
- 13 RCTs
- Random-effects-model
- “Small but significant effect on health outcomes” (p = 0.02)
Efficacy/effectiveness

Components of the patients' benefit and aspects of efficacy and effectiveness


Background

Although acupuncture is widely used for chronic pain, there remains considerable controversy as to its value. We aimed to determine the effect size of acupuncture for 4 chronic pain conditions: back and neck pain, osteoarthritis, chronic headache, and shoulder pain.

Methods

We conducted a systematic review to identify randomized controlled trials (RCTs) of acupuncture for chronic pain in which allocation concealment was determined unambiguously to be adequate. Individual patient data meta-analyses were conducted using data from 29 of 31 eligible RCTs, with a total of 17,922 patients analyzed.

Individual patient data meta-analysis

17,922 patients


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<thead>
<tr>
<th></th>
<th>Cure</th>
<th>Effect size 1</th>
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<tbody>
<tr>
<td>Acupuncture vs usual care</td>
<td>0.55</td>
<td>(95% CI, 0.51-0.58)</td>
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<tr>
<td>Acupuncture vs sham</td>
<td>0.57</td>
<td>(95% CI, 0.50-0.64)</td>
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<tr>
<th></th>
<th>Comfort</th>
<th>“Moderate effect”</th>
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<tbody>
<tr>
<td>Acupuncture vs usual care</td>
<td>0.42</td>
<td>(95% CI, 0.37-0.46)</td>
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<tr>
<td>Acupuncture vs sham</td>
<td>0.16</td>
<td>(95% CI, 0.07-0.25)</td>
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<th>Consolation</th>
<th>“Small effect”</th>
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<tbody>
<tr>
<td>Acupuncture vs usual care</td>
<td>0.15</td>
<td>(95% CI, 0.07-0.24)</td>
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<td>Acupuncture vs sham</td>
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Individual meta-analysis n=17922

The acupuncture trialists state: "However, these differences are relatively modest, suggesting that factors in addition to the specific effects of needling are important contributors to the therapeutic effects of acupuncture."

"About a half of the reviewed trials showed superiority of the surgical procedure over placebo intervention, but the magnitude of the effect directly related to the crucial surgical element was generally small. The majority showed an improvement in the surgical group as well as in the placebo group, which would suggest that some surgical procedures may have a placebo effect and that some of the benefits of surgery are related to factors other than the crucial surgical element."


Nocebo effect

"Voodoo death is most extreme form of nocebo effect."

The overall magnitude of the nocebo effect was moderate to large (lowest $g = 0.62$ [0.24–1.01] and highest $g = 1.03$ [0.63–1.43]) and highly variable (range of $g = −0.43$ to 4.05). The magnitudes and range of effect sizes was similar to those of placebo effects ($d = 0.81$) in mechanistic studies. In studies in which nocebo effects were induced by a combination of verbal suggestions and conditioning, the effect size was larger (lowest $g = 0.76$ [0.39–1.14] and highest $g = 1.17$ [0.52–1.81]) than in studies in which nocebo effects were induced by verbal suggestions alone (lowest $g = 0.64$ [−0.25 to 1.53] and highest $g = 0.87$ [0.40–1.34]). These findings are similar to those in the placebo literature. As the magnitude of the nocebo effect is variable and sometimes large, this meta-analysis demonstrates the importance of minimizing nocebo effects in clinical practice.


“emotional labor as the process of regulating experienced and displayed emotions to present a professionally desired image during interpersonal transactions at work”


Organisational climate Team dynamics Self in role


Sense of autonomy bear the patient in mind understanding of own role/input skillful and compassionate work

Kindness  Receptivity  Competence  Empowerment  Anxiety  Preoccupation  Disempowerment  Disengagement  Disconnection

Organisation Team Role Self

2008 Gift of Caring Project

There is no secret ingredient.