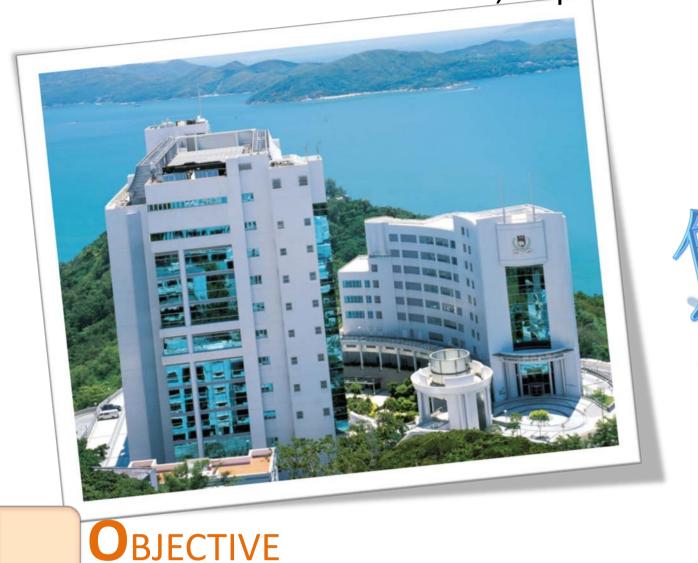


Western mental health training for Traditional Chinese Medicine practitioners



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The number of patients whose chief

complaint and associated symptoms are obviously psychological that I see

I am confident of recognizing

Strongly disagree

Strongly agree

sleeping disorder)

Strongly disagree

Strongly agree

problems

Disagree

Agree

Strongly disagree

Strongly agree

problems

Disagree

Neutral

Agree

Strongly disagree

Strongly agree

Generally positive

Disagree

Agree

Disagree

Agree

patients with psychological problems

I am confident of diagnosing patients

problems (e.g. anxiety, depression,

I am confident of managing patients

I have enough time in my practice to

handle patients with mental health

My experiences regarding patients

with mental health problems

with common mental health

with common mental health

per week

0 - 5

6 - 10

11 - 15

> 15





6-month

Follow-up

(n=20)

9 (45.0%)

8 (40.0%)

3 (15.0%)

0 (0.0%)

0 (0.0%)

4 (20.0%)

13 (65.0%)

3 (15.0%)

0 (0.0%)

5 (25.0%)

13 (65.0%)

2 (10.0%)

1 (5.0%)

4 (20.0%)

14 (70.0%)

1 (5.0%)

0 (0.0%)

10 (52.6%)

8 (42.1%)

1 (5.3%)

7 (36.8%)

12 (62.3%)

0 (0.0%)

Post-course

(n=20)

8 (40.0%)

9 (45.0%)

2 (10.0%)

1 (5.0%)

0 (0.0%)

3 (15.0%)

15 (75.0%)

2 (10.0%)

0 (0.0%)

5 (25.0%)

13 (65.0%)

2 (10.0%)

0 (0.0%)

8 (40.0%)

12 (60.0%)

0 (0.0%)

2 (10.5%)

8 (42.1%)

8 (42.1%)

1 (5.3%)

3 (15.8%)

16 (84.2%)

0 (0.0%)

signed

rank test

(post vs

follow-

up)

Z = 0.500,

p = 0.617

Z = 0.000,

p = 1.000

Z = 0.000,

p = 1.000

Z = -1.134,

p=0.257

Z = -0.577

p = 0.564

Z = 1.633,

p = 0.102

Table 1 Changes in engagement, confidence and attitudes in the care of patients with mental health problems

Post-

course

(n=33)

2 (6.1%)

2 (6.1%)

0 (0.0%)

6 (18.2%)

23 (69.7%)

4 (12.1%)

0 (0.0%)

8 (24.2%)

3 (9.1%)

0 (0.0%)

1 (3.0%)

4 (12.5%)

15 (46.9%)

10 (31.3%)

3 (9.4%)

8 (25.0%)

22 (66.7%)

Pre-

course

(n=33)

11 (33.3%) 16 (48.5%)

17 (51.5%) | 13 (39.4%)

4 (12.1%)

1 (3.0%)

0 (0.0%)

13 (39.4%)

19 (57.6%)

1 (3.0%)

4 (12.1%)

18 (54.5%)

10 (30.3%)

1 (3.0%)

4 (12.1%)

1 (3.0%)

3 (9.4%)

18 (56.3%)

11 (34.4%)

11 (34.4%)

20 (62.5%) 23 (71.9%)

0 (0.0%)

21 (63.6%) 15 (45.5%)

7 (21.2%) 17 (51.5%)

Wilcoxon

signed

rank test

(pre vs

post)

Z = 1.213,

p = 0.225

Z = -2.357,

p = 0.018

Z= -4.082,

p< 0.001

Z = -2.854p = 0.004

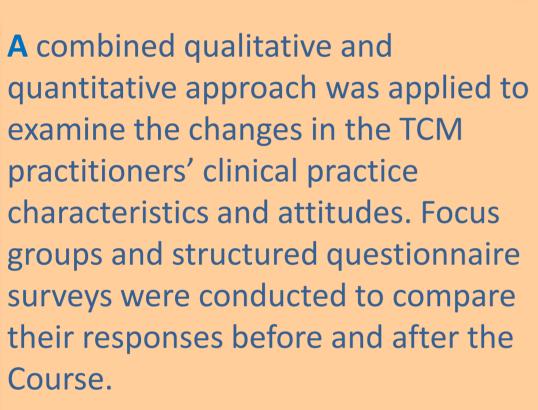
Z = -0.617,

p = 0.537

Z = -0.832,

p = 0.405

To investigate the impact of a Western mental health training course for Traditional Chinese Medicine (TCM) practitioners. **M**ETHODS













RESULTS

After a 10-week training course conducted by psychiatrists and family physicians, there were significant changes in confidence of the TCM practitioners for diagnosis (33% being confident before the Course vs 76% after the Course) and management (24% vs 55%) of common mental health problems. The causal effects of better classifications to recognition of mental health problems were explained by the qualitative responses. Proportion of TCM practitioners being confident of referring mental health patients to other healthcare professionals doubled from 25% to 50% after the Course. Nonetheless, there was no significant change in percentage of these patients being recommended to Western doctors due to a lack of formal referral channel.





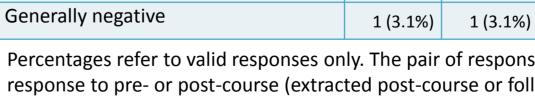


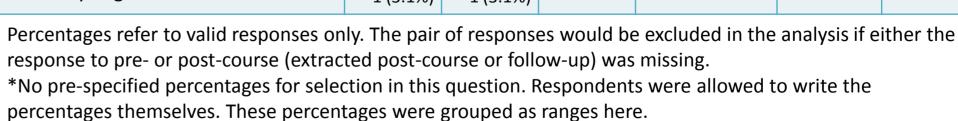












CONCLUSIONS

Western mental health training for TCM practitioners has positive impact on their clinical practice. However, the practical barriers in making referrals highlight the need of closer collaboration between conventional and traditional medicine.





