Establishing PRACI: the world’s largest complementary healthcare practice-based research network

Amie Steel PhD, MPH, Grad Cert Ed (Higher Ed), BHSc(Nat)

Associate Director of Research, Office of Research, Endeavour College of Natural Health, Brisbane 4006

Senior Research Fellow, Australian Research Centre in Complementary and Integrative Medicine (ARCCIM), University of Technology Sydney, Ultimo 2006
Overview

- Local context
- PRACI design
- Establishing PRACI
- Outcomes to date
Understanding Australian CM

• Australia
  – Geographical spread
  – Urban:Rural divide
  – No dedicated CM research funding
• Complementary medicine practice is variable
  – Regulatory oversight
  – Clinical environments and business models
    • community-based
    • Independent vs shared
  – Attitudes to research
  – Attitudes to authority
  – Research exposure and training
  – Integration with existing health services, systems and structures
CIM PBRNs

- International CIM PBRNs
  - Chiropractic = 4
  - Osteopathic = 2
  - Integrative medicine = 1
  - Complementary medicine = 1

- Total number of practitioner members
  - Bravenet (Integrative medicine) = 14
  - PRACI = 1056
PRACI design

Substudy design
Diverse research approaches

- **Basic science**
  - Laboratory
  - In vitro
  - In vivo
  - Animal studies

- **Clinical trials**
  - Randomised
  - Placebo
  - Patient-reported outcomes

- **Epidemiology**
  - Case-control
  - Cohort
  - Cross-sectional
  - Economics

- **Sociology**
  - Ethnography
  - Grounded theory
  - Case study
PRACI design

- Practitioners join the database
- Researchers submit an Expression of Interest (EOI)
  - The PRACI Steering Committee review the EOI
  - PRACI admin sends an invitation to members
  - PRACI members participate in the project

Core principles for PRACI:
- Privacy and confidentiality
- Optional involvement in each project
- Research projects are reviewed for rigour and alignment with PRACI mission
What have we achieved so far?

- PRACI membership
- Substudies
- CPD points for members
- Key support partners
- Ambassador videos
- Publications
Branding

- Logo
- Website
- Social media
- Stickers, Posters, Pens
PRACI membership
## CPD Points for membership

<table>
<thead>
<tr>
<th>Professional Association</th>
<th>CPD points for PRACI membership</th>
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<tbody>
<tr>
<td>Massage &amp; Myotherapy Australia</td>
<td>15 points per sub-study, 10 points for being a member of PRACI, 40 points for Conducting a Research Project</td>
</tr>
<tr>
<td>Reflexology Association of Australia</td>
<td>1 point per hour (max of 10 points) for sub-study</td>
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<tr>
<td>National Herbalists Association of Australia</td>
<td>1 point per 6 hours for sub-study</td>
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<tr>
<td>Australian Traditional Medicine Society</td>
<td>1 point per 2 hours (max of 8 points) for sub-study</td>
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<tr>
<td>Complementary Medicine Association</td>
<td>1 point per hour (max of 10 points) for sub-study</td>
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<tr>
<td>Australian Naturopathic Practitioners Association</td>
<td>1 point per hour for sub-study</td>
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<tr>
<td>Australian Institute of Kinesiologists</td>
<td>1 point per hour (max 5 points) for sub-study</td>
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<tr>
<td>Australasian Association of Ayurveda</td>
<td>1 point per hour (max 10 points) for sub-study, 10 points for Conducting a Research Project</td>
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<tr>
<td>Australian Acupuncture &amp; Chinese Medicine Association</td>
<td>1 point per hour for sub-study</td>
</tr>
<tr>
<td>Australian Register of Homoeopathics</td>
<td>1 point per hour for sub-study</td>
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If your professional association is not on this list, please contact them directly to enquire as to how many CPD points you will earn.
PRACI Ambassador Series

A video from the PRACI Ambassador series.
More information on PRACI at praci.com.au
The Practitioner Research and Collaboration Initiative (PRACI)

<table>
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<th>Profession</th>
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<tr>
<td>Massage therapy</td>
<td>601</td>
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<tr>
<td>Naturopathy</td>
<td>281</td>
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<tr>
<td>Nutrition</td>
<td>158</td>
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<tr>
<td>Reflexology</td>
<td></td>
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<tr>
<td>Current membership = 1056 clinicians</td>
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<tr>
<td>Acupuncture</td>
<td>124</td>
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<tr>
<td>Western herbal medicine</td>
<td>129</td>
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<tr>
<td>Myotherapy</td>
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<td>Aromatherapy</td>
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<tr>
<td>Homeopathy</td>
<td>71</td>
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<tr>
<td>Chinese herbal medicine</td>
<td>66</td>
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<tr>
<td>Kinesiology</td>
<td>46</td>
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<tr>
<td>Yoga</td>
<td>41</td>
</tr>
<tr>
<td>Ayurveda</td>
<td>12</td>
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Substudies

1. *Herbal Medicine and the treatment of cyclic perimenstrual pain and discomfort*
   - CI: Carole Fisher (University of Technology Sydney)

2. *Comparative effectiveness study of the clinical and cost outcomes on massage for the management of chronic low back pain in Australia*
   - CI: Dr Amie Steel (Endeavour/University of Technology Sydney)

3. *The practice of yoga in Australia: A workforce study*
   - CI: Dr Sridhar Maddela (University of Technology Sydney)

4. *An exploration of Complementary and Alternative Medicine use for the management of acute respiratory tract infections in children*
   - CI: Sandra Lucas (University of South Australia)

5. *Medical conditions and symptoms presenting to practitioner of Complementary Medicine in Australia. A snapshot across CM modalities.*
   - CI: Dr Michael Watson (Endeavour College of Natural Health)

   - CI: Lu Yang (University of Technology Sydney)

7. *The rationale, practices and knowledge of Australian naturopaths, Western herbal medicine practitioners and nutritionists associated with recommending gluten free diets: A national survey*
   - CI: Dr Joanna Harnett (University of Sydney)

8. *Exploring the contribution made by Australian Naturopaths to the management of individuals with cardiovascular disease and/or known CVD risk factors*
   - CI: Dr Joanna Harnett (University of Sydney)
Key support partners


Get involved

www.praci.com.au

Dr Amie Steel
Amie.steel@endeavour.edu.au
Phone: 07 3253 9523
Mobile: 0408 601 592
www.endeavour.edu.au/research

Acknowledgements: