



# Overview of quality of Life Research on Traditional Chinese Medicine (TCM) in Mainland China

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# contents


1. Necessary to introduce QOL into TCM
2. Status of QOL information in TCM database
3. Varied application
4. Development of scales
5. Potential defect
6. The future of QOL study



# 1. Characteristic of TCM



## ➤ Theory

- Human body is an organic whole.
  - Harmonious with
    - human and nature*
    - human and society*
  - treatment
- 



# 1. Characteristic of TCM

## Clinical

### ➤ Diagnosis

rely on the syndrome and signs

### ➤ Assessment

rely on the syndrome and signs



## 2. Inadequacy of TCM

diagnosis

rely on experience

face to face

oral to oral

Assessment

indeterminateness

a little better



TCM mainly concentrated on the feeling and perception of patients.

So:



Necessary to introduce QOL scale into TCM





# status of TCM QOL

Use the keywords to search information from 1978 to 2006:

- #1 744 TW: 生存質量
- #2 1999 TW: 生活質量
- #3 300 TW: 生命質量
- #4 29308 TW: 中醫藥
- #5 27903 TW: 中藥
- #6 45757 TW: 中醫
- #7 103 TW: (#1 or #2 or #3)  
and (#4 or #5 or #6)



- **The quantity of information increase:**

**1978-1994 . . . . . 1**

**1995-2006 . . . . . 103**

**2000-2006 . . . . . 98**



## Study QOL in deferent ways :

1. to use the QOL scales from abroad directly
2. to amend correlative specific instruments
3. to develop the module of scales according to characteristic of TCM

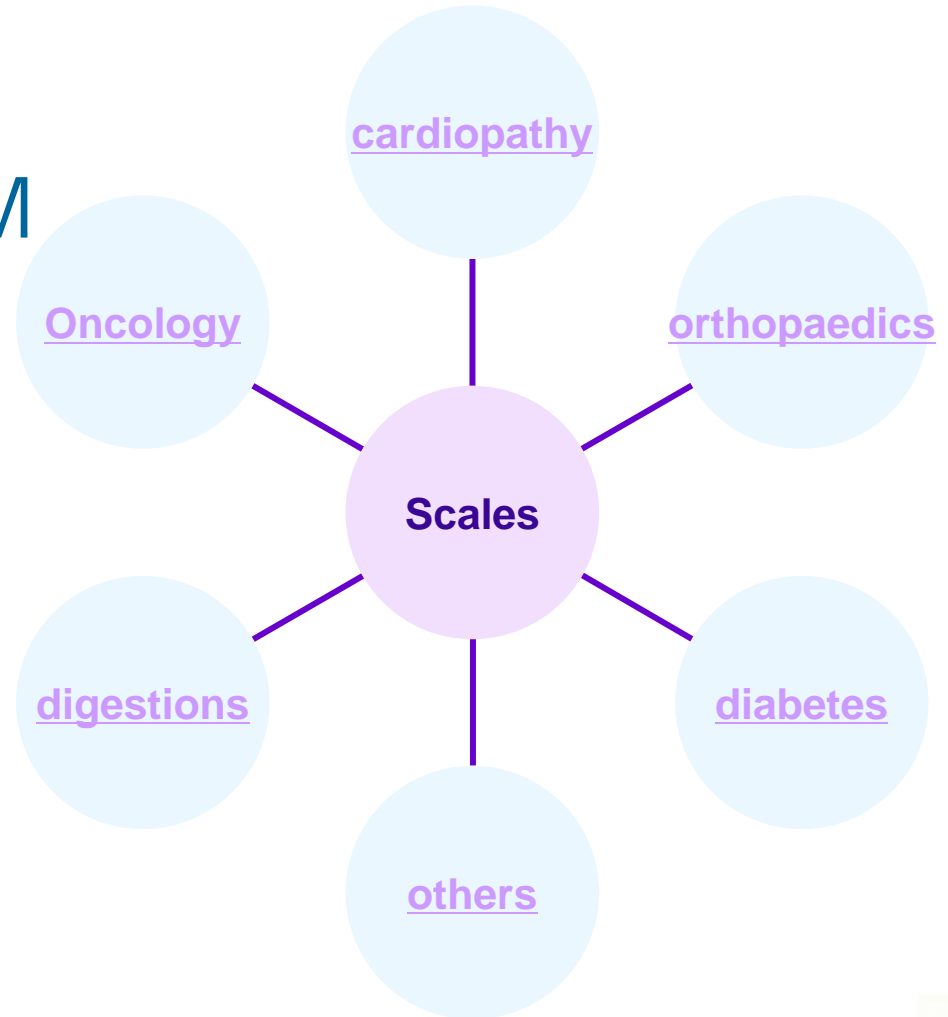


# Application

- Development and selection of New drug
- Selection of different therapeutics :  
*acupuncture, massage, liquid decoction ect.*
- Standardization of diagnosis on TCM
- Evaluation of curative effect:  
*cancer, chronic disease, subhealth, ect.*

