

# 中醫部 EBM報告

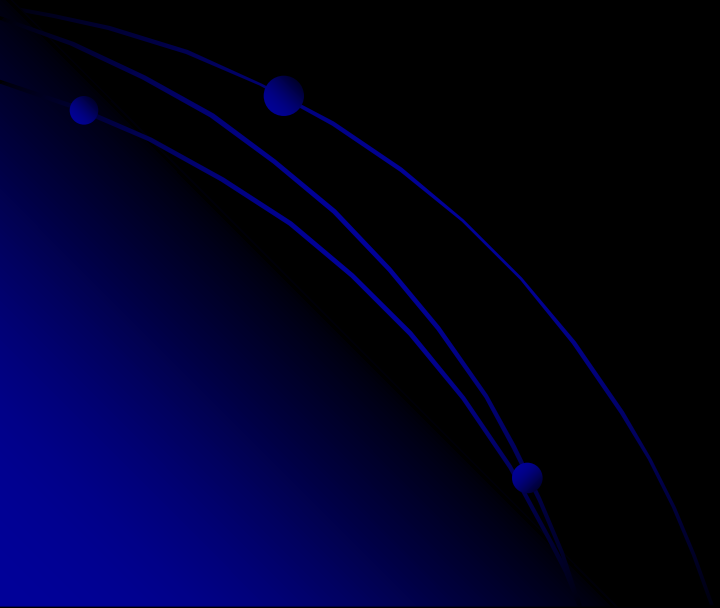
Department of Traditional Chinese Medicine

報告：R1 曾碩平

指導：VS 林宏隆

時間：2012/02/06

# 臨床場景(Clinical scenario)分析

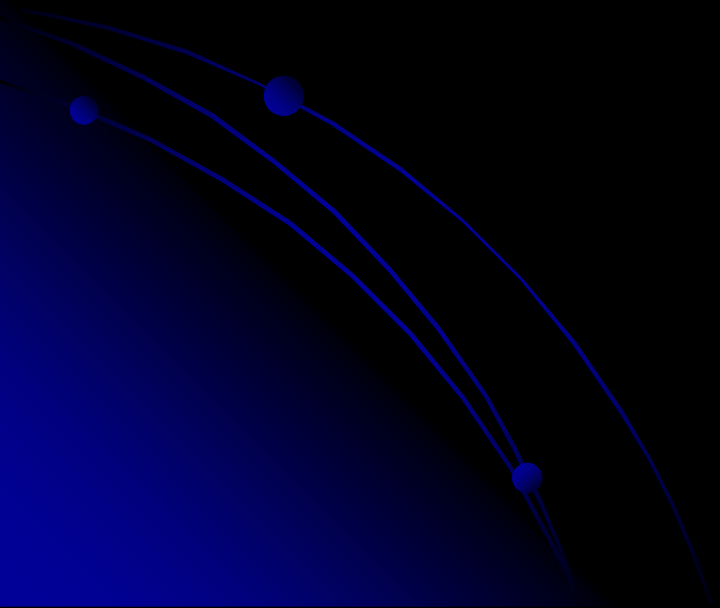


# 臨床情境 (Clinical Scenario)

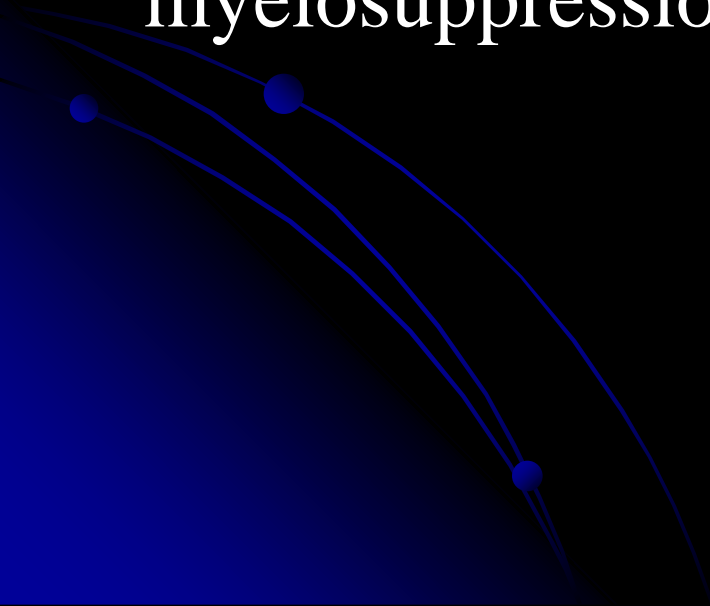
- 56歲陳小姐於民國100年7月發現右側乳癌stage II，並於9/19施行手術
- 於10/27施行第二次化療後，由於化療後有
  - 1.頭面部紅疹會癢會痛
  - 2.吃東西後易腹悶感、嘔吐
  - 3.貧血和白血球低下
- (12/07:WBC:5.0 x1000/uL; Hgb:11.5 g/dL)  
(12/28:WBC:3.3 x1000/uL; Hgb:11.2 g/dL)
- 等上述情形，10/29開始來中醫部門診就診，希望中藥能改善其化療副作用

# Patient's Concerns

- Whether traditional chinese medicine (TCM) may reduce the side-effects of chemotherapy in breast cancer patients?



# Background question

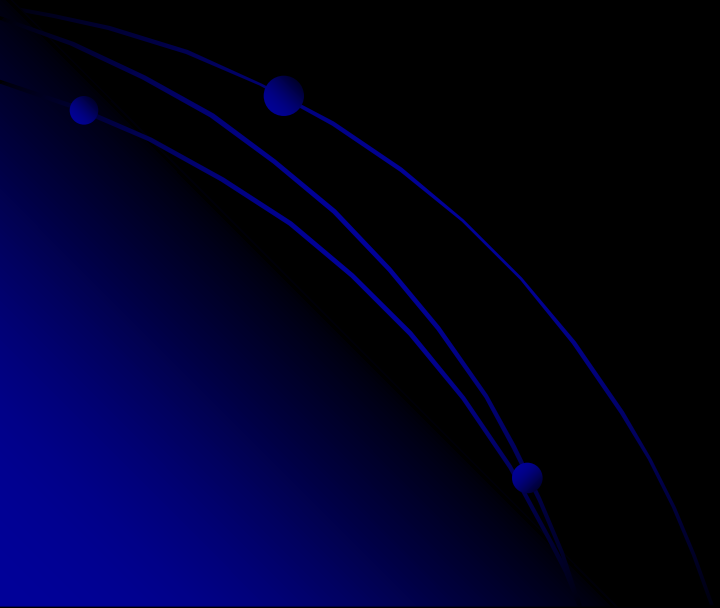
- There are some short term side effects that occur during the course of treatment and generally resolve within months of completion of therapy.
  - They include fatigue, phlebitis, alopecia, nausea, vomiting, mucositis, anemia, and myelosuppression or neutropenia.
- 

# Background question

- The prevalence of cancer-related fatigue increases to 80 to 96% in patients undergoing chemotherapy.
- Chemotherapy-induced nausea and vomiting can be either acute (commencing shortly after administration and most severe during the next 6 to 8 hours) or delayed (occurring after 24 hours).
- Chemotherapy-induced mucositis is an important, dose-limiting, and costly side effect of cancer therapy. It occurs in approximately 40% of patients who receive cancer chemotherapy.

