

Effects of integrative treatment for the treatment of inpatients diagnosed with cervical disc herniation



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Introduction

Cervical disc herniation (CDH), a leading medical concern in working adults population and it is subject to hospital care. It influences patients as well as society through individual sufferings, financial difficulties, supporting burden and unemployment. Conservative approach ought to be considered before undergoing surgical operation. An integrative treatment which comprised of acupuncture, herbal medicine, Chuna (Korean manual therapy), bee venom pharmacopuncture has become popular in Korea. Therefore we intend to investigate the short-term effects of hospital based integrative medicine for intensive treatment of inpatients with diagnosis of cervical disc herniation.

Methods

1. Participants

- 69 neck pain inpatients admitted between June, 2012 to April, 2013

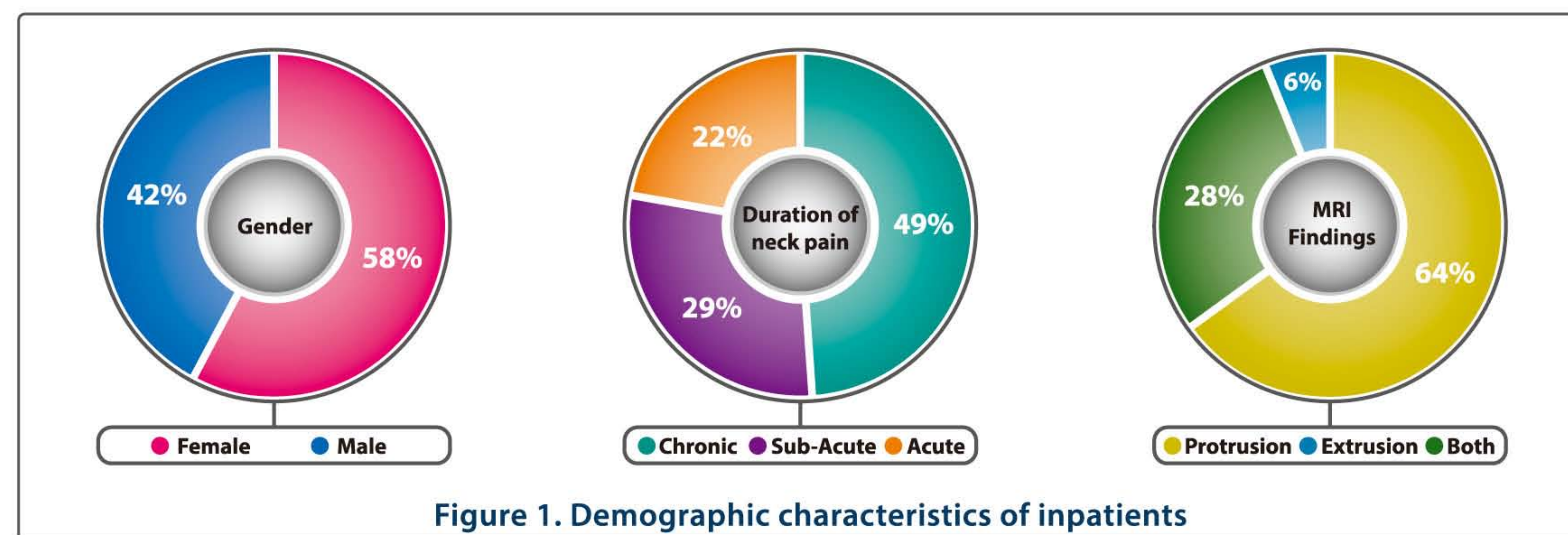


Figure 1. Demographic characteristics of inpatients

2. Treatments

- Integrative medicine treatment consisted of:
 - Herbal Medicine: three times daily
 - Acupuncture: twice daily
 - Bee venom pharmacopuncture: daily
 - Chuna (Korean spinal manipulation): 2-3 times weekly

3. Outcome Measurements

- At admission
 - Demographic characteristics
 - NRS for neck pain and radiating pain
 - NDI for neck pain
- At discharge
 - Satisfactory survey
 - NRS for neck pain and radiating pain
 - NDI for neck pain

- NRS (Numeric Rating Scale), NDI (Neck Disability Index)