# Application

- Varies in all of the fields in TCM



# Oncology

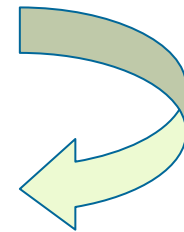
- Typical ways to evaluate curative effect in carcinoma patients:

*size, survival rate ect.*

Influence of chemotherapy, fear of death...

Assessment of various therapies:  
*radiotherapy, surgery, TCM...*

QOL



- Mostly researchers only used KPS system



# Oncology-1

## Lung cancer:

- LIU Lingshuang, TIAN Jianhui, et al. (2005)
- To evaluate the effect of psychotherapy combined Traditional Chinese Medicine on quality of life in patients with advanced lung cancer with **FACT-L**



# oncology-2

## gastric cancer

- SHI Lu, YE Yunshan, et al. (2004)
- To evaluate the effect of *bufogenins* (Huachansu) injection combined syndrome differentiation on quality of life in patients of gastric cancer at the terminal stages with *Karnofsky*



# Oncology-4

## carcinoma

- LU Yi, ZHANG Yue et al.(2005)
- To observe the clinical effects of needle therapt on QOL of carcinoma patients with  
Karnofsky



# Cardiopathy-1

## coronary heart disease

- CAI Guangxian, HU Xuejun et al. (2004)
- To use **SF-36** to observe the clinical effects of Huxinkang tablet on angina pectoris due to coronary heart disease with meridian obstruction by phlegm stagnation syndrome.

# Cardiopathy-2

coronary artery bypass grafting patients

RUAN Xinmin, LIN Yu, et al. (2004)

- To evaluate the clinical effect and quality of life(QoL) in coronary artery bypass grafting (CABG) patients treated according to syndrome differentiation of TCM with the Seattle Angina Questionnaire (SAQ)



# Cardiopathy-3

## Hypertension

- LI Yuchao, ZHENG Youli, et al. (2005)
- To evaluate the level of blood pressure and quality of life (QoL) in primary hypertension patients treated by nourishing yin to suppress yang with SF-36. It's concluded that it can alleviate the symptoms and improve QOL evidently.



# Orthopaedics-1

- XIE Guoping, FAN Yueguang, et al. (2005)
- To use SF-36 to evaluate QOL with Tonifying Liver and Kidney Decoction in Treating Knee Joint Osteoarthritis



## Orthopaedics-2

- LIU Jin-wen, FENG Li-ke, et al. (2004)
- To evaluate QOL of Knee Joint Osteoarthritis patients treating with JinKui prescription for external application with SF-36. It's concluded that the prescription can alleviate the symptoms and release their emotion rapidly.



# Digestion-1

## IBS

- ZHOU Fusheng, ZHANG Qinghong et al. (2002)
- To estimate QOL with Shunji Mixture in treating IBS with scales of SF-36 and SCL-90

# Digestion-2

## **IBS**

- ZHENG Xunhua, ZHANG ZHengli et al.(2003)
- To estimate QOL with **IBS- QOL**.

## **Chronic atrophic gastritis, CAG**

- XU Fabin, WANG ZHengkui (2003)
- To estimate QOL with mixture of Chinese medicine in treating chronic atrophic gastritis patients with **SF-36** and some clinical manifestation.



# Diabetes

- LIU Hua, HUANG Lin. (2005)
- To estimate QOL with Huoxue hypoglycemic capsule in treating type 2 diabetes with scales of **DAQL** developed by Zhou Fengqiong in 1997



# others

- Dermatology
- SARS
- Chronic bronchitis
- AML (Acute myeloblastic leukemia)
- Osteoporosis in women following menopause
- Ankylosing Spondylitis, SQOL-AS





# others

- Rheumatoid arthritis
- parkinsonism
- cervical spondylosis

And so on



# Development of instruments

- Seldom seen
- Establishment of Chinese Quality of Life Instrument
- PRO instrument
- Instruments related to syndromes
- new endeavor





ChQOL

**Conception of Health in Chinese  
medicine**

+



**Western method of  
HRQOL scale development**


A generic instrument more sensitive to the  
efficacy of Chinese medicine

Supplement existing generic HRQOL instruments



# Instruments related to differentiation

- LIU Fengbin, et al. (2000)  
to develop the information instrument  
used for syndrome differentiation and  
diagnosis of gastrosplenic diseases
- 
- 