# Foreground question

- Do Chinese medicinal herbs treat the side-effects of chemotherapy in breast cancer patients?



# EBM的五項步驟

- **Asking**
  - 將病人的問題寫成PICO
- **Acquire**
  - 找資料來回答問題
- **Appraisal**
  - 嚴格評讀文獻
- **Apply**
  - 是否可應用到病人身上
- **Audit**
  - 自我評估



# PICO

<b>P</b> Patient	breast cancer patients receive chemotherapy
<b>I</b> Intervention	Chinese medicinal herbs
<b>C</b> Comparison	Nil
<b>O</b> Outcome	reduce side-effects of chemotherapy

# EBM的五項步驟

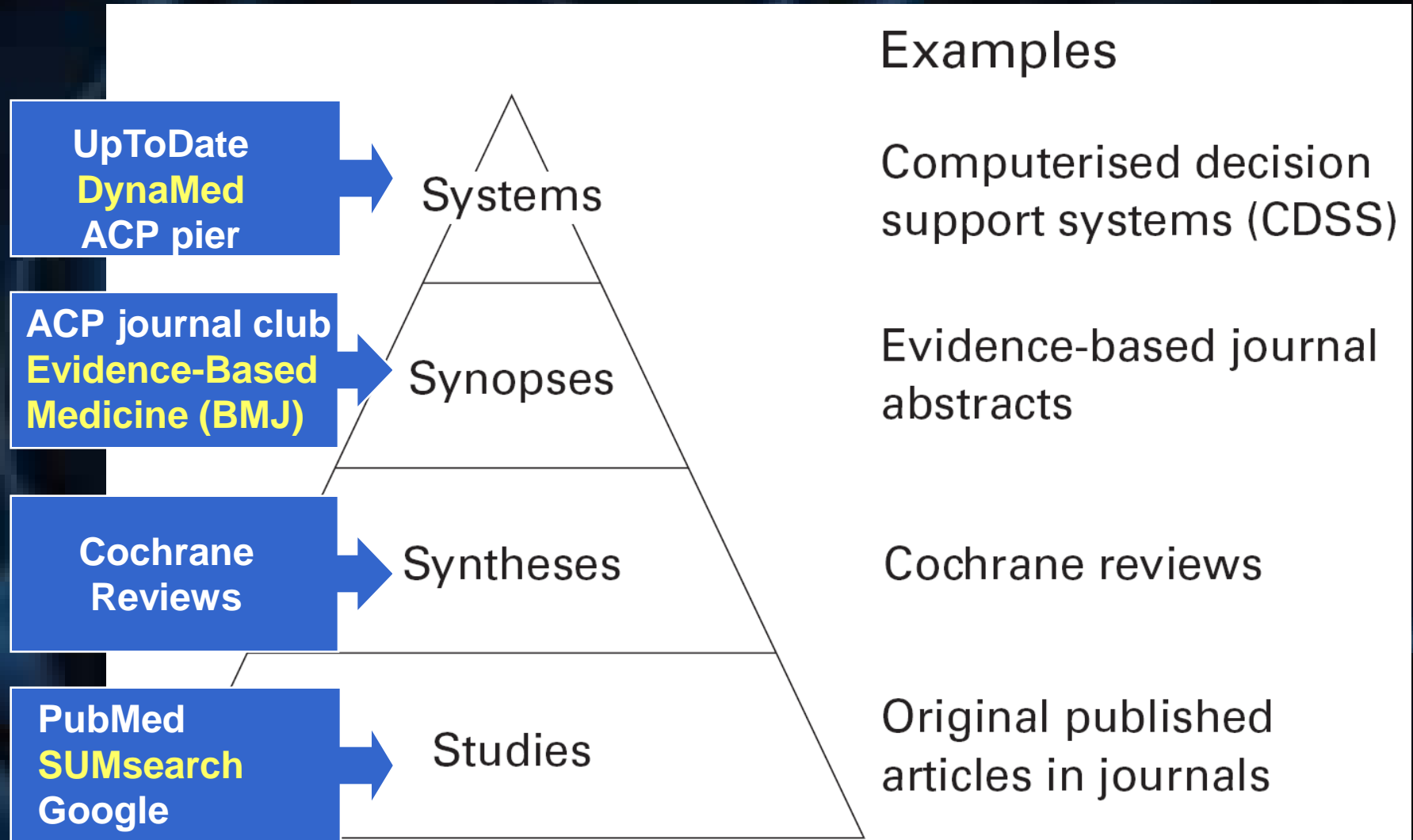
- **Asking**
  - 將病人的問題寫成PICO
- **Acquire**
  - 找資料來回答問題
- **Appraisal**
  - 嚴格評讀文獻
- **Apply**
  - 是否可應用到病人身上

# *Search Strategy Design*

## *Keywords:*

- Chinese medicinal herbs
- Chemotherapy side effects
- Breast cancer

# Search Secondary Database



*Figure "4S" levels of organisation of evidence from research.*

# *Search Strategy Design*

*-Key words :*

**Chinese medicinal herbs**

**Chemotherapy side effects**

**Breast cancer**

*-Database Sources :*

**UpToDate : 1 results**

**ACP Journal Club : 1 results**

**DynaMed : 1 results**

**The Cochrane Library : 1 results**

**Pubmed : 4 results**

## Search Results for "Chinese medicinal herbs breast cancer Chemotherapy side effects"

Click related term for **chinese medicinal herbs**: [herbal medicines](#)

### All Topics

### Adult

### Pediatric

### Patient

### Graphics

- [Side effects of adjuvant chemotherapy for early stage breast cancer](#)
- Adjuvant chemotherapy for early stage HER2-negative breast cancer
- Clinical features and management of locally advanced breast cancer
- Systemic treatment for metastatic breast cancer: Single agent chemotherapy
- Male breast cancer
- Systemic treatment for metastatic breast cancer: Selection of chemotherapy regimen
- Neoadjuvant systemic therapy for breast cancer: Neoadjuvant chemotherapy
- Systemic treatment for metastatic breast cancer: General principles
- Breast cancer during pregnancy and lactation: Treatment
- Adjuvant medical therapy for HER2-positive early stage breast cancer
- Inflammatory breast cancer: Clinical features and treatment
- Systemic treatment for metastatic breast cancer: Combination chemotherapy
- Neoadjuvant systemic therapy for breast cancer: Locoregional and adjuvant treatment
- Adjuvant systemic therapy for older women with early stage breast cancer
- Chemotherapy hepatotoxicity and dose modification in patients with liver

### Topic Outline

#### INTRODUCTION

#### ADJUVANT CHEMOTHERAPY REGIMENS

#### SHORT-TERM SIDE EFFECTS

- Magnitude of the problem
- Myelosuppression
- Gastrointestinal side effects
- Neurologic and musculoskeletal toxicity
- Weight gain
- Fatigue and anemia
  - Use of epoetin and darbepoetin
  - Other therapies for fatigue
- Vasomotor symptoms

#### LONG-TERM SIDE EFFECTS

- Cognitive dysfunction
- Ovarian failure
  - Risk factors
  - Amenorrhea and impact on prognosis
  - Use of aromatase inhibitors in women with prolonged amenorrhea
  - Consequences of ovarian failure
  - Reducing the incidence of

Back to Search Results for "Chinese medicinal herbs breast c..."

**PIC OUTLINE**

- INTRODUCTION
- ADJUVANT CHEMOTHERAPY
- SIMENS
- SHORT-TERM SIDE EFFECTS
  - Magnitude of the problem
  - Myelosuppression
  - Gastrointestinal side effects
  - Neurologic and musculoskeletal toxicity
  - Weight gain
  - Fatigue and anemia
  - Use of epoetin and darbepoetin
  - Other therapies for fatigue
  - Autonomic symptoms
- LONG-TERM SIDE EFFECTS
  - Cognitive dysfunction
  - Ovarian failure
  - Risk factors
  - Amenorrhea and impact on prognosis
  - Use of aromatase inhibitors in women with prolonged amenorrhea

## Side effects of adjuvant chemotherapy for early stage breast cancer

**Author**  
Charles L Shapiro, MD

**Section Editor**  
Daniel F Hayes, MD

**Deputy Editor**  
Don S Dizon, MD, FACP

[Disclosures](#)

**Last literature review version 19.3:** 一月 2012 | **This topic last updated:** 七月 12, 2011 [\(More\)](#)

**INTRODUCTION** — Adjuvant chemotherapy represents a significant advance in the management of early stage breast cancer, resulting in many lives being saved. The experience of tens of thousands of women with breast cancer who have participated in hundreds of trials, it is well established that adjuvant treatment of breast cancer prolongs both disease-free and overall survival. Adjuvant therapy is now recommended for the majority of premenopausal and postmenopausal women with early stage breast cancer, both node-positive and node-negative [1]. (See "[Adjuvant chemotherapy for early stage HER2-negative breast cancer](#)".)

Both short-term and long-term toxicities must be considered when assessing the relative risk benefit ratio of adjuvant chemotherapy. In general, the benefit gained in terms of survival exceeds the negative impact of side effects on quality of life (QOL) in both premenopausal and postmenopausal women. In one report, the trade-off between treatment toxicity and improved QOL associated with delayed recurrence and improved survival was evaluated by the Q-TWiST method [2]. Younger women receiving adjuvant polychemotherapy gained an average of 10.3 months of relapse-free survival and 5.4 months of overall survival during 10 years of follow-up, while women 50 to 69 years old gained 6.8 months of relapse-free

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  - > [Web Enhancements](#)
  - > [Medical Care of the Pregnant Patient](#)
  - > [Osler's Bedside Library](#)
  - > [Practical Gynecology](#)

**Chapter 5. Cancer**

1. Richardson MA, Sanders T, Palmer JL, Greisinger A, Singletary SE. Complementary/alternative medicine use in a comprehensive cancer center and the implications for oncology. *Journal of Clinical Oncology* 2000; 18:2505-14.

2. Tough SC, Johnston DW, Verhoef MJ, Arthur K, Bryant H. Complementary and alternative medicine use among colorectal cancer patients in Alberta, Canada. *Alternative Therapies in Health & Medicine*. 2002; 8:54-6, 58-60, 62-4.

3. Eisenberg DM, Davis RB, Ettner SL, Appel S, Van Rompay M. Trends in alternative medicine use in the United States, 1990-1997: results of a follow-up national survey. *Journal of American Medical Association* 1998; 280:1569-75.

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KAOHSIUNG MEDICAL UNIV

Chinese medicinal herbs breast cancer Chemotherapy  
side effects

Search ?

Browse: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z Browse Categories

1-7 of 7 Page: 1

Non-small cell lung cancer



Squamous cell carcinoma of esophagus



**Toxicities of chemotherapeutic agents**



Adenocarcinoma of esophagus



Hepatitis B



ST-elevation myocardial infarction (STEMI)



Pandemic (H1N1) 2009



### Toxicities of chemotherapeutic agents

close ×

- ☐ Toxicities of Individual Chemotherapeutic Agents
- ☒ Prevention or Reduction of Chemotherapeutic Toxicities
- ☒ References including Reviews and Guidelines
- ☒ Patient Information
- ☐ Acknowledgements





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[Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients.](#) Zhang M et al. Cochrane Database Syst Rev. (2007)

Results: 4

[Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients.](#)

Zhang M, Liu X, Li J, He L, Tripathy D.  
Cochrane Database Syst Rev. 2007 Apr 18;(2):CD004921. Review.  
PMID: 17443560 [PubMed - indexed for MEDLINE]  
[Related citations](#)

[Differential control of growth, cell cycle progression, and gene expression in human estrogen receptor positive MCF-7 breast cancer cells by extracts derived from polysaccharopeptide l'm-Yunity and Danshen and their combination.](#)

Hsieh TC, Wu JM.  
Int J Oncol. 2006 Nov;29(5):1215-22.  
PMID: 17016654 [PubMed - indexed for MEDLINE]  
[Related citations](#)

[\[Clinical study of matrine injection on preventing liver function damage of anti-tumor drugs during chemotherapy of breast cancer\].](#)

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[Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients](#)

Mingming Zhang, Xuemei Liu, Jing Li, Lin He, Debu Tripathy

January 2009

**Review**

[Select All](#) (to export citations)

[Export Selected Citations](#)

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View: 1

# Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients (Review)

- **Search methods**

- We searched The Cochrane Breast Cancer Specialised Register (15/02/2007), The Cochrane Central Register of Controlled Trials (CENTRAL); (The Cochrane Library 2006, Issue 4); MEDLINE (1966 to December 2006); EMBASE (1990 to December 2006); and Chinese Biomedical Literature (2006, Issue 4).
- A number of journals were hand searched.

