

Measuring Health-Related Quality of Life Outcomes of East-West Medicine

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Through Integrative East-West Medicine

We can monitor health by taking patient's

Temperature

Respiration

Pulse

Weight

Blood pressure



And by receiving (listening) what patient says



What he or she is able to do

How she/he feels about life

Health-related quality of life

What the person can DO (functioning)

- Self-care
- Role
- Social

How they FEEL (well-being)

- Emotional well-being
- Symptoms (pain, energy/fatigue)

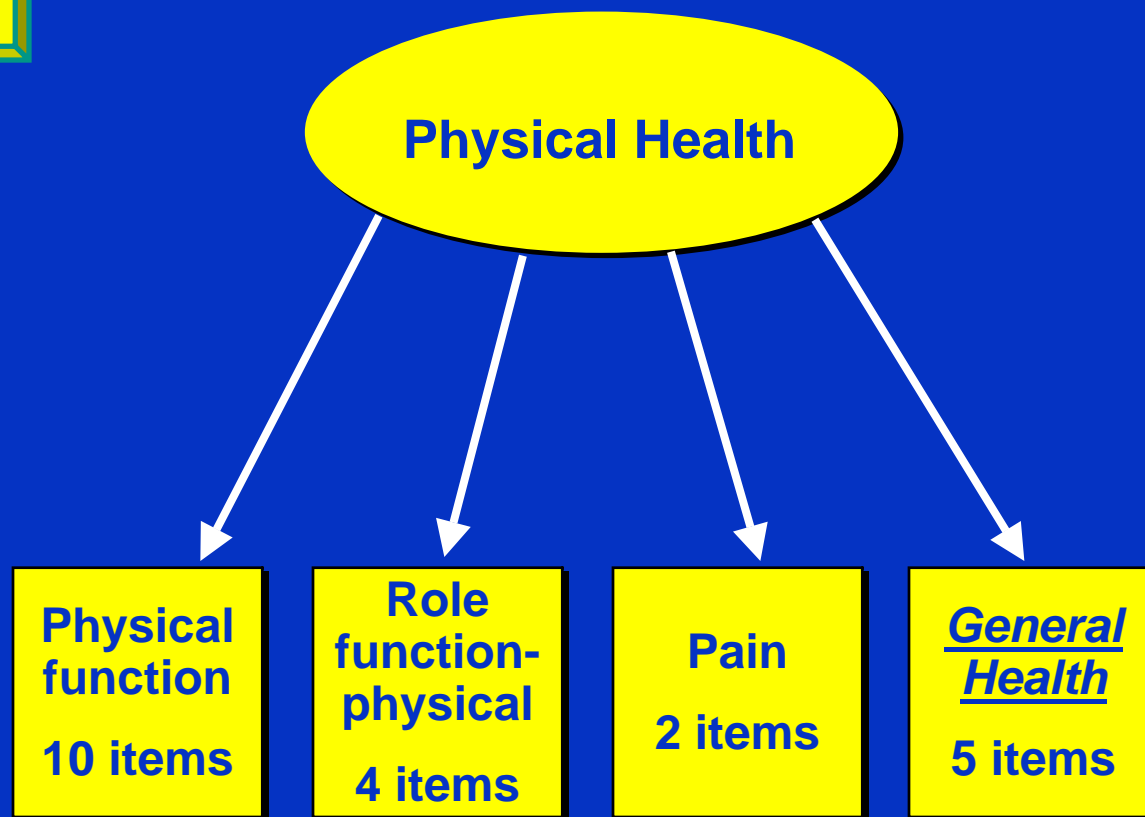
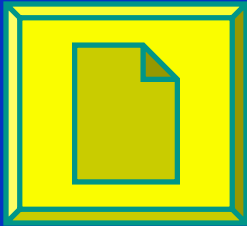
HRQOL improvement is what patients expect from therapy

Holistic approach, wide availability of therapies, self-help advice, and ...