# Gan- zangxiang of Traditional Chinese Medicine (ERSG)

- WANG Zhe, HU Suiyu, et al.(2004)
- Set up the Emotion Rating Scale for Gan-zangxiang of TCM (ERSG)
- Basic structure:
  - syndromes of liver,
  - emotion of anxiety and depression



# potential defect

## 1. vague notion of QOL

- Term
- symptoms

----instead of QOL connotation



## 2. nonstandard development procedure

- not developed it according to the rules of structured concept
- No evaluation of validity, reliability responsibility
- use the criterion of Chinese medicine or TCM syndromes

### 3. nonstandard application procedure

- illegally use
- not select the instrument reasonably:  
*generic, specific*
- applied the unofficial instruments:  
*instruments developed by themselves , to make the syndromes*



## 4. faulty design of clinical trial

- Absence of randomized controlled trial
- Deficient case load
- Lack of rigorous statistical analysis



# the future

- 1. fully take advantages of the QOL scales from abroad :

*usufruct ; cultural and language adaptations (translations)*



2. establish the norm for QOL study

(1) development:

*structured concept ;*

*evaluation of reliability, validity,  
responsiveness*

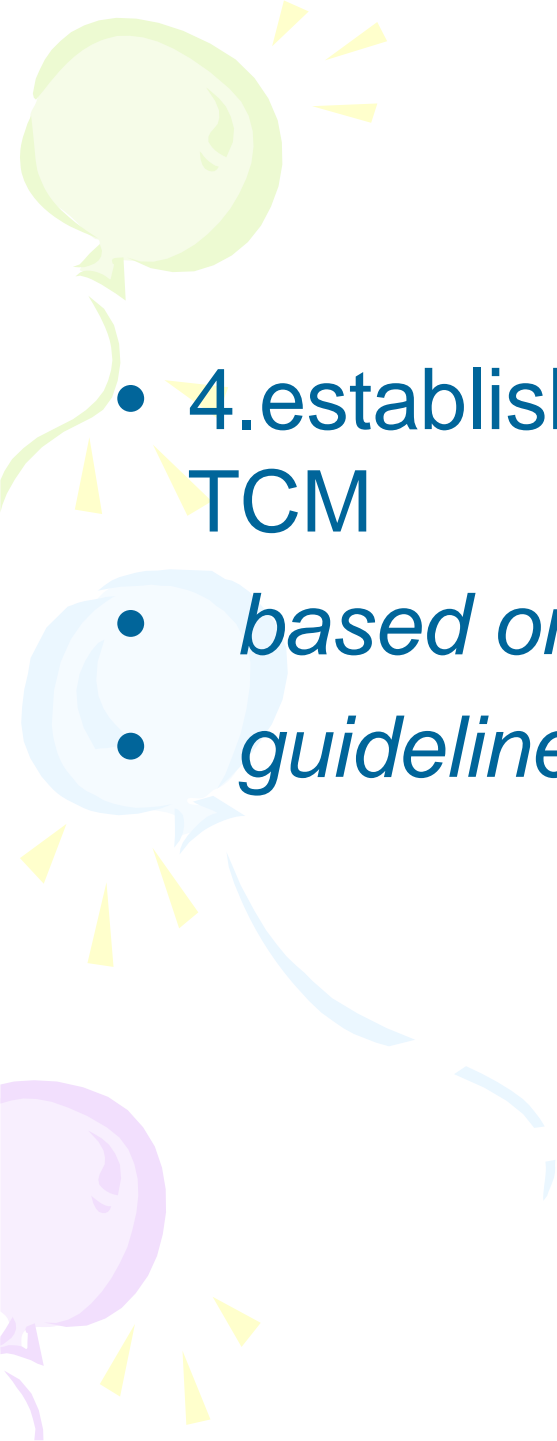
(2) application



- 3. workgroup and cooperation:

- (1) *training*

- (2) *clinicians, statisticians, nurses, translator, ect.*

- 
- 4. establishment of the system of QOL on TCM
  - *based on theoretical system of TCM*
  - *guidelines for QOL study*



5. establishment of the resource bank  
countrywide in TCM

*polycentric collaboration team*  
*resource sharing*



# epilogue

- International health status and QoL assessment are expanding rapidly.
- TCM becomes an active player in the world.
- Primary stage in TCM study
- The future of QOL study in TCM is bright, extensive and spacious.

- 
- How to set up a more scientific criterion to evaluate TCM:

**QOL----**

***That's the point!***



*Thank you!*