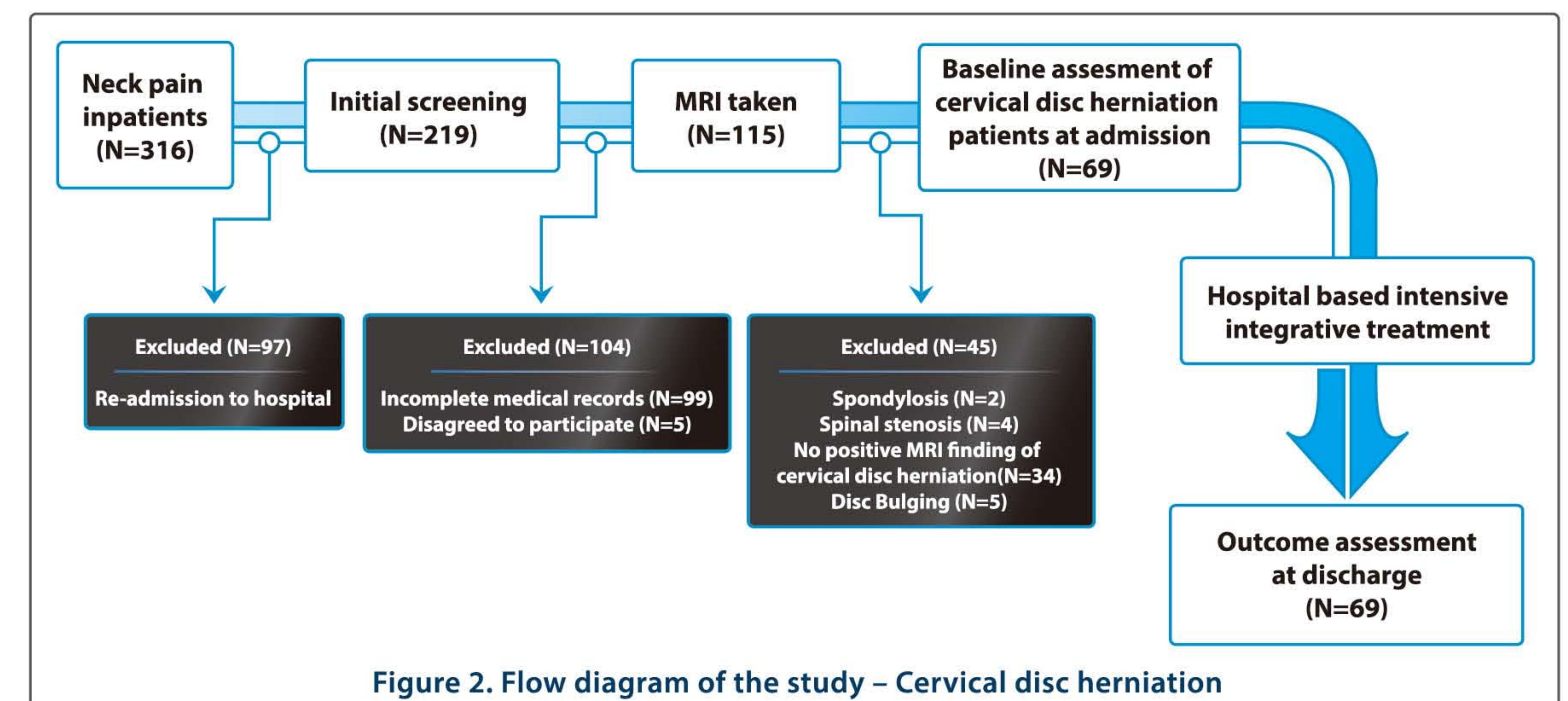


Figure 2. Flow diagram of the study - Cervical disc herniation

Results

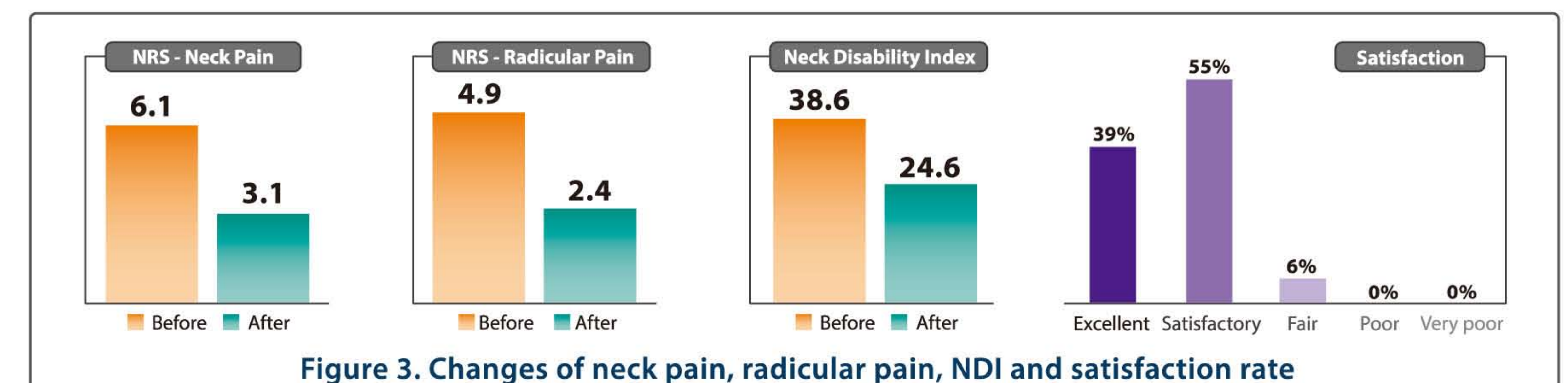


Figure 3. Changes of neck pain, radicular pain, NDI and satisfaction rate

The average age of inpatients was 44.2± 11.0 years old. Out of 69 inpatients, 29 were male and 40 were female. The average onset of symptom was 348.3±650.3 days before. 22% of the cases were acute (within 4 weeks), 29% were sub-acute (4- 12 weeks), and 49% were chronic (over 12 weeks). The average length of hospital stay was 20.4±12.4 days and their BMI was 22.7±2.8kg/m². 44(64%) were diagnosed with protrusion, 14(6%) with extrusion, and 19(28%) with both. At baseline, the NRS of the neck pain and radiating pain were 6.1±2.0 and 4.9±3.0, respectively. NDI was 38.6±18.2. At discharge, the NRS of the neck pain and radiating pain were 3.1±1.9 and 2.4±2.1. NDI was 24.6±15.2. NRS and NDI have indicated a significant decrease (P<0.0001). 94% of inpatients were satisfied with the treatment.

Conclusion

The outcomes show that this hospital based, short term, intensive integrative package treatment is effective for inpatients diagnosed with cervical disc herniation.



Evidence-based Jaseng's integrative treatment has been officially published in SCI journals

Jaseng Treatment Package - Leading Integrative Medicine

Integrative Package in LDH (SCI COMPLEMENT THER MED)
- Average radiating pain VAS score: 7.42 -> 1.09
- Average back pain VAS score: 4.39 -> 1.07
- Social function limitation (ODI score): 41.4 -> 11.8