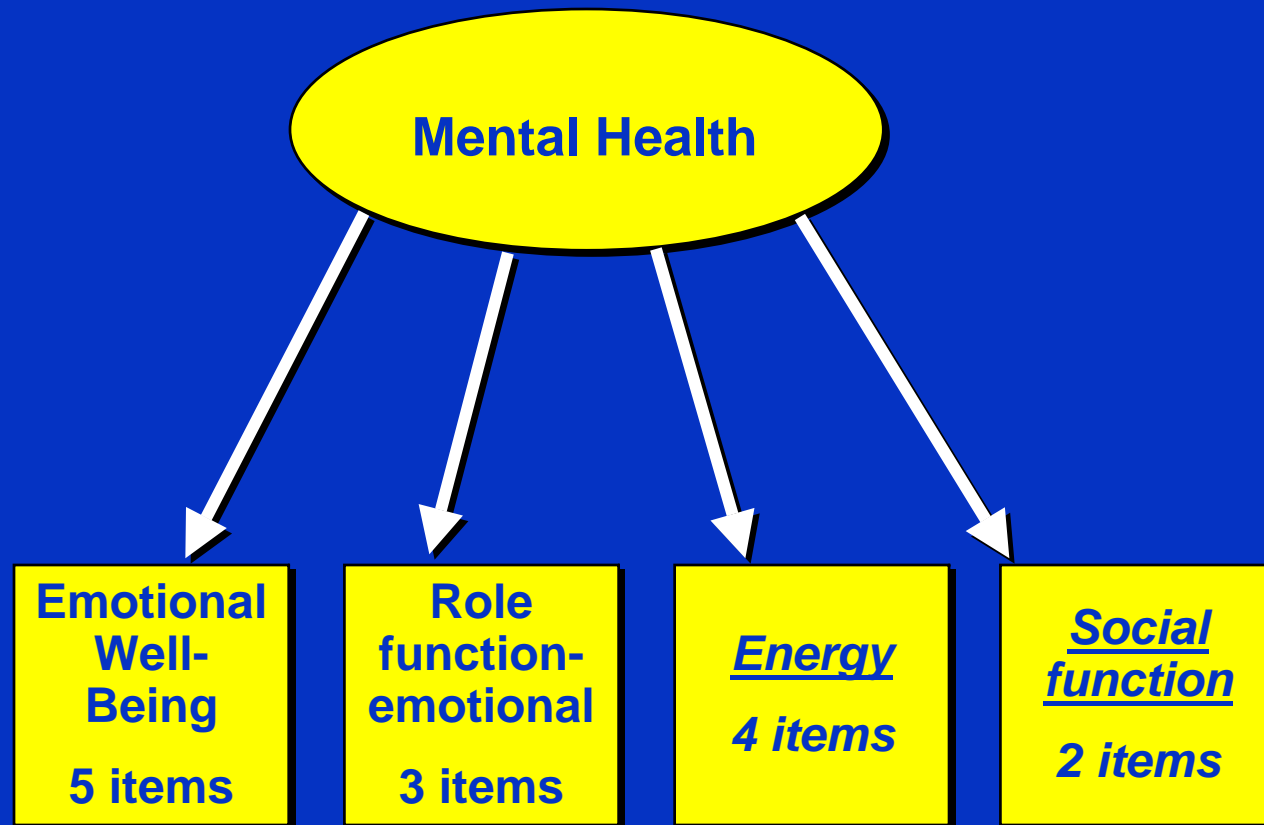
Symptom relief and improved quality of life

(Richardson, AJPH, 2004, complimentary medicine, British National Health Service)

SF-36 physical health domains (Mean = 50, SD = 10)



SF-36 mental health domains (Mean = 50, SD = 10)