- **Selection criteria**

- Randomised controlled trials comparing chemotherapy with or without Chinese herbs in women with breast cancer.

- **Data collection and analysis**

- Two authors independently extracted the data, which were analysed using RevMan 4.2. For dichotomous data, we estimated the relative risk. For continuous data, we calculated the weighted mean difference.

# Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients (Review)

- **Main results**

- We identified **seven** randomised controlled trials involving **542** breast cancer patients undergoing or having recently undergone chemotherapy.
- All studies were conducted and published in **China**.
- We did not pool the results because few studies were identified and no more than two used the same intervention.
- All were of low quality and used CMH plus chemotherapy compared with chemotherapy alone.
- CMH combined with chemotherapy showed no statistically significant difference for the outcomes of phlebitis and alopecia. Only one study showed an improvement in nausea and vomiting, and in fatigue. Three indicated an improvement in white blood cells in the group receiving CMH. Two showed an increase in percentage changes in T-lymphocyte subsets CD4 and CD8. One study showed a statistically significant difference for CMH in percentage changes in T-lymphocyte subsets CD3, CD4 and CD8. Two herbal compounds may have improved quality of life. One study reported that CMH may have some effect on reducing toxicity in liver and kidney, but differences were not statistically significant.



# Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients (Review)

- **Authors' conclusions**

- This review provides **limited evidence** about the effectiveness and safety of Chinese medicinal herbs in alleviating chemotherapy induced short term side effects.
- Chinese medicinal herbs, when used together with chemotherapy, **may offer some benefit** to breast cancer patients in terms of **bone marrow improvement and quality of life**, but the evidence is too limited to make any confident conclusions.
- Well designed clinical trials are required before any conclusions can be drawn about the effectiveness and safety of CHM in the management of breast cancer patients.

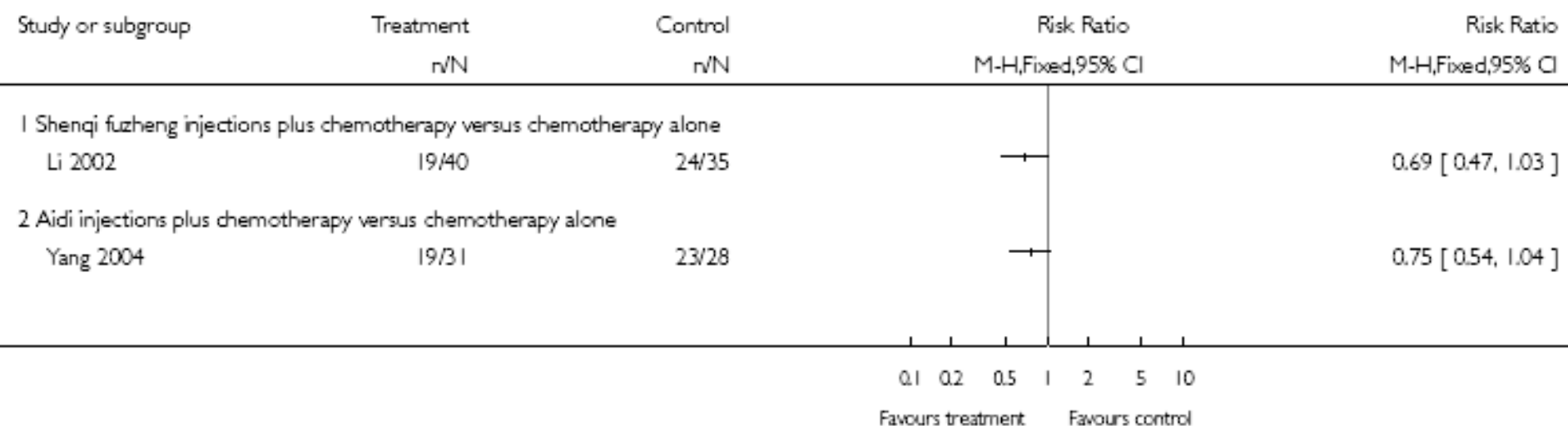


# Analysis 1.1. Comparison 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone, Outcome 1 Nausea and vomiting.

Review: Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients

Comparison: 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone

Outcome: 1 Nausea and vomiting

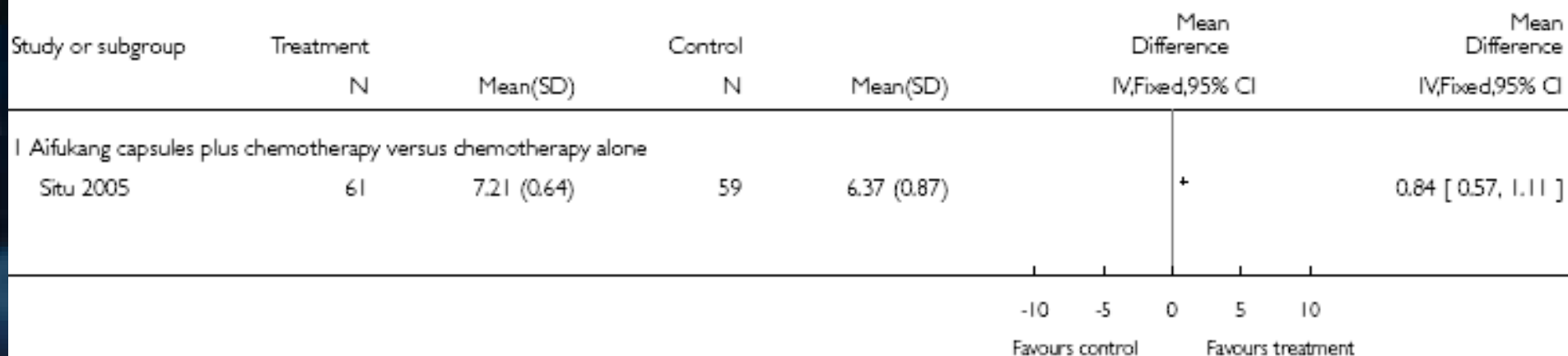


## Analysis 1.2. Comparison 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone, Outcome 2 Nausea and vomiting improved.

