



## April 2008 Newsletter

Welcome to the April edition of the Acupuncture.com.au newsletter. If you have any articles you wish to contribute to the newsletter for publication you can submit them via email to [info@acupuncture.com.au](mailto:info@acupuncture.com.au)

We hope you enjoy this edition of the newsletter.

### Research: Acupuncture for irritable bowel syndrome an exploratory randomised controlled trial.

**BACKGROUND:** The evidence on the effectiveness of acupuncture for irritable bowel syndrome (IBS) is inconclusive. However, many patients with IBS are self-referring for acupuncture, therefore it is of interest to know whether acupuncture is effective or not. The aim of this study was to establish variability in the primary outcome measure to enable a sample size to be calculated for a full scale trial, and to explore feasibility and design criteria.

**METHODS:** A pragmatic randomised controlled trial compared 10 sessions of acupuncture plus usual GP care with usual GP care alone. Thirty patients were recruited from four GP databases in Birmingham, UK, and randomised one-to-two to acupuncture or usual care alone. The primary outcome was the IBS Symptom Severity Score (SSS) at three months (maximum score 500). Analysis was by intention-to-treat, and multiple imputation was used for missing data.

**RESULTS:** From the databases, 189 patients with IBS were identified, of whom 30 were eligible

and consented to randomisation. At three months, a statistically and clinically significant difference between groups of 138 points (SD 90) in favour of acupuncture was observed on the IBS SSS (95% CI: 66 to 210;  $P=0.001$ ) using multiple imputation. For a full scale trial, we estimate that a sample size of 108 patients per arm is required, based on a minimum clinically significant change of 50 points, drawn from a primary care population of 140 000.

**CONCLUSIONS:** We established the feasibility of a full scale trial, successfully recruiting patients and calculating the sample size required. The results of our pilot analysis suggest that more definitive research into acupuncture for IBS is merited. A pragmatic trial design will not be able to distinguish between acupuncture specific effects and placebo effects; however, it is the design of choice to determine cost effectiveness.

**Author(s):** Reynolds JA, Bland JM, Macpherson H.

**Journal:** 1: Acupunct Med. 2008 Mar;26(1):8-16.



### Inside this issue:

Welcome	1
Research: Acupuncture for irritable bowel syndrome: an exploratory randomised controlled trial.	1
Acupuncture / TCM Events for April 2008	2

### Acupuncture and TCM events for April 2008

**05**

#### **Hobart - Cosmetic Acupuncture/Ruri Face Diagnosis**

When: 10.00am - 4.30pm, Where: venue tba

Contact: Lynda Roxanne Kingston on 07 5471 6778 or  
lynda@coolumbeachacupuncture.com.au

This is a multi-day event ending on the 06/04

**26**

#### **Sydney - Cosmetic Acupuncture/Ruri Face Diagnosis**

When: 10.00am - 4.30pm, Where: venue tba

Contact: Lynda Roxanne Kingston on 07 5471 6778 or  
lynda@coolumbeachacupuncture.com.au

This is a multi-day event ending on the 27/04

For detailed information on any of these events or if you would like to add your own event to our calendar for free, visit us online at the following address.

[www.acupuncture.com.au/events](http://www.acupuncture.com.au/events)

© Copyright 2008 Acupuncture.com.au



All information in this newsletter is © 2008 Acupuncture.com.au and respective article authors. This newsletter is encompassed by the Acupuncture.com.au "Terms of Use" located at [www.acupuncture.com.au/misc/terms.html](http://www.acupuncture.com.au/misc/terms.html). For any comments, suggestions or queries please do not hesitate to contact us by visiting [www.acupuncture.com.au](http://www.acupuncture.com.au) and clicking on the Contact Us button in the very top right corner of the page.