



NAFKAM



EXCEPTIONAL CASE HISTORY REGISTRY

**A FOCUS ON PATIENTS WITH MIGRAINE WHO CONSULT REFLEXOLOGISTS AND
ACUPUNCTURISTS IN SWEDEN, NORWAY, DENMARK AND ENGLAND IN 2008**

A plan of action

At The National Research Center in Complementary and Alternative Medicine (NAFKAM), University of Tromsø, Norway, a registry of exceptional case histories has been established. The purpose of the registry is to constitute a foundation for research in exceptional disease courses.

NAFKAM is collaborating with international acupuncturist and reflexologist associations with the idea of collecting exceptional case histories regarding patients with migraine during the year 2008.

We wish to register good courses of disease after chronic or serious illness after receiving acupuncture or reflexology treatments. **“An exceptionally good course of disease”** may for instance be disappearance of symptoms after a period of time, or complete healing, or experiencing that the symptoms of the disease have been considerably alleviated.

In 2008 we will focus specifically on clients with migraine. We would like to get in touch with clients who have experienced an exceptionally good course of disease after using acupuncture or reflexology – and who did not attain similar results after the use of conventional medical treatments.

Criteria for participation in the registry are that the person

- has/had had migraine
- has obtained exceptional treatment results after the use of acupuncture or reflexology
- had a medical diagnosis before she/he started the acupuncture or reflexology treatment which gave the exceptional treatment results.

Plan of action for the registration and medical evaluation of exceptional courses of disease relating to migraine

1. Acupuncturist Birte Nielsen and reflexologist Leila Eriksen will contact the leaders of the respective treatment provider associations in Sweden, Denmark, England and Norway.
2. The treatment provider associations in the respective countries agree to participate in the registration and medical evaluation of 2-3 (max 3) exceptional courses of disease relating to migraine after acupuncture or reflexology treatments and receive the permission from ethical committees and data inspectorates in the respective countries.
3. Each treatment provider association appoints a contact person for the carrying out of the registration and medical evaluation of 2-3 (max 3) exceptional case histories relating to migraine after acupuncture or reflexology treatments

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4. The tasks of the contact person are:
 - To give feedback to the coordinators of the international level: acupuncturist Birte Nielsen or reflexologist Leila Eriksen and
 - Communicate to the members of the treatment provider association that the association is interested in getting in touch with three patients with exceptional courses of disease relating to migraine after acupuncture or reflexology treatments (an information page will be attached to each treatment provider association and contact person).
 - Treatment providers encourage their patients who have experienced an exceptional course of disease relating to migraine to get in touch with the contact person of the respective treatment provider organization.
5. The contact person determines whether there may be an exceptional course of disease relating to migraine after acupuncture or reflexology treatments, and whether the patient did not attain similar results after the use of conventional medical treatments before the alternative treatment was received.
The contact person is guided by inclusion criteria communicated through Birte Nielsen or Leila Eriksen.
6. The contact person will send a registration packet to the patient.
7. Together with the patient the contact person collects medical records from the patient's conventional and alternative treatment providers. Regarding the acupuncture treatment and the reflexology treatment, the records should contain the following information:
 - The time of the first and latest consultation
 - Number of consultations/how often
 - Description/evaluation of the client and the client's disease/problems
 - Description of the treatment given
 - Incidents/reactions during the course of treatment
 - Registered changes of the patient's condition
 - Possible unwanted reactions to the treatment
8. The registration form and medical records are sent to a medical doctor – specializing in migraine – for medical evaluation (forms for medical evaluation are being completed by the doctor).
The doctor sends all the materials to NAFKAM. NAFKAM sends a copy to the treatment provider organization and a message to the contact person and to Birte Nielsen and Leila Eriksen.
9. NAFKAM is planning to arrange a workshop about exceptional courses of disease relating to migraine based on anonymous cases from Sweden, Denmark, England and Norway with the participation of medical doctors, alternative treatment providers and migraine associations (patient associations).

NAFKAM appoints a medical doctor in each country who has specialized in migraine, who will carry out the medical evaluation of the exceptional course of disease relating to migraine after the use of acupuncture or reflexology.

The treatment provider organizations in each country will finance the medical evaluations.

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