INTRODUCTION

- Acupuncture originated in China nearly 3000 years ago.¹
- Involves insertion of thin needles to balance the flow of Chi (life force energy) through channels or pathways called meridians.¹
- 3.1 million Americans reported recent use of acupuncture and reports of perceived benefit were generally high.²
- Acupuncture is used for the following conditions: chronic pain, post operative pain, nausea associated with chemotherapy, osteoarthritis, chronic back pain, fibromyalgia, addiction and stroke rehabilitation, among others.³

OBJECTIVES

- Evaluate the process of the acupuncture program in order to help improve program delivery and refine the program model.
- Evaluate the impact of the acupuncture program to determine how the program components affect the physical and mental health outcomes of the patients.

LOGIC MODEL

QUANTITATIVE RESULTS

- **Survey Response rate = 52.6% (72/137)**

<table>
<thead>
<tr>
<th>Demographics</th>
<th>&quot;n /%&quot;</th>
</tr>
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<tbody>
<tr>
<td>Male</td>
<td>82 (82%)</td>
</tr>
<tr>
<td>Female</td>
<td>50 (88%)</td>
</tr>
<tr>
<td>21 – 35</td>
<td>6 (8%)</td>
</tr>
<tr>
<td>36 – 50</td>
<td>17 (24%)</td>
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<tr>
<td>51 – 65</td>
<td>25 (35%)</td>
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<tr>
<td>66 – 80</td>
<td>16 (23%)</td>
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<tr>
<td>81 – 95</td>
<td>7 (10%)</td>
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</table>

- 61% of the patients who did not receive acupuncture before coming to the Wellness Center.
- Most of the patients heard about the acupuncture program from their physician, while some heard it from a friend, flyer or poster.
- Most of the patients had received more than ten acupuncture sessions at the MGH-BHI Wellness Center and found much better after receiving acupuncture.

CORRELATION BETWEEN ACUPUNCTURE SESSIONS AND EFFECTS ON PATIENT’S HEALTH

- Positive correlation between the perception of the change in health and wellbeing after acupuncture and a decrease in the intake of pain medications (p < .039).

METHODS

- **Setting**: MGH-BHI Wellness Center
- Offers wellness programs including acupuncture, massage, yoga, Tai Chi and Mind Body Groups.
- Patients are referred by primary care provider.

- **Subjects**: Patients enrolled at MGH-BHI Wellness
- Received acupuncture between August 1, 2011 and January 31, 2012 (n = 137).

- **Study design**: Mixed methods study
  - Quantitative (questionnaire) and qualitative (focus group)
- **Questionnaire domains**:
  - Reasons for seeking acupuncture treatments
  - Medical conditions which afflict them
  - Effect of acupuncture on their health and well-being
  - Experience with MGH-CHA Wellness Center
  - Sociodemographic information

- **Focus Group domains**:
  - Experience with acupuncture
  - Experience at MGH-CHA Wellness Center
  - Reasons for seeking acupuncture treatments
  - Effects of acupuncture on health and well-being
  - Barriers in obtaining treatments

CONCLUSIONS

- Acupuncture services at MGH-BHI Wellness Center, have a beneficial impact on the population it serves.
- Positive correlation between the number of acupuncture sessions and the perceived change in health and wellbeing (unable to determine if this is actual effect or a placebo effect, or both) (p < .003).

REFERENCES


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