McDermott, Clare, Lewith, George, Richards, Selwyn, Cox, Diane, Frossell, Sarah, Leydon, Geraldine, Eyles, Caroline, Raphael, Hilly, Rogers, Rachael, Selby, Michelle, Adler, Charlotte and Allam, Jo (2017) Feasibility study for a community based intervention for adults with severe chronic fatigue syndrome/ME. BMC Complementary and Alternative Medicine, 17 (Supl.1). p. 317.

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(2) communication and relationship, (3) inclusion of complementary medicine, and (4) the importance of empirical evidence for complementary methods. The interviews were recorded, transcribed and evaluated with qualitative context analysis (Mayring, 2000).

Results
Concerning the integrative approach, high satisfaction existed regarding implementation of the whole person focus, communication and relationship. The most frequent positive statements were: high satisfaction with treatment, good communication and relationship with medical professionals and the feeling of being well-informed and taken seriously. The most mentioned negative statements were about impersonal communication and not being enough responsive to the parents emotions. Regarding the integration of complementary medicine, parents asserted that openness to complementary methods depended on personal attitudes of medical professionals. Parents would have wished a higher level of inclusion of complementary medicine. Being able “to do something” and thus contributing to the child’s well-being was ranked more important by the parents than scientific evidence of complementary medicine approaches.

Conclusions
Statements about communication and relationship were the main part of answers suggesting the high importance for parents. Parent empowerment in the sense of contributing to the well-being of their child themselves was perceived as important. In general, evidence about complementary medicine approaches was less important to parents suggesting a need for guidance by trained medical personnel in order to avoid possibly harmful self-medication. Overall, the collaboration between the Department of Pediatric Hematology / Oncology and the Institute for Complementary Medicine was appreciated. Based on this small study, improvement would be needed in terms of communication as well as in offering a more standardized approach to optimize the integrative approach regarding complementary medicine in the future.

P117
Effect of Chinese herbal decoction Qinlingye extract (QLYE) on the FOXO3a expression in mice with hyperuricemia renal impairment
Weiguo Ma, Fengxian Meng
Dongfang Hospital of Beijing University of Traditional Medicine, Clinical, Beijing, China
Correspondence: Weiguo Ma

Purpose
To investigate the effect of Chinese herbal decoction(QLYE) on the IL-6, VCAM-1 and Foxo3a expression in mice with hyperuricemia renal impairment.

Methods
The rat model was induced by gavaging adenine and feeding yeast. The successful models of mice (n = 60) were randomly divided into model, positive drug and high-, medium-, low-dose of QLYE, and were administrated with distilled water (10 ml/kg,1-d-1/i.g), alltopurinol (23.33 mg, kg-1, d-1/i.g) and QLYE (7.46 g/kg,1.d-1/i.g, 3.73 g/kg-1, d-1/i.g and 1.87 g/kg.1-d-1/i.g) respectively. Model mice (n = 12) were used as the control group and given distilled water (10 ml, kg-1, d-1/i.g). After 8 weeks of intervention, all mice were sacrificed. RT-PCR was used to detect the mRNA expression of Foxo3a, IL-6 and VCAM-1 in renal tissue. Western blot was used to detect the protein expression of Foxo3a in renal tissue. ELISA was used to detect the protein expression of IL-6 and VCAM-1 in serum.

Results
Compared with the control group, levels of IL-6 and VCAM-1 mRNA expression and protein expression in the model group were significantly higher (P < 0.05). And levels of Foxo3a were significantly lower (P < 0.05). Compared with the model group, levels of IL-6 mRNA transcription in mediu- and low-dose groups were significantly lower (P < 0.01, P < 0.05). Levels of Foxo3a mRNA transcription in mediu-dose group were significantly higher (P < 0.05). Levels of IL-6 and VCAM-1 protein expression in all three herbal groups were remarkably lower (P < 0.01, P < 0.05). Levels of Foxo3a protein expression in all three herbal groups were remarkably higher (P < 0.01).

Conclusion
Kidney damage caused by high uric acid kidney tissues can appear when abnormal expression of IL-6, VCAM-1 and Foxo3a. QLYE can effectively improve the abnormal expression of both, with good renal protective effect.

