

PILOT STUDY: CAN AN AURICULAR ACUPUNCTURE PROTOCOL LOWER BLOOD
GLUCOSE IN PATIENTS WITH Type 2 DIABETES.

A Capstone Project

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by

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Abstract

Pilot Study: Can an auricular acupuncture protocol lower blood glucose in patients with type 2 diabetes.

Purpose: Although type 2 diabetes is a major health epidemic, little research using auricular acupuncture to reduce blood glucose levels has been published. The purpose of this pilot study was to determine if an auricular acupuncture protocol could provide a feasible and effective treatment for reducing blood glucose.

Methods: Utilizing an auto-control approach, twenty eight participants diagnosed with type 2 diabetes were recruited and received two weeks of treatment consisting of a set protocol of 5 points in each ear. Pre- and post- treatment surveys assessed health status, treatment expectations and quality of life. Paired t-tests measured pre- to post- treatment glucose levels.

Results: Treatment produced significant reduction in both fasting and postprandial blood glucose levels, averaging 45.35 (N=19, $p = .014$); and 109.45 points (N=10, $p = .008$) respectively.

Surveys indicated that all participants would be interested in using the treatment again to help manage their blood glucose.

Conclusions: An auricular protocol may offer a low-cost and effective treatment for lowering blood glucose in patients with type 2 diabetes. The results of this study are promising suggesting that further investigation is warranted.

Key Words: Auricular Acupuncture, Acupuncture, diabetes, Type 2 diabetes