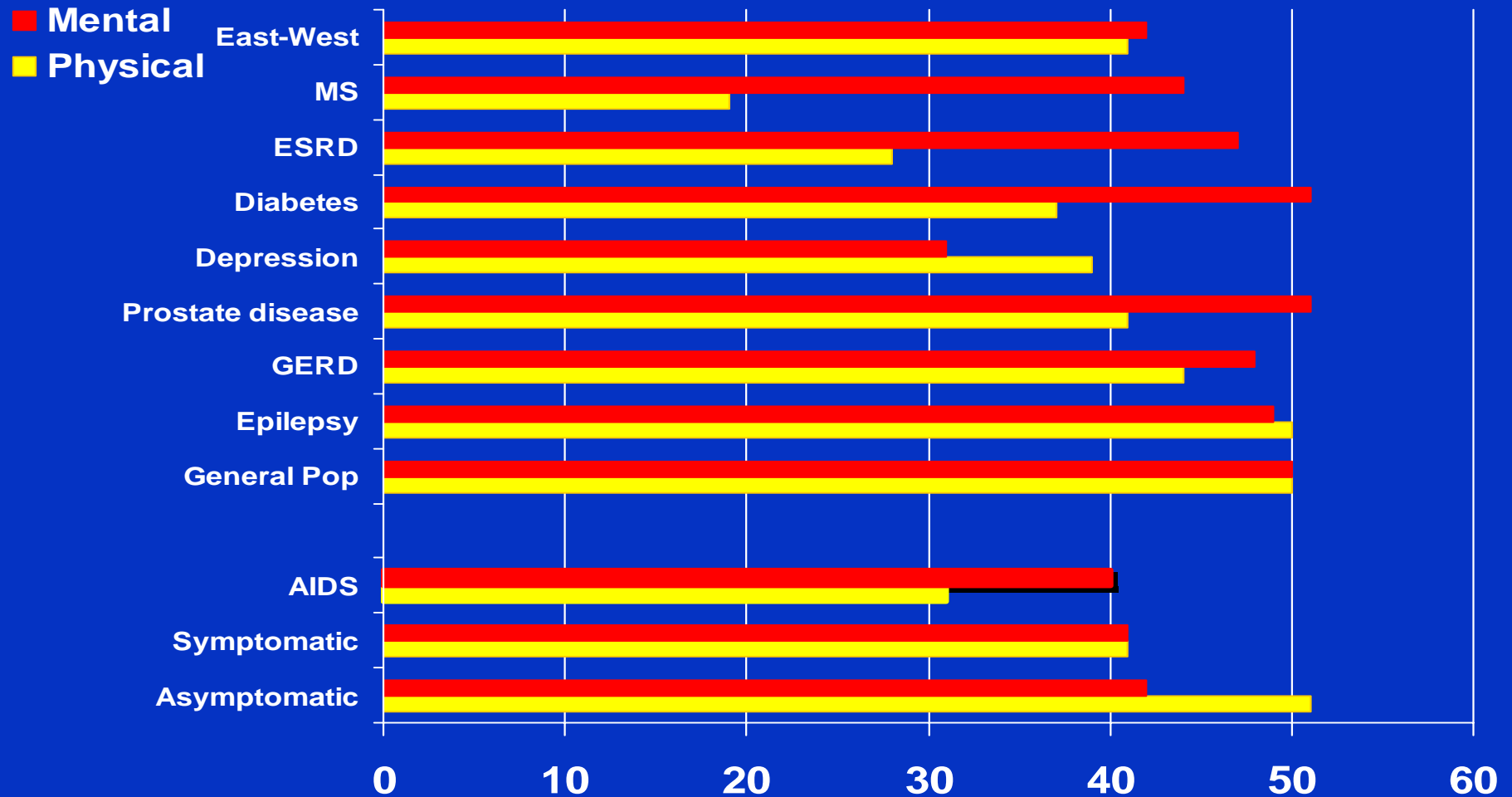
SF-36 completed by 54 patients receiving care at UCLA CEWM

