

**AN INTEGRATIVE APPROACH TO CHRONIC PAIN:
A RETROSPECTIVE CHART REVIEW AND COST-EFFECTIVENESS PILOT
STUDY**

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Abstract

Chronic pain is a condition affecting 44.2% of the adult population in the US alone with economic implications for the individual and society as a whole. Many consumers turn to complementary and alternative medicine. Despite increasing research there is still debate concerning the validity and place of complementary and alternative medicine in the healthcare system.

The purpose of this study is to compare the effectiveness and cost-effectiveness of an integrative approach to the treatment of chronic pain. Specifically, the integrative (multi-modal) approaches compared are whole-systems traditional Chinese medicine (WS-TCM) and whole systems traditional Chinese medicine combined with whole-systems chiropractic medicine (WS-CM).

A retrospective chart review was performed documenting numerical pain scales and cost of total treatment for charts of patients who were treated for the chief complaint of chronic pain. Statistical analyses used to measure effect and cost were a 2x2 mixed ANOVA and a one-way ANOVA respectively.

The conclusions are that treating chronic pain with whole-systems traditional Chinese medicine alone and whole-systems traditional Chinese medicine combined with whole-systems chiropractic medicine are both effective. The multimodal approach was found to be more effective but less cost-effective than the single modal approach. The results of this pilot study are encouraging and merit a larger scale inquiry.