



Acupuncture for Analgesia in the Emergency Department - A Literature Review

Dr Arno Kroner

LAc DAOM Dipl.OM MTOM MBA, California

Abstract:

Pain is a common complaint in the Emergency Department (ED) and its management currently relies heavily on pharmacologic treatment, but evidence suggests that nonpharmacologic interventions may be beneficial. The objective of this study is to test the hypothesis that acupuncture analgesia (AA) can be an effective modality in the ED that is at least equivalent to standard ED care such as pharmacological care such as opioids or Non-Steroidal Anti-inflammatory Drugs (NSAIDs). If AA is equivalent to standard ED care can its use also lead to lower ED pharmacological analgesic use? Methods - A review of the literature on all types of AA interventions in the ED with pain reduction as an objective was conducted. Results - Ten studies met the inclusion criteria for summary analysis (16 additional studies are included as they provide background information, context, and rationale). The type of pain most studied varied from sore throat to low back pain and acute non-penetrating injuries to the extremities. Most studies reported at least one improved outcome after acupuncture treatment. Of these, the majority reported significantly reduced pain compared to the control group when available but failed to demonstrate an impact on medication use. Most studies showed a high level of heterogeneity and bias. However more adequately and rigorously designed blinded Randomized Control Trials (RCTs) are necessary to further investigate and validate those claims. AA in the ED needs to be conducted along with a set of more defined and standardized parameters. Research methods need to be standardized regarding pain measurement, acupuncture protocols and methodology as studying AA in the ED is in its infancy. Methods also need to take into account demographic and operating environments worldwide. Finally, analgesic medication usage needs to be measured to evaluate the impact of acupuncture on opioid and NSAID use in the ED to adequately determine the public health impact of offering AA in the ED.



Biography:

Board certified California Licensed acupuncturist, herbalist and integrative medicine practitioner Arno graduated Summa Cum Laude with a Masters and Doctorate in Traditional and Oriental Medicine from Emperor's College in Santa Monica, CA. He completed residential training at The Roy and Edna Disney Family Cancer Center in Burbank as well as at the Being Alive Community Clinic in West Hollywood, CA. He received two years of functional medicine training through Apex Energetics providing him with cutting edge blood based diagnostic tools. He believes a balanced, mindful and compassionate life style is the key to health and happiness. Arno's drive for supporting patients to reach their full potential in life and in sports began with his passion for endurance and extreme environments. He has competed in prestigious races such as the Boston Marathon, Ultra Trail du Mont Blanc, Pikes Peak Marathon, Miwok 100, and he was on the Disney Tri Team earning medals at the Malibu Triathlon

Publication of speakers:

1. Pathophysiology - Concepts of Altered Health States - Carol Mattson Porth and Glenn Matfin - Lippincott - Eighth Edition - pp 1080 - 1091
2. Acupuncture - A comprehensive Text - Shanghai College of Traditional Medicine - Translated by John O'Connor and Dan Bensky
3. Clinical Handbook of Internal Medicine - Will MacLean & Jane Lyttleton - Volume 1 - pp 480 - 496

7th Asian Herbal and Traditional Medicine Summit; April 19-20, 2020; Tokyo, Japan

Citation: Arno Kroner; Acupuncture for Analgesia in the Emergency Department - A Literature Review; Traditional Medicine-2020; April 19-20, 2020 ; Tokyo, Japan