Review: Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients

Comparison: 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone

Outcome: 2 Nausea and vomiting improved

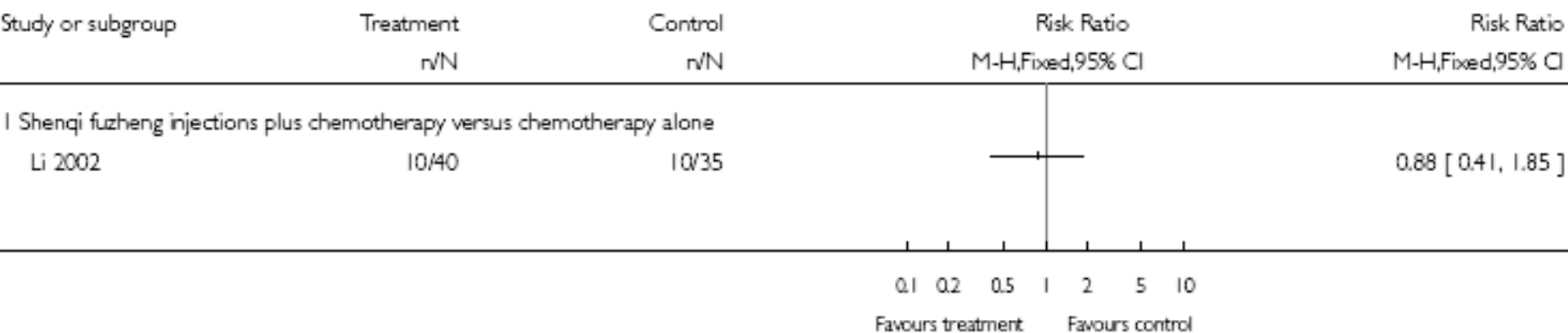


# Analysis 1.3. Comparison 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone, Outcome 3 Alopecia.

Review: Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients

Comparison: 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone

Outcome: 3 Alopecia

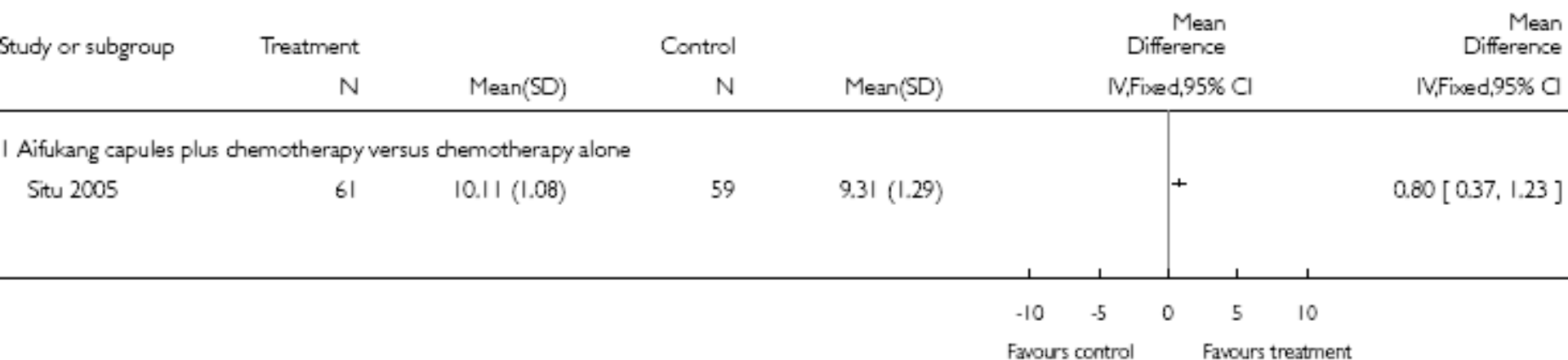


# Analysis 1.4. Comparison 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone, Outcome 4 Fatigue.

Review: Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients

Comparison: 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone

Outcome: 4 Fatigue

