

Background

Herbal medicine is a promising alternative in the treatment of irritable bowel syndrome (IBS). We performed a systematic review for herbal treatments of IBS.

Methods

A computerized search of databases Cochrane Library, PubMed, Psycinfo, and Scopus through July 20th 2016 was performed. Randomized controlled trials (RCT) and controlled trials (CT) evaluating adults diagnosed with IBS were included. No language restriction was applied. Trials on traditional Chinese medicine were not included.

Results

A total of 26 trials with 20 different herbal treatments and a total of 1915 patients with IBS met the inclusion criteria. Herbal medications were compared with placebo or conventional pharmacologic therapy or tested combined with conventional therapy. Compared with placebo, red pepper, peppermint oil, ispaghula, caraway oil, STW 5, STW 5-II, and Dinggui Oil showed beneficial effects. Compared with placebo, also berberine hydrochloride was beneficial in releasing symptoms. However, even though berberine is an herbal medicine, an extract was used in the study. Ayurvedic therapy consisting of aegle marmelos correa plus bacopa monniere linn was particularly beneficial in diarrhoea predominant form. Compared with conventional therapy, an herbal preparation (mentha longifolia, cyperus rotundus and zingiber officinale) and supermint showed beneficial effects. Combined with conventional therapy, Gwakhyangjeonggisan (GJS), an herbal preparation (melissa officinalis, mentha spicata, and coriandrum sativum) showed additional benefit compared with conventional therapy alone. No evidence for the efficacy of ayurvedic herbs consisting of murraya koenigii, punica granatum and curcuma longa, bitter candytuft, St John's wort, ginger, curcuma, furmitory, and aloe vera was found. A differentiation between IBS-subtypes was not possible due to inconsistent reporting within the trials. No serious adverse events regarding the herbal treatments were reported.

Conclusions

Various herbal preparations show promising effects in the treatment of IBS. Especially peppermint oil is well evaluated and effective. Further studies regarding the other herbal medicines and a more stringent attention regarding the different IBS subtypes are necessary.

P96**Measuring patient-perceived quality of care in integrative medicine**

Evi Koster¹, Erik Baars¹, Diana Delnoij²

¹ University of Applied Sciences Leiden, Leiden, 2333CK, Netherlands; ² Scientific Centre for Transformation in Care and Welfare (Tranzo), Tilburg University, Leiden, Netherlands

Correspondence: Evi Koster

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Background

This study aimed at measuring patient-perceived quality of care in Integrative Medicine (IM). Patient-perceived quality of care is becoming increasingly important in evaluating healthcare. Specific methodologies have been developed, such as Consumer Quality-Index (CQ-Index) and other PREMs (Patient Reported Experiences Measures) for measuring process aspects, and PROMs (Patient Reported Outcome Measures) for measuring outcomes. Because (IM) has a holistic and individual-oriented approach, and applies specific patient-relevant aspects, it is unknown whether current "conventional" methodologies are able to measure patient-perceived quality of IM adequately.

Method

IM is addressed by focusing on Anthroposophic Medicine (AM).

To measure patient-perceived quality of AM, methods used are: existing conventional methodologies, extended conventional methodologies with patient-relevant AM aspects, and newly developed methodologies to measure patient-relevant AM aspects.

To identify patient-relevant aspects, methods used are: focus groups, semi-structured interviews, surveys, qualitative triangulation and literature research. Comparative statistical analyses are performed to compare patient experiences in AM and conventional care.

Results

Patient-relevant aspects regarding quality of care of AM are identified.

Patient-relevant domains on quality of life (QOL) are constructed and prioritised. Contributions of AM to self-management from patients' perspectives are explored. In the AM children's healthcare centre in Zeist parent-perceived additional values are evaluated. The standard CQ-Index General Practice is extended with AM-specific items.

Conclusions

Relevant quality aspects of AM partly overlap with and partly differ from aspects in conventional care. Patients particularly value aspects regarding individual tailored treatment and possibilities, natural healing and patient-provider relationship. Patient-perceived quality of AM is good.

P97**Health competence as key to longterm disease prevention**

Lena Kroll, Kathrin Weiss

Sport sciences, University of Augsburg, Augsburg, 86135, Germany

Correspondence: Lena Kroll (lena.kroll@sport.uni-augsburg.de)

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Background

Health literacy has become an important term for long-term disease prevention over the last 20 years. Still, almost 50% of Europeans show low rates in health literacy and new approaches for its promotion have to be developed.

At Augsburg University, a longitudinal survey examines from 2015–2017 the influences of an intervention on health literacy of University staff. The intervention focusing on Yoga consists of three standardized modules, "1 - the health-related basis" (Yoga classes), "2 - the transfer into working life" (individualized support at working place) and "3 - the integration in working and everyday life" (self-dependent) and is oriented at the theoretical concept of "health competence".

Methods

The survey consists of a longitudinal quasi-experimental control trial (t0: Nov.2015; t1: Feb.2016, t2: July 2016, t3: Nov.2016) using validated scales on health (WHOQOL-Bref, WHO, 2000), on work-related behavior and experience patterns (AVEM, Schaarschmidt & Fischer, 2008), on health literacy / competence (Lenartz, 2012), and on the actual physical well-being (WKV-20, Kleinert, 2006). The sample at t2 included 92 individuals in the intervention group and 129 participants in the control group.

Results

There have been significant improvements within the intervention-group in almost all aspects measured in the survey. Out of 16 dimensions, 13 changed significantly or highly significantly in a positive way. The results for the control-group did not change significantly in any dimension.

Conclusion

Especially the long-term trend shows interesting results and allows an optimistic view on the promotion of health competence / literacy in University staff with Yoga.

P98**Mobile app-based mindfulness intervention for cancer patients and their caregivers - a feasibility study within an integrated health care delivery system**

Ai Kubo¹, Sarah Hendlish¹, Andrea Altschuler¹, Nancy Connolly¹, Andy Avins^{1,2}

¹ Division of Research, Kaiser Permanente, Oakland, CA 94612, United States; ² University of California, Department of Medicine, San Francisco, CA, United States

Correspondence: Ai Kubo

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