

Title- Finding Harmony in Data Sets: TCM Practice-Based Common Outcomes in the West and the East

Description

This workshop aims to identify, develop, and refine measures that accurately reflect the complexity of the TCM clinical approach to whole-person care, supporting a translational research strategy in which practice-based research informs clinical trials and basic research. Integrating a systems biology framework with an in-depth exploration of TCM factors may help advance personalized medicine.

An example of such an approach is the interactive COMET work on women's health over the lifespan, initiated SAR in 2023 and described here. Core outcome sets (COSs) established by consensus where healthcare consumers, practitioners, and researchers can contribute to the creation of a set of outcomes that are relevant to research, practice and consumer needs and are more likely to reflect clinical practice, improve the quality of research and reduce bias.

The workshop in Hong Kong will expand on an essential part of the preliminary work on acupuncture COSs done in New York at the 2023 conference, specifically the discrepancies between common outcome measures defined bio-psychosocially and by TCM; there is a gap that needs a bridge. Dialogue conducted by facilitators with practitioners and researchers is an opportunity to engage in conversation, learn from each other, and foster new collaborations.

Learning Objectives:

At the end of this workshop participants will be able to:

1. Describe the benefits and challenges of developing a common set of outcomes (COS) that reflect TCM clinical practice and are relevant to research.
2. Summarize principles derived from the science of complex adaptive systems that can help capture systems-level changes and processes in the TCM clinical encounter that are not accurately assessed currently by linear measures.
3. Contribute their knowledge and clinical expertise to identify other emergent measures of whole-person health towards the development of COS in TCM.