- ✓ **Baseline**
- ✓ **End of therapy (about 6 weeks later)**

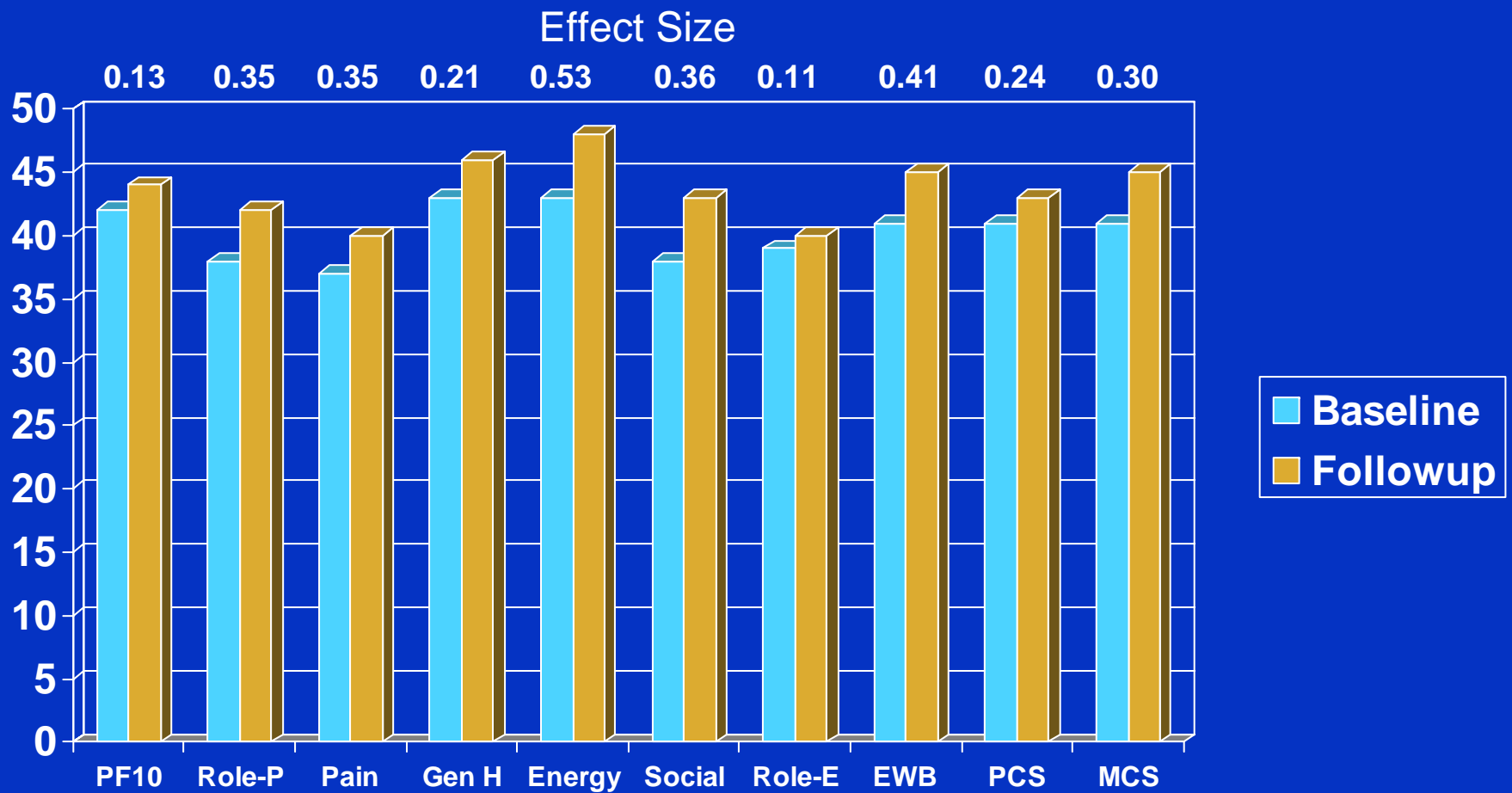
Average age = 56

84% white; 58% female

Baseline mental and physical health for 54 patients at UCLA CEWM

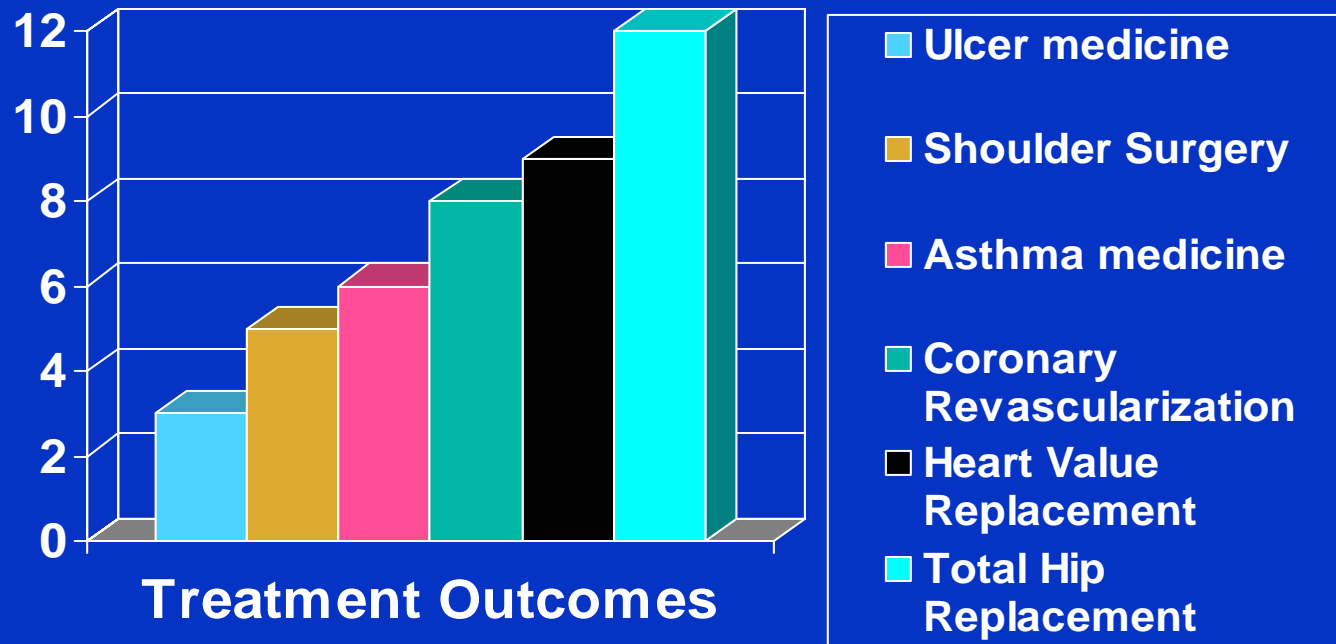


Change in SF-36 scores in 6 weeks



Improvement in physical health for other interventions

Impact on SF-36 PCS



HRQOL future at CEWM

Ongoing monitoring of care using SF-36 and other HRQOL instruments

Evaluation of cost-effectiveness of care



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