The Relevance of Acupuncture in Hospital-Based Settings in the USA: A snapshot of 7 Osher Center acupuncture programs

Melissa Zappa, D.Ac, L.Ac; Anisha Durve, D.O.M., L.Ac

1 = Wellness and Integrative Health Center, Huntsman Cancer Institute, University of Utah, Salt Lake City, UT, USA  
2 = Osher Center for Integrative Health, Miller School of Medicine, University of Miami, Miami, FL, USA

Programs at-a-glance:

<table>
<thead>
<tr>
<th>Osher Institution</th>
<th>UCSCF</th>
<th>VANDERBILT</th>
<th>University of Utah</th>
<th>University of Cincinnati</th>
<th>The University of Vermont</th>
<th>University of Washington</th>
<th>MIAMI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of years acupuncture clinic has been operating</td>
<td>21</td>
<td>16</td>
<td>12</td>
<td>11</td>
<td>5</td>
<td>4</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Number of acupuncturists</td>
<td>5</td>
<td>1</td>
<td>4</td>
<td>4</td>
<td>3</td>
<td>4</td>
<td>1</td>
</tr>
</tbody>
</table>

Background:
The Osher Collaborative for Integrative Health, a global consortium of 11 institutions, champions innovative, collaborative, and integrative healthcare models including acupuncture programs, represented here by 7 of these US-based Osher institutions. Examining these hospital-based acupuncture programs reveals key insights for optimizing patient care and effectively advancing integrative medicine within major US healthcare facilities.

Significance:
Our analysis of program data from 7 Osher institutions showed a high level of collaboration between other departments across all Osher hospitals, for a wide range of highly prevalent health concerns. This data suggests that acupuncture programs embedded within hospital systems can be a significant tool to improve patient outcomes and reduce provider burnout as staffing shortages and increased patient volumes become a challenge for healthcare systems across the USA.

Top ICD-10 codes treated with acupuncture at each hospital location (color-coded by institution)

Top referring departments across all 7 Osher acupuncture programs

- Oncology: 22.7%
- Primary Care & Family Medicine: 22.7%
- Integrative Medicine: 22.7%
- OB/GYN & Women’s Health: 9.1%
- Neurology: 9.1%
- Pain Management: 4.5%
- Functional Medicine: 4.5%
- Rheumatology: 4.5%
- PM&R & Sports Medicine: 9.1%
- Psychology: 4.5%