P118
A preliminary study for evaluation of cannabis - chemotherapy interactions on human colon cancer cells
Valentina Maggini1,2, Eugenia Gallo1,2, Ida Landini1, Andrea Lapucci1, Stefania Nobili1, Enrico Mini1, Fabio Frenzulol1
1 Department of Experimental and Clinical Medicine, University of Florence, Florence, viale Pieraccini 6, 50139, Florence, Italy; 2 Department of Health Sciences, University of Florence, viale Pieraccini 6, 50139, Florence, Italy; 3 Referring Center for Phytotherapy, Centre for Integrative Medicine - Careggi, University Hospital, 50139 Florence, Italy
Correspondence: Valentina Maggini
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Background
Cannabis may be used for cancer pain relief, also in concomitance with anticancer chemotherapy. However, herb-drug interactions can lead to potentially severe and even life-threatening adverse reactions. For instance, inhibition or induction of CYP enzymes by herbal compounds can alter the ADME process of co-administered drugs. This study aims to examine the potential effects of phytocannabinoids from Cannabis extracts (CE), on drug transporters, cannabinoid receptors and proteins involved in nociception in human colon cancer cell lines.

Methods
Ethanol extracts of Cannabis flos were titrated in HPLC-MS e HPLC-MS/MS. Human colon carcinoma cells sensitive (LoVo) and resistant to doxorubicin (DOX) (LoVo/DOX) were used. Total RNA of study genes was isolated and reverse transcribed. MDR1, CNR1, CNR2 and TRPV1 gene expression levels were evaluated using the housekeeping gene, 18 s rRNA, as endogenous control to normalize data.

Results
THC was 0.14% in Cannabis ethanol extract. In CE untreated cells, basal gene expression levels of CNR1, CNR2 and MDR1 were higher in LoVo/DOX cells as compared to LoVo cells. No substantial differences between the two cell lines for TRPV1 expression was observed.

Conclusions
In vitro studies on the effects of CE and their combinations with selected anticancer drugs in human colon cancer cells are ongoing. The results of our studies upon completion will contribute to understanding in vitro interactions between cannabis extracts and anticancer agents.

P119
Feasibility study for a community based intervention for adults with severe Chronic Fatigue Syndrome/ME
Clare McDermott1, George Lewith2, Selwyn Richards2, Diane Cox3, Sarah Frossell1, Geraldine Leydon4, Caroline Eyles1, Hilly Raphael1, Rachael Rogers4, Michelle Selby2, Charlotte Adler2, Jo Allam1
1 Primary Care and Population Science, University of Southampton, Southampton, SO16 5ST, United Kingdom; 2 University of Cumbria, Carlisle, United Kingdom; 3 Rebuilding Your Life Project, Oxford, United Kingdom; 4 Oxfordshire CFS/ME Service, Oxford, United Kingdom
Correspondence: Clare McDermott, George Lewith

Background
Chronic Fatigue Syndrome/ME (CFS/ME) is characterised by debilitating fatigue with many bedbound patients. The study aims were
• To determine whether a new intervention could be successfully delivered.
• To collect quantitative outcome data to guide the design of future studies.
• To explore qualitatively the experience of patients, carers and clinicians.

Methods
Mixed-methods feasibility study with qualitative and quantitative evaluation. Participants: 12 UK patients who were housebound with severe CFS/ME. Intervention: Based on recovery skills identified through a 2.5 year Patient and Public Involvement development process involving individuals with first-hand experience of recovery from CFS/ME, as well as current patients and clinicians. The resulting one-year intervention, delivered by a multi-disciplinary team, included domiciliary therapy visits and optional peer support groups.

Quantitative outcome measures: Patient-reported and therapist-reported outcome measures (including fatigue, physical function, anxiety, depression and other variables) and electronic activity measurement.

Results
The study recruited and engaged twelve participants with no serious adverse events or dropouts. At end of intervention, 5/12 participants had improved in fatigue, physical function. Group mean scores improved overall for fatigue (Chalder fatigue scale), physical function (activity and physical function scale) and anxiety. Qualitative interviews suggested that the intervention was acceptable to patients, whilst also highlighting suggestions for improvement. Participants will be followed up for a further year to find out if improvements are sustained.

Conclusion
This is the largest study ever conducted in severe CFS/ME and shows significant recovery suggesting further studies are indicated. Treatment is uniquely based on a patient inspired intervention.

P110
Effect of Qinlingye extract on the inflammatory signal pathway of NLRP3/TLR4/IF-κB in HKC cells

Fengxian Meng1, Wen Gu2, Chengcheng Zhang3, Hua Bai4, Zhengju Zhang3, Dali Wang4, Xiangwei Bu3, Honghong Zhang1, Jianpeng Zhang1, Hui Liu3

1 Dongfang Hospital, Beijing University of Chinese Medicine, Department of Rheumatology, Beijing, China; 2 Beijing Hospital of Traditional Chinese Medicine, Department of Rheumatology, Beijing, China; 3 Dongfang Hospital, Beijing University of Chinese Medicine, Department of Nephrology, Beijing, China; 4 Xihuoyuan community health service center of Fengtai district, Department of Traditional Chinese Medicine, Beijing, China

Correspondence: Fengxian Meng


Objective
The objective of this study was to investigate the effect of Qinlingye extract (QLYE) on the inflammatory signal pathway of NLRP3/TLR4/IF-κB in HKC cells.

