



BOOK REVIEW

# Acupuncture Research: Strategies for Establishing an Evidence Base

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**Publisher:** Churchill Livingstone, Elsevier

**Year:** 2008

**Length:** 288 pp

**ISBN:** 978-0-443-10029-1

Received: May 1, 2010

Accepted: Jul 15, 2010

Given the increasing utilization of acupuncture in clinical practice worldwide, substantial endeavors have been made to elucidate its mechanisms and evaluate its clinical effectiveness. Nevertheless, current evidence about acupuncture still faces various aspects of challenges which have been raised, not only from the field of conventional medicine and science, which criticizes acupuncture with rigor, but also from oriental medicine aiming to make acupuncture more valid and reliable. Those challenges call for the elucidation of both the characteristic features of acupuncture that are considered essential and building a sound evidence base which will enable reasonable medical pluralism regarding acupuncture. All of the authors of *Acupuncture Research* have had a leading career in the field of acupuncture, other healthcare areas and a wide range of relevant research methods, and have made substantial contributions to the contents of this book by using their expertise in both the clinical and research fields. This book contains a wide range of knowledge and experiences regarding acupuncture research.

After Chapter 1, which states the purpose of the book and gives briefly the contents of each chapter, Chapter 2 describes the history of acupuncture both in the western world and eastern world, the differences in the process of development and cultural-philosophical backgrounds between western and eastern medicine and the process of investigations of acupuncture research in the western world, along

with the tensions resulting from the different theoretical underpinnings of acupuncture in western and eastern world. Then, Chapter 3 discusses the importance of focusing on the reasons and patterns of using acupuncture from the perspective of the patients themselves and the relevant methodologies to address those research questions. The safety of acupuncture is one of the most important issues in clinical practice, thus key methods, current levels of evidence and challenges to improve the safety of routine practice are addressed in Chapter 4. As most acupuncture practice involves an individualized treatment process according to the patient's condition and needs, there is an increasing need in health research to identify the perspective of the patient regarding treatment processes and health outcomes after acupuncture in Chapter 5. The three chapters that follow show various methods of investigating the "effectiveness" of acupuncture. In chapter 6, a diverse range of exploratory research including case reports, a single-arm case-series, surveys and qualitative studies and their implications for acupuncture research are discussed. Then, in the next two chapters, Chapters 7 and 8, there is a discussion of different purposes, methods, values and the limitations of research comparing acupuncture with other active or sham interventions. In chapter 9, the complexities of the diagnostic and treatment processes of acupuncture, which originated from its diverse history and development, are administered, with concerns about how we walk

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a fine line pursuing both the richness of acupuncture as a complex intervention and scientific rigors that make acupuncture a more valid and reliable treatment. One challenge for the credibility of acupuncture is the obscurity of its mechanisms. In chapter 10, there is a discussion of the current evidence on biological correlates and physiological mechanisms and how research on the interactions between clinical practice and mechanisms can be done to improve the credibility of acupuncture. Given the highest position in the hierarchy of evidence levels, systematic reviews have been employed to synthesize and evaluate the increasing amount of results of acupuncture trials. Chapter 11 briefly addresses the methods, histories and clinical relevance of systematic reviews regarding acupuncture research. The roles of acupuncturists and oriental medicine doctors as clinical experts are becoming increasingly important during the whole process of planning, conducting and analyzing data about acupuncture clinical trials. In chapter 12, some practical guidelines are

provided for oriental medicine doctors on how to successfully involve research and take a role and the authors encourage oriental medicine doctors to become actively involved in the research with their knowledge rather than remain as a passive audience. Lastly, as a respected leading senior researcher, Dr. George Lewith shares his valuable experiences and thoughtful insights on building future strategies for acupuncture research.

Through the aforementioned contents of this book, the authors suggest the concept of an “evidence mosaic” which involves a multidisciplinary approach towards the evidence of acupuncture, rather than an “evidence hierarchy” which is relatively focused on conventional perspectives of evidence. By guiding future research which will strengthen and enrich the evidence about acupuncture, this book will play a role as an important cornerstone in the future era of acupuncture.

Kun Hung Kim\*

Acupuncture Research by Hugh MacPherson, unknown edition Strategies for Establishing an Evidence Base. 1 edition. by Hugh MacPherson. 0 Ratings. 0 Want to read. 0 Currently reading. 0 Have read. This edition was published in October 12, 2007 by Churchill Livingstone. Written in English. 288 pages. This edition doesn't have a description yet. In November 2007, the Society for Acupuncture Research (SAR) held an international symposium to mark the 10th anniversary of the 1997 NIH Consensus Development Conference on Acupuncture. Helene M. Langevin, Peter M. Wayne, Hugh MacPherson, Rosa Schnyer, Ryan M. Milley, Vitaly Napadow, Lixing Lao, Jongbae Park, Richard E. Harris, Misha Cohen, Karen J. Sherman, Aviad Haramati, Richard Hammerschlag, "Paradoxes in Acupuncture Research: Strategies for Moving Forward", Evidence-Based Complementary and Alternative Medicine, vol. 2011, Article ID 180805, 11 pages, 2011. <https://doi.org/10.1155/2011/180805>. Show citation. Paradoxes in Acupuncture Research: Strategies for Moving Forward. Acupuncture Research. 1st Edition. Strategies for Establishing an Evidence Base. Editor: Hugh MacPherson. Paperback ISBN: 9780443100291. eBook ISBN: 9780702032905. These challenges relate to the nature of acupuncture and the gap between current research evidence and the actual experiences of acupuncturists in the field. By focusing the chapters on key research questions, rather than methods, the book has a user-friendly feel. Each chapter is easily accessible with brief explanations of research designs as well as vignettes of relevant past research. The book is based on a deep understanding of acupuncture, with its inherent complexity in practice, whether based on traditional principles or more modern concepts. PDF | On Sep 1, 2010, Kun Hung Kim published Acupuncture Research: Strategies for Establishing an Evidence Base

HughMacPhersonRichardHammerschlagGeorgeLewithRosaSchnyerAcupuncture Research: Strategies for Establishing an Evidence Base2008Churchill Livingstone, Elsevier288ISBN: 978-0-443-10029-1 | Find, read and cite all the research you need on ResearchGate. Research have had a leading career in the field of. acupuncture, other healthcare areas and a wide. range of relevant research methods, and have made. substantial contributions to the contents of this.