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DISCUSSION
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Australia**

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**Looking for a pub-
lishing house.**

**Back surgery and
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**Foreigner looking
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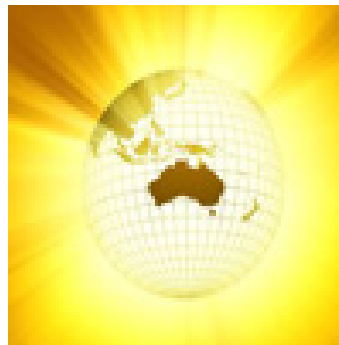
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Acupuncture, chiropractic and osteopathy use in Australia: a national population survey.

BACKGROUND: There have been no published national studies on the use in Australia of the manipulative therapies, acupuncture, chiropractic or osteopathy, or on matters including the purposes for which these therapies are used, treatment outcomes and the socio-demographic characteristics of users.

METHODS: This study on the three manipulative therapies was a



component of a broader investigation on the use of complementary and alternative therapies. For this we conducted a cross-sectional, population survey on a representative sample of 1,067 adults from the six states and two territories of Australia in 2005 by computer-assisted telephone in-

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Pilot: Randomised controlled trial of gold bead implantation for treatment of knee osteoarthritis.

The primary objective of this double-blind, randomised, controlled trial was to determine if implanting gold beads at five acupuncture points around the knee joint improves 1-year outcomes for patients with osteoarthritis (OA) of the knee. Participants

were 43 adults aged 18-80 years with pain and stiffness from non-specific OA of the knee for over a year.

The intervention was blinded implantation of gold beads at five acupuncture points around the affected knee

through a hypodermic needle, or needle insertion alone.

Primary outcome measures were knee pain, stiffness and function assessed by the patient at 0, 1, 3, 6, 9 and 12 months and knee score

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A national population survey..

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interviews. The sample was recruited by random digit dialling.

RESULTS: Over a 12-month period, approximately one in four adult Australians used either acupuncture (9.2%), chiropractic (16.1%) or osteopathy (4.6%) at least once. It is estimated that, adult Australians made 32.3 million visits to acupuncturists, chiropractors and osteopaths, incurring personal expenditure estimated to be A\$1.58 billion in total. The most common conditions treated were back pain and related prob-

lems and over 90% of the users of each therapy considered their treatment to be very or somewhat helpful. Adverse events are reported. Nearly one fifth of users were referred to manipulative therapy practitioners by medical practitioners.

CONCLUSION: There is substantial use of manipulative therapies by adult Australians, especially for back-related problems. Treatments incur considerable personal expenditure. In general, patient experience is positive. Referral by medical prac-

tioners is a major determinant of use of these manipulative therapies.

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Author(s): Xue CC, Zhang AL, Lin V, Myers R, Polus B, Story DF.

Journal: BMC Public Health. 2008 Apr 1;8:105

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 .

June 2008 Events

07

Adelaide - 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 08/06

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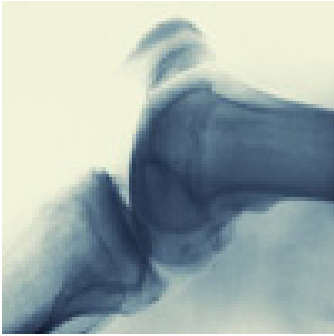
Sydney - Cosmetic Acupuncture/Ruri Face Diagnosis

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 29/06

Knee osteoarthritis pilot study..



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and knee function assessed by an orthopaedic surgeon at 0, 6 and 12 months. Within the first month, three patients dropped out. The remaining 21/19 patients in the intervention/control groups generally improved, but there was no statistically significant difference between the groups. The improvement was shown in the patients' self-assessment

scores that decreased from randomisation until 1 year later (intervention/control group, medians): pain -1.92/-2.18 (P = 0.95, F test, general linear mixed model); stiffness -0.93/-0.43 (P = 0.11); function -7.23/-3.36 (P = 0.63). The surgeon's scores also generally improved, i.e. increased: knee score +16.4/+8.2 (P = 0.65); knee function +10.5/+5.8 (P = 0.79). In the protocol-based subgroup analysis, the 15 intervention patients of the 32 patients who had a positive response to the initial conventional acupuncture had greater relative improvements in self-assessed outcomes. The treatment was well tolerated.

This 1-year pilot study indicates that extraarticular gold bead implantation is a promising treatment modality for patients with OA of the knee. The new treatment should be tested in a larger trial including only patients who respond positively to initial conventional acupuncture.

Country: Denmark

Institute: General Practice, Holte, Denmark.

Author(s): Nejrup K, de Fine Olivarius N, Jacobsen JL, Siersma V.

Journal: Clin Rheumatol. 2008 May 24.

“Gold bead implantation is a promising treatment modality for patients with OA of the knee..”

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