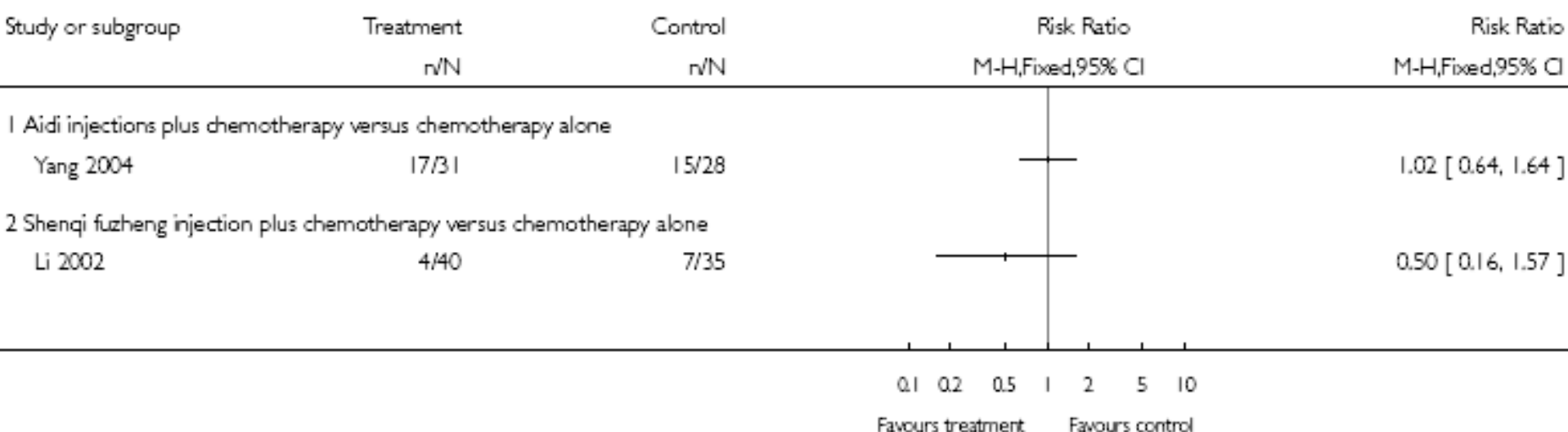


# Analysis 1.5. Comparison 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone, Outcome 5 Phlebitis.

Review: Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients

Comparison: 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone

Outcome: 5 Phlebitis

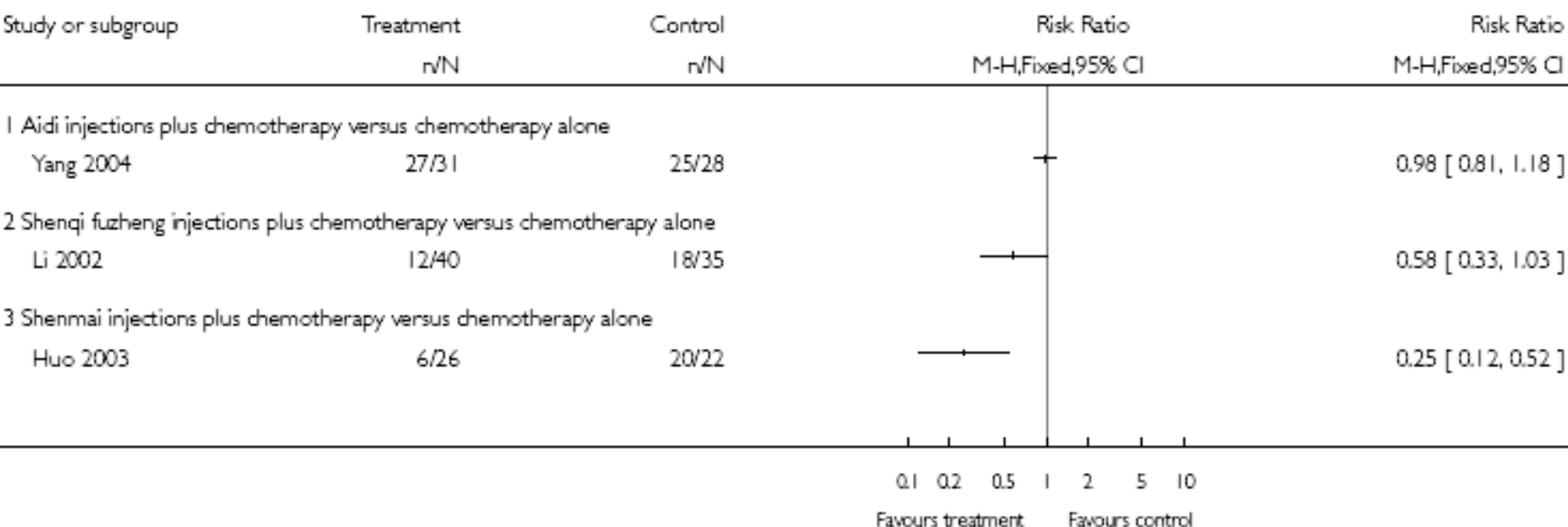


# Analysis 1.6. Comparison 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone, Outcome 6 White blood cell reduction.

Review: Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients

Comparison: 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone

Outcome: 6 White blood cell reduction

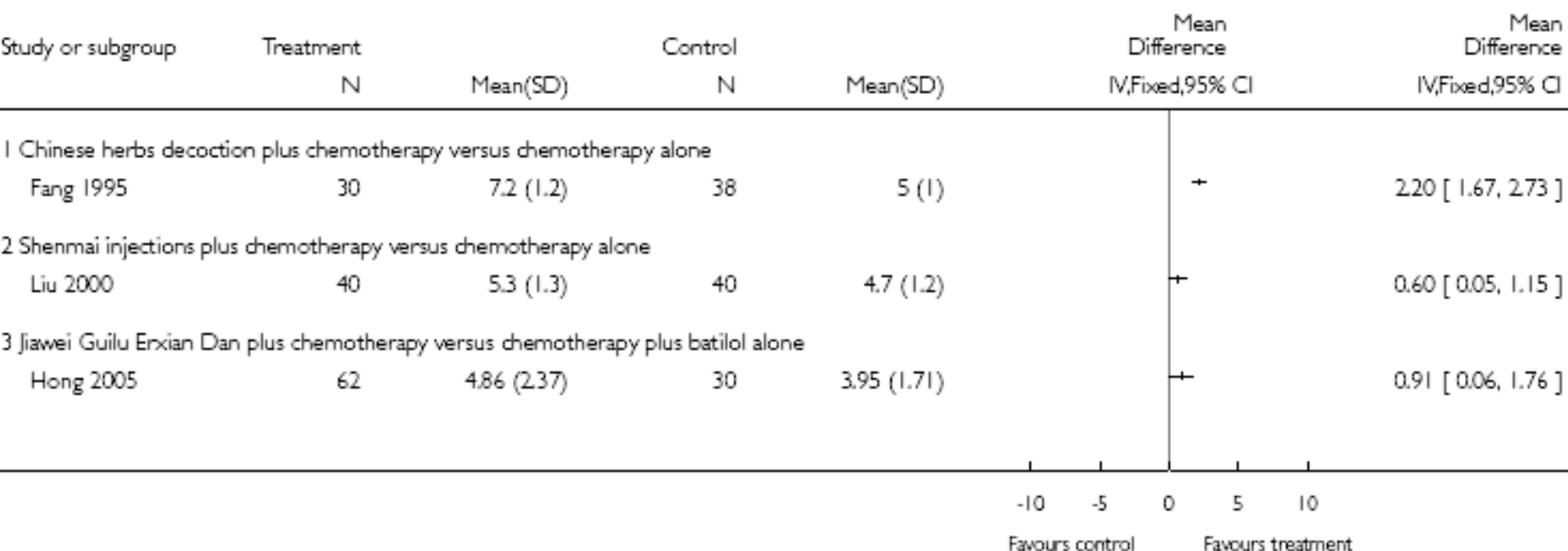


# Analysis 1.7. Comparison 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone, Outcome 7 White blood cell change after treatment.