Methods
HKC cells were cultured and induced by uric acid (UA) in model group. While stimulated by UA, the administered groups were interfered by high-, middle-, low-dose of QLYE (1000, 500, 250 μmol/L). After 24, 36, 48 h of intervention, the total RNA and protein were extracted. RT-PCR was used to detect the mRNA transcription of NLRP3, TLR4 and NF-κB, Western blot was used to detect the protein expression of NLRP3, TLR4 and IF-κB.

Results
1. Compared with the control group, the mRNA transcription of NLRP3 at 24 h, TLR4 at 36 h and NF-κB at 36, 48 h were higher in model group (P < 0.05); the protein expression of NLRP3 and TLR4 were higher, IF-κB was lower at 24, 36, 48 h in model group (P < 0.05, P < 0.01).

2. Compared with the model group, the mRNA transcription of NLRP3 in three administered groups at 24 h, TLR4 in high-, middle-dose group at 36 h, and NF-κB in high-dose group at 36, 48 h were lower (P < 0.05, P < 0.01); the protein expression of NLRP3 in high-, middle-dose group and TLR4 in high-, low-dose group were lower, IF-κB in high-, middle-dose group were higher at 24 h, the protein expression of NLRP3 in three administered groups and TLR4 in high-, middle-dose group were lower, IF-κB in high-, middle-dose group were higher at 36 h, the protein expression of NLRP3 in middle-dose group was lower, IF-κB in middle-dose group was higher at 48 h (P < 0.05, P < 0.01).

Conclusion
QLYE may inhibit the NLRP3/TLR4/IF-κB signal pathway to ameliorate the renal immune inflammatory injuries induced by UA.

P121
Effectiveness of mindfulness- and relaxation-based eHealth interventions for patients with medical conditions: a systematic review

Michael Mikolasek, Jonas Berg, Claudia Witt, Jürgen Barth

Institute for Complementary and Integrative Medicine, University Hospital Zurich, Zurich, 8091, Switzerland

Correspondence: Michael Mikolasek

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Purpose
This systematic review aims to summarize eHealth studies with mindfulness- and relaxation-based interventions for medical conditions and to determine if eHealth interventions have positive effects on health.

Methods
A comprehensive search of five databases was conducted for all available studies from 1990 to 2015. Studies were included if the intervention was mainly technology delivered, included a mindfulness- or relaxation-based intervention strategy and if patients with a medical condition were treated. Treatment effects were summarized by vote counting for different outcomes.

Results
A total of 2383 records were identified whereof 17 studies with 1855 patients were included in this systematic review. These studies were conducted in patients with irritable bowel syndrome, chronic fatigue syndrome, cancer, chronic pain, surgery, and hypertension. All but one study were delivered online through a web-platform. One study delivered the intervention with iPods. The studies indicate that mindfulness- and relaxation-based eHealth interventions can have positive effects on patients’ general health and psychological well-being. No effects were found for stress or mindfulness. Only five studies reported economic analyses of eHealth interventions without any clear conclusion.

Conclusion
There is evidence that mindfulness- and relaxation-based eHealth interventions for medical conditions can have positive effects on health outcomes. No app studies were retrieved, even though a vast number of smartphone apps exist which aim at increasing users’ health. Therefore, more studies investigating those health apps are needed since many of them are in use.

P122
Efficacy of ointment containing comfrey and propolis in the treatment of mild acute sports injuries

Ivan Miskulin1, Zdenka Lalic2, Maja Miskulin1,3, Albina Dumić4, Damir Sebo4, Aleksandar Vcev3

1 Institute for Integrative Medicine, Faculty of Medicine Osijek; Josip Juraj Strassmayer University of Osijek, Osijek, 31000, Croatia; 2 APHPARMA Ltd., Zagreb, Croatia; 3 Department of Public Health, Faculty of Medicine Osijek, Josip Juraj Strassmayer University of Osijek, Osijek, 31000, Croatia; 4 Department of Internal Medicine, Family Medicine and Medical History, Faculty of Medicine Osijek, Josip Juraj Strassmayer University of Osijek, Osijek, Croatia

Correspondence: Ivan Miskulin