

Benchmarks for Training in Nuad Thai

Benchmarks for training
in traditional/complementary
and alternative medicine

Nuad Thai Therapy

ในประเทศไทย นวด ถือ รักษา
บำบัด โรค และ การ ปฏิบัติ รวม ทั้ง
ใน โรงพยาบาล มัน เป็น ส่วน
หนึ่งของ ชีวิต ประจำ วัน และ เป็น
วิถี ชีวิต เป็น ช่วง เวลา ของ การ
พักผ่อน มัน เป็น ศิลปะ โบราณ ที่
เป็น ของ มรดก ของ มนุษยชาติ.
เขา มา แต่ ไหน แต่ ไระ ใน
ประเทศไทย นวด ถือ รักษา บำบัด
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World Health
Organization

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WHO Library Cataloguing-in-Publication Data

Benchmarks for training in traditional /complementary and alternative medicine: benchmarks for training in Nuad Thai.

1. Medicine, East Asian traditional. 2.Massage. 3.Thailand.
4.Complementary therapies. 5.Benchmarking. 6.Education. I.World Health Organization.

ISBN 978 92 4 159967 2

(NLM classification: WB 55.F3)

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Printed in Switzerland.

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Acknowledgements

The World Health Organization (WHO) greatly appreciates the financial and technical support provided by the Regional Government of Lombardy, Italy, for the development and publication of the basic training documents, as part of the implementation of collaborative projects with WHO in the field of traditional medicine. The Regional Government of Lombardy kindly hosted and provided financial support for the WHO Consultation on Manual Therapies, held in Milan, Italy in November 2007.

WHO also wishes to express its sincere gratitude to the Department for Development of Thai Traditional and Alternative Medicine, Ministry of Public Health, Thailand, for their support and recommendation of Dr Anchalee Chuthaputti, Thailand, for the preparation of the original text. A particular acknowledgement of appreciation is due to Dr Chuthaputti for her collaborative work.

A special note of thanks is extended to Dr Pennapa Subcharoen, former Deputy Director-General of the Department for Development of Thai Traditional and Alternative Medicine, Ministry of Public Health, Thailand for her contributions to this document. She passed away in April 2008, just four months after attending the WHO Consultation on Manual Therapies in Milan, Italy.

WHO acknowledges its indebtedness to 244 reviewers, including experts and national authorities as well as professional and nongovernmental organizations, in over 70 countries who provided comments and advice on the draft text.

Special thanks are due to the participants of the WHO Consultation on Manual Therapies (see Annex 2) who worked towards reviewing and finalizing the draft text, and to the WHO Collaborating Centre for Traditional Medicine at the State University of Milan, Italy, in particular to Professor Umberto Solimene, Director, and Professor Emilio Minelli, Deputy Director, for their support to WHO in organizing the Consultation.

Foreword

The oldest existing therapeutic systems used by humanity for health and well-being are called Traditional Medicine or Complementary and Alternative Medicine (TM/CAM).

Increasingly, TM/CAM is being formally used within existing health-care systems. When practised correctly, TM/CAM can help protect and improve citizens' health and well-being. The appropriate use of TM/CAM therapies and products, however, requires consideration of issues of safety, efficacy and quality. This is the basis of consumer protection and is no different, in principle, from what underpins modern medical practice. Upholding basic requirements for the modern practice of TM/CAM therapies can support national health authorities in the establishment of adequate laws, rules, and licensing practices.

These considerations have guided the work of the Regional Government of Lombardy in TM/CAM which was first included in the Regional Health Plan 2002-2004. Clinical and observational studies in the region of Lombardy have provided a crucial step in the evaluation of TM/CAM. With the help of data from these studies, a series of governmental provisions have been used to create a framework for the protection of consumers and providers. The cornerstone of this process was the first Memorandum of Understanding (MOU) for the Quadrennial Cooperation Plan which was signed between the Regional Government of Lombardy and the World Health Organization. The MOU highlighted the need for certain criteria to be met including: the rational use of TM/CAM by consumers; good practice; quality; safety; and the promotion of clinical and observational studies of TM/CAM. When they were published in 2004, the *WHO guidelines for developing consumer information on proper use of traditional, complementary, and alternative medicine* were incorporated into this first MOU.

In the region of Lombardy, citizens currently play an active role in their health-care choices. The awareness of the advantages as well as of the risks of every type of care is therefore critical, also when a citizen actively chooses to use TM/CAM.

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