Review: Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients

Comparison: 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone

Outcome: 7 White blood cell change after treatment

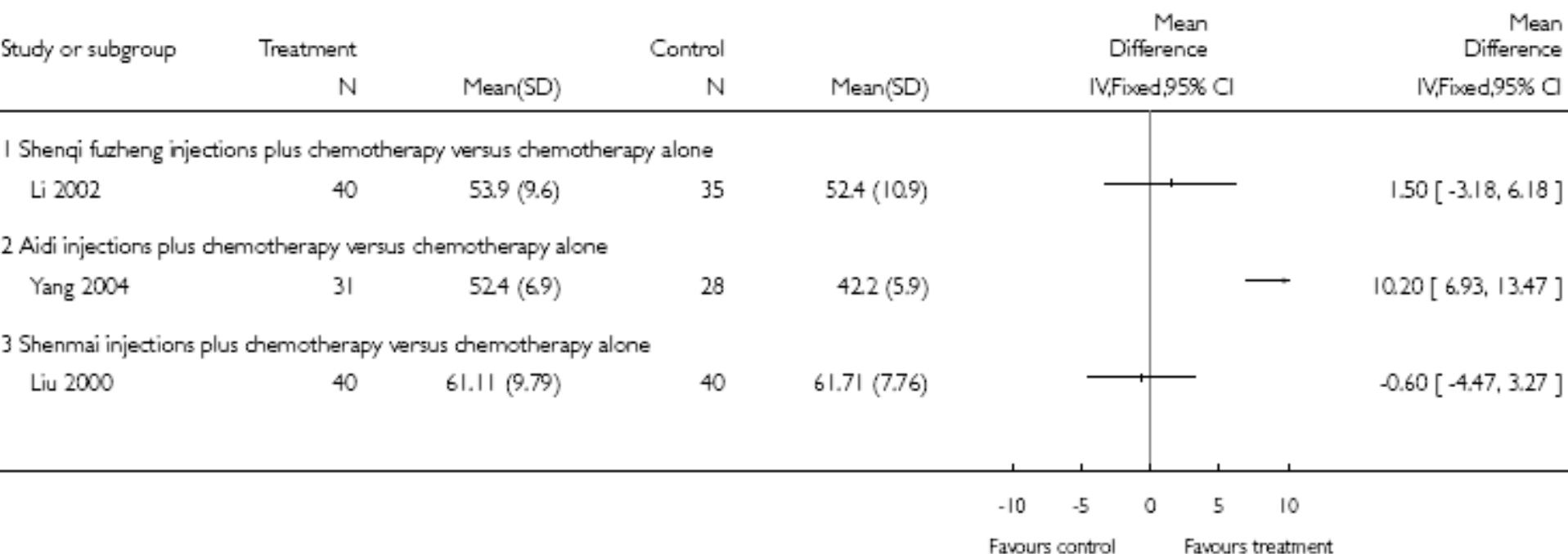


# Analysis 1.8. Comparison 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone, Outcome 8 Percentage change of CD3-positive cells (Tlymphocyte subsets).

Review: Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients

Comparison: 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone

Outcome: 8 Percentage change of CD3-positive cells (Tlymphocyte subsets)



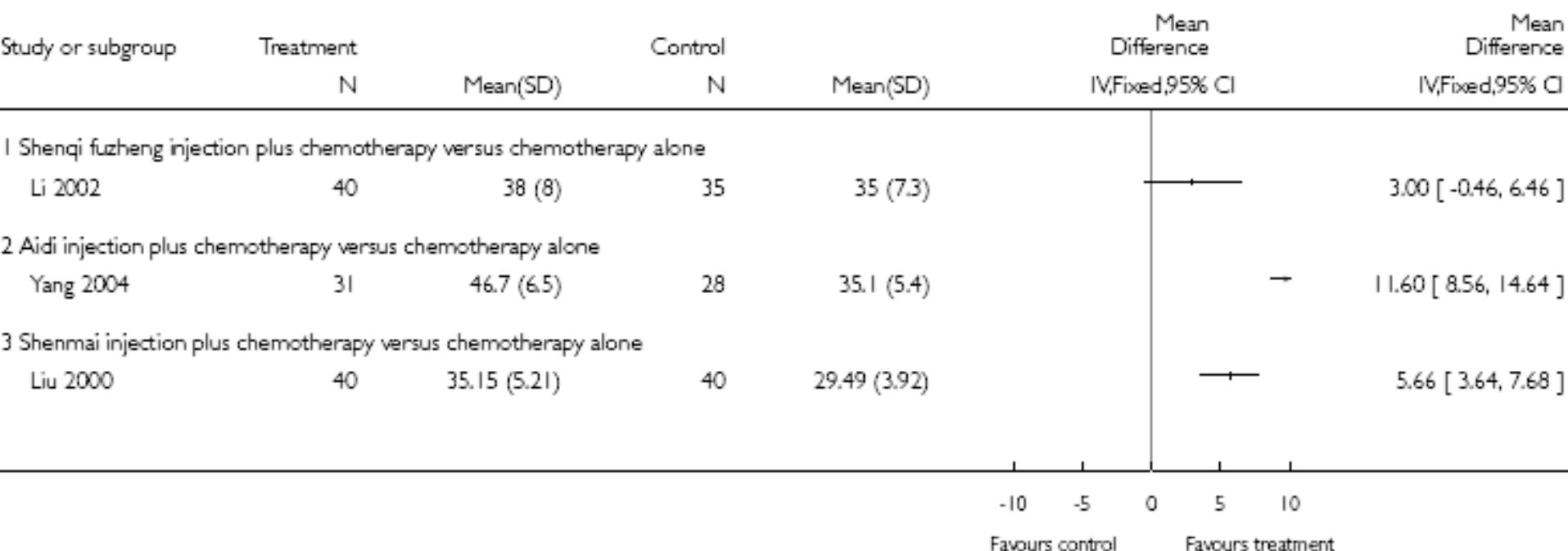


# Analysis 1.9. Comparison 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone, Outcome 9 Percentage change of CD4-positive cells (Tlymphocyte subsets).

Review: Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients

Comparison: 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone

Outcome: 9 Percentage change of CD4-positive cells (Tlymphocyte subsets)

