Effects of Qi therapy (external Qigong) on symptoms of advanced cancer: a single case study.

Lee MS, Yang SH, Lee KK, Moon SR.

Abstract

The aim of this study was to examine the effectiveness of Qi therapy (external Qigong) in the management of symptoms of advanced cancer in a man. We used a single case study design to evaluate the effectiveness of Qi therapy (external Qigong) in a 35-year-old man with advanced cancer (Stage IV) involving metastases in the stomach, lung and bone (Karnofsky performance scale: KPS, 40: requires special care and assistance, disabled). Treatment involved six days of pre-assessment, eight treatment sessions on alternate days over 16 days, and a two-week follow-up phase. A visual analogue scale (VAS) was used to assess the patient's self-reported symptoms of cancer over the intervention and follow-up periods. Following treatment, VAS scores' analysis revealed beneficial effects on pain, vomiting, dyspnoea, fatigue, anorexia, insomnia, daily activity and psychological calmness. These improvements were maintained over the two-week follow-up phase. After the first Qi therapy session, the patient discontinued medication and could sit by himself; after the fourth session, the patient was able to walk and use the toilet without assistance (improvement in KPS: 70: care for self, unable to perform normal activity or to do active work). Although limited by the single case study approach, our results support previous studies on this topic and provide reasons to conduct controlled clinical trials.

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Two case reports of the acute effects of Qi therapy (external Qigong) on symptoms of cancer: short report.

Lee MS, Jang HS.

Abstract

This paper reports upon two case studies addressing the short-term effects of Qi therapy on symptoms of cancer in two terminally ill oncology patients. Changes in anxiety state, pain, discomfort, depression, mood, alertness, and fatigue in two cancer patients were assessed. Treatment involved four therapy sessions on alternate days over a 7-day period. After 20 min of Qi therapy, both patients experienced improvements in mood and alertness, and a reduction in pain, anxiety, depression, discomfort, and fatigue, on both the first and last days of the interventions. Furthermore, the scores recorded on the last day for most symptoms were improved than those recorded on the first day. Although the results of these two case studies do not constitute conclusive evidence, the data suggest that Qi therapy may have some beneficial effects on some symptoms of cancer.

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