JASENG TREATMENT PACKAGE



Western Medicine Diagnosis: MRI, CT scan, X-ray and lab tests
Accurate diagnosis achieved through the latest medical imaging diagnostic tools



Acupuncture: MSAT (Motion Style Acupuncture Treatment)
MSAT (SCI PAIN, BMC)
- Immediate pain relief
- Positive effect on the functional recovery status of acute low back pain
- http://mst.jaseng.net



Herbal Medicine
GCSB-5 (SCI ETHNOPHARMACOL, EVID-BASED COMPLALT)
- Anti-inflammatory effect
- Osteoblast effect
- Neuroprotective effect
- Joint protective effect



Pharmaco-acupuncture: Bee Venom, Shinbaro
BV (SCI ETHNOPHARMACOL, BMC COMPLEM ALTERN M)
- Anti-inflammatory effect
- Enhancing immunity



Chuna (Korean Manual Therapy)
Traditional Korean technique that incorporates controlled velocity to soft tissues surrounding the spine

JASENG NETWORK

- Spine & Joints specialized hospital
Jaseng Hospital of Korean Medicine is the only spine specialized hospital in Korea to be designated by Korean Ministry of Health and Welfare
- 15 Korean branches and 8 U.S. clinics: Fullerton, LA, Irvine, San Jose, San Francisco, San Diego, Chicago and New Jersey
- Approx. 900,000 treatment cases per year

Hospital profiles in SCI Journals

- Promising Implications for Integrative Medicine for Back Pain: A Profile of a Korean Hospital - PHOTOESSAY THE JOURNAL OF ALTERNATIVE AND COMPLEMENTARY MEDICINE 13-5(2007):0
- Oriental and traditional medicine - Supporting the vision for integrated health - EDITORIAL ISSUE EUROPEAN JOURNAL OF INTEGRATIVE MEDICINE 4(2012): e363-e365