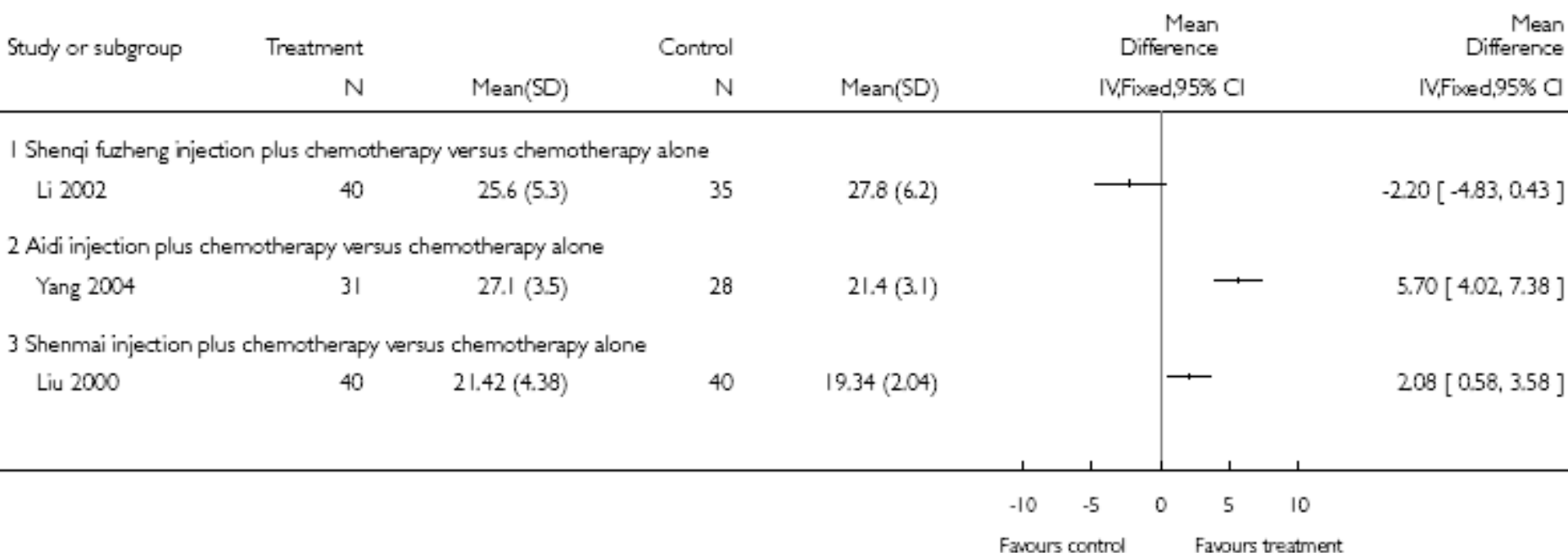


# Analysis 1.10. Comparison 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone, Outcome 10 Percentage change of CD8-positive cells (Tlymphocyte subsets).

Review: Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients

Comparison: 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone

Outcome: 10 Percentage change of CD8-positive cells (Tlymphocyte subsets)

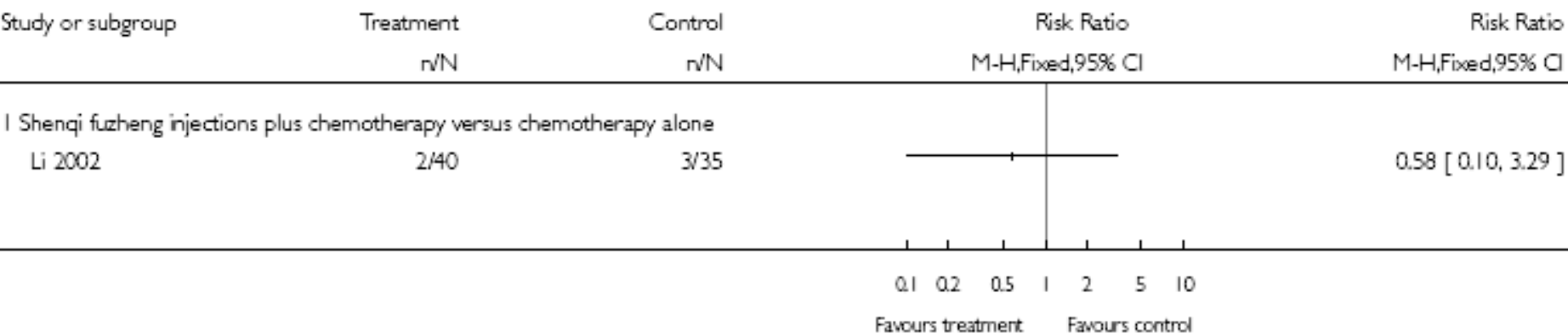


# Analysis 1.11. Comparison 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone, Outcome 11 Thrombocytopenia.

Review: Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients

Comparison: 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone

Outcome: 11 Thrombocytopenia



# Analysis 1.12. Comparison 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone, Outcome 12 Quality of life: EuroQLQ-BR23 symptoms scores.

Review: Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients

Comparison: 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone

Outcome: 12 Quality of life: EuroQLQ-BR23 symptoms scores

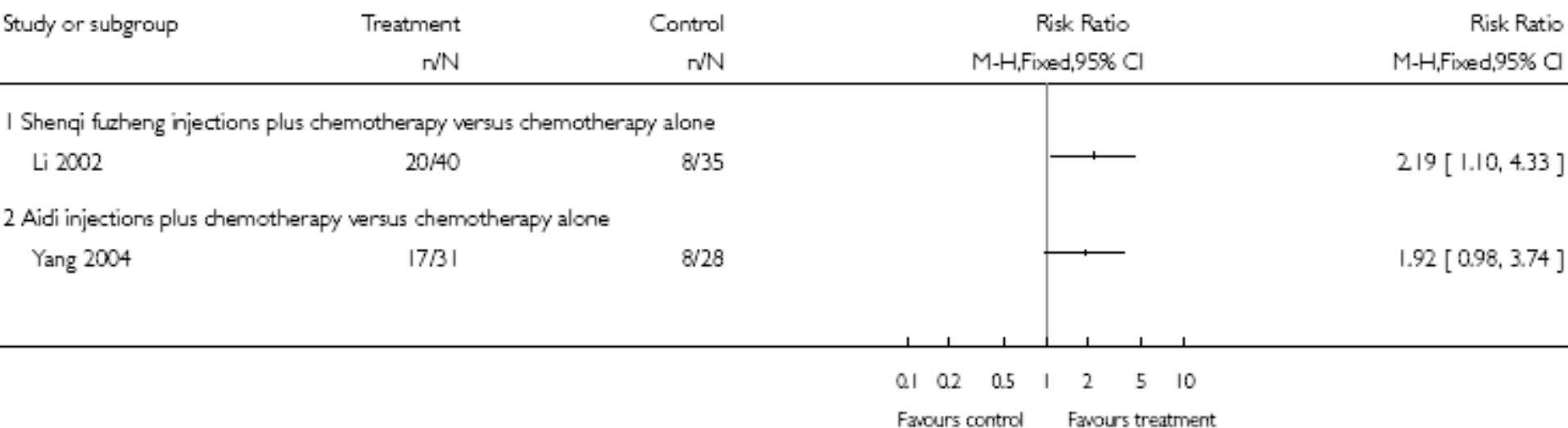
Study or subgroup	Treatment		Control		Mean Difference	Mean Difference
	N	Mean(SD)	N	Mean(SD)	IV,Fixed,95% CI	IV,Fixed,95% CI
1 Aifukang capsules plus chemotherapy versus chemotherapy alone						
Situ 2005	61	198.23 (7.25)	59	183.76 (10.46)	*	14.47 [ 11.24, 17.70 ]
					-10 -5 0 5 10	
					Favours control Favours treatment	

# Analysis 1.13. Comparison 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone, Outcome 13 Quality of life: improvement in Karnofsky performance status.

Review: Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients

Comparison: 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone

Outcome: 13 Quality of life: improvement in Karnofsky performance status

