize}

RMDQ MCID (%)

\textsuperscript{c} Sherman, Cherkin et al, Arch Intern Med, 2011; \textsuperscript{d} Cherkin, Sherman et al, JAMA, 2016

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Mindfulness-Based Stress Reduction (26 weeks)\textsuperscript{d}  

\begin{itemize}
  \item MBSR
  \item CBT
  \item Usual Care
\end{itemize}

RMDQ MCID (%)

\textsuperscript{d} Cherkin, Sherman et al, JAMA, 2016

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NNT: 5–6 for all active txs versus UC
The drug is the “active ingredient”
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The patient, not the treatment, is doing the work of healing

The treatment is facilitating the process

What is the best and most cost effective approach to assist in each individual patient’s health restoration?
Questions?