

## Alliance for Cancer Survivorship Research Programme: Paving the Way for a Bright Future

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## 1. Background

In Australia, two out of three people use complementary and alternative medicine, with Traditional Chinese Medicine (TCM) being the most popular modality. Many individuals use TCM to help manage cancer-related conditions or manage side effects from conventional therapies. Despite the high prevalence of use, there is limited guidance on the clinical value or possible risks of TCM. Both clinicians and consumers would benefit from better guidance, which can only be achieved through interdisciplinary teamwork ensuring reliable outcomes.

## 2. Objectives

To investigate TCM as an integrative approach in Australia's healthcare setting.

## 3. Methods

Mixed methods (including randomised controlled trials, and surveys)

## 4. Result

- Establishment of the Sino-Australian Cancer Research Alliance.
- Development of guidelines and protocols for clinical trial design in TCM for cancer care.
- Jointly designing and conducting clinical trials on (examples):
  - Acupuncture for cancer-related pain.
  - Mind-body exercise for cancer-related fatigue.
  - Chinese herbal medicine for chemotherapy-induced peripheral neuropathy.
  - Chinese herbal medicine for treatment-induced hot flushes.
  - Chinese remedy massage for the CALD community at the Wellness Centre.
- Joint publications (15) and grants (\$2.14M)
- New partner-links.

## 5. Conclusion

This initiative began 10 years ago with a multidisciplinary team from the SWSLHD and Western Sydney University, collaborating with highly regarded institutes overseas. The researchers jointly developed and implemented strategies targeting clinical research priorities with local relevance. This collaboration has resulted in significant outcomes with research excellence, well-developed interdisciplinary expertise, strong partnerships, and practical results for the community. This unique presentation celebrates 10 years of collaboration and speaks to the importance of the continued partnership.

## Publications (Examples)

- Low, S.L.K., Ho, G.F., Liu, B.K., Fei, Y.T., Teo, C.S., Zhu, X.S. Exploring Guolin Qigong (Mind-Body Exercise) for Improving Cancer Related Fatigue in Cancer Survivors: A Mixed Method Randomized Controlled Trial Protocol. *Journal of Integrative Cancer Therapies*, May. <https://doi.org/10.1177/15347354241252688>
- Lai, H.Z., Yang, P.Y., Wang, X.S., Lim, D., Lam, A., Shi, Y.C., Huang, Y.S., Zhu, X.S. (2024). Are published cancer care trial protocols with traditional Chinese medicine interventions concordant with SPITIT-TCM Extension 2018? *Journal of Integrative Cancer Therapies*, January 31. <https://doi.org/10.1177/15347354231223966>
- Walsh, S., Wang, K., Lam, A., Du, S.H., Hu, Y.B., Sun, Y.T., Tcharkhedian, E., Nikas, E., Webb, G., Moylan, E., Della-Fiorentina, S., Zhu, X.S. (2024). Baduanjin Mind-body exercise for cancer related fatigue. *Journal of Integrative Cancer Therapies* Jan-Dec;23:15347354231226127. doi: [10.1177/15347354231226127](https://doi.org/10.1177/15347354231226127). PMID: 38317410; PMCID: PMC10845985.
- Chan, O., Agar, M., & Zhu, X.S. Perceptions of Australian Palliative Medicine Specialists Toward Acupuncture for Palliative Care. (2022). *Journal of Palliative Medicine*, 26(7) doi: [10.1089/jpm.2022.0522](https://doi.org/10.1089/jpm.2022.0522)
- Zhao, Q., Zeng, S.Y., Delany, P.G., Moylan, E., Agar, M.R., Koh, E.S., Lai, H.Z., Birling, Y., Zhang, G., Wang, K., Ma, Y., Zhu, X.S. (2020). Acupuncture for Cancer Related Pain (AcuCRP): Protocol for a pragmatic randomised wait-list controlled trial. *Integrative Cancer Therapies*. doi: [10.1177/1534735420876579](https://doi.org/10.1177/1534735420876579)

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