

If Integrative Medicine Wants More Evidence-based Practice, It Needs More Practice-Based Evidence

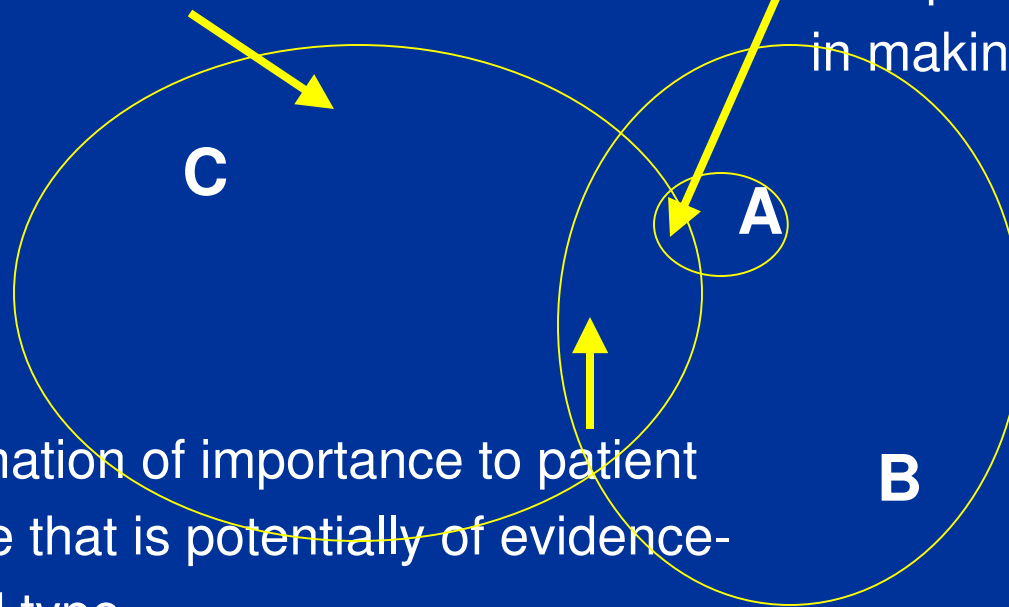
**Institute of Medicine Summit on
Integrative Medicine and Health of the Public
February 26, 2009**

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“Evidence-Based Medicine” and Integrative, Patient-Centered Medicine*

Information of importance to patient choice that is not even potentially of “evidence-based type.”

Area where there is currently good evidence-based information of importance to patients in making choices.



Information of importance to patient choice that is potentially of evidence-based type.

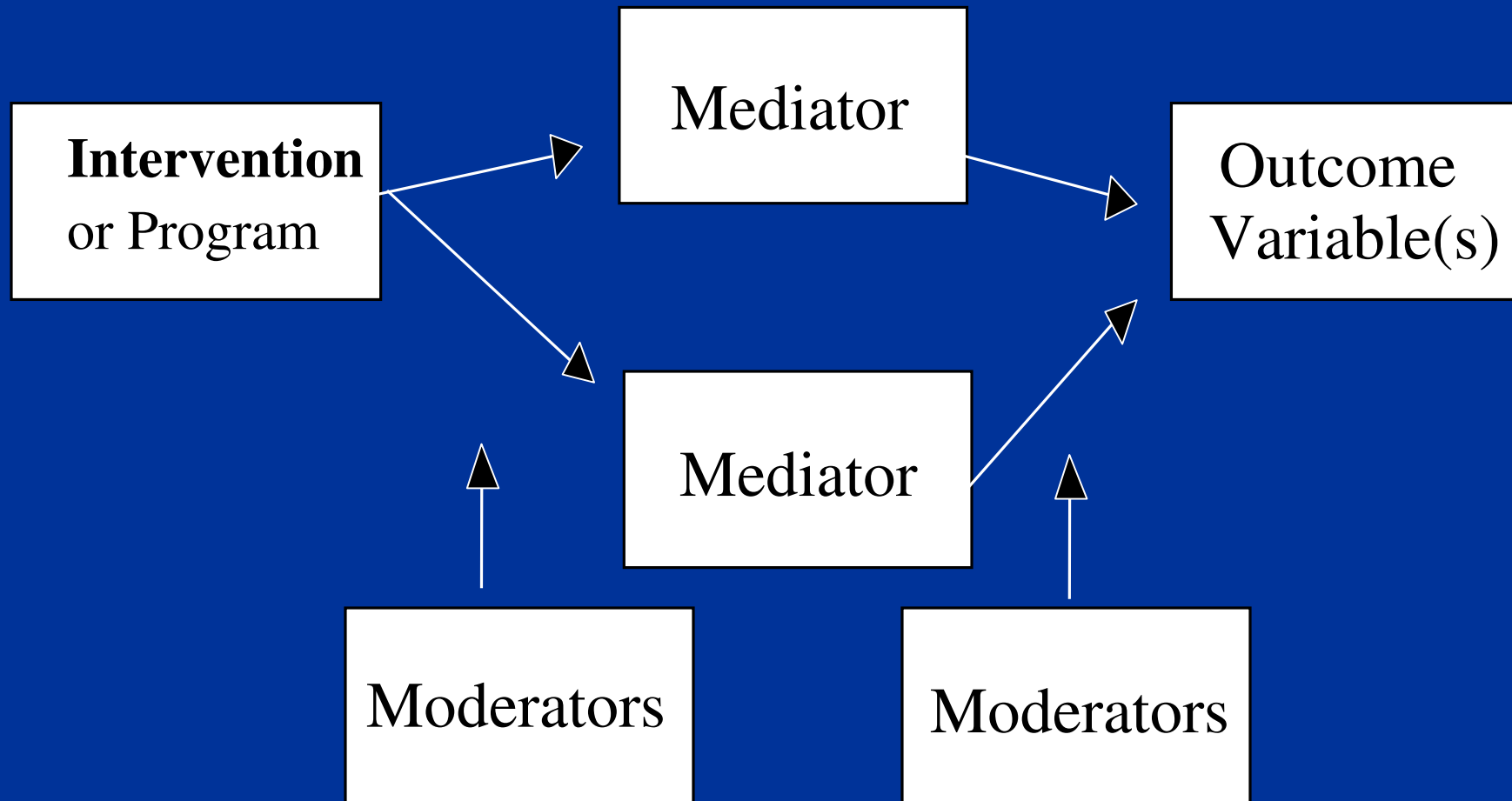
A “Good evidence”

B Potential for “good evidence”

C Information of potential importance to patients in making health care choices

*In A.L. Cochrane, *Effectiveness and Efficiency* 2nd ed. From T. Hope. Evidence-based patient choice and the doctor-patient relationship. In *But Will It Work, Doctor?* Kings Fund, London, 1997, 20-24.

Integrative Medicine Needs More Data on Moderating Variables



Green & Kreuter, *Health Program Planning: An Educational and Ecological Approach*. 4th ed. New York: McGraw-Hill, 2005. Green & Glasgow, *E&HP*, 2006.

Evidence + Theory + Experience

- n Evidence on solutions generalizes to other settings, circumstances, & populations either through replication or through theory
- n Replication is limited by the infinite number of context-population combinations
- n Not starting with theory and looking for problems on which to test them, but starting with problems and looking for theories to help us solve them*
- n "In theory, theory and practice are the same thing. In practice they're not." - van de Snepscheut
- n "All models are wrong. Some are useful" --Box

*Green LW. Public health asks of systems science... *Amer J Public Health* 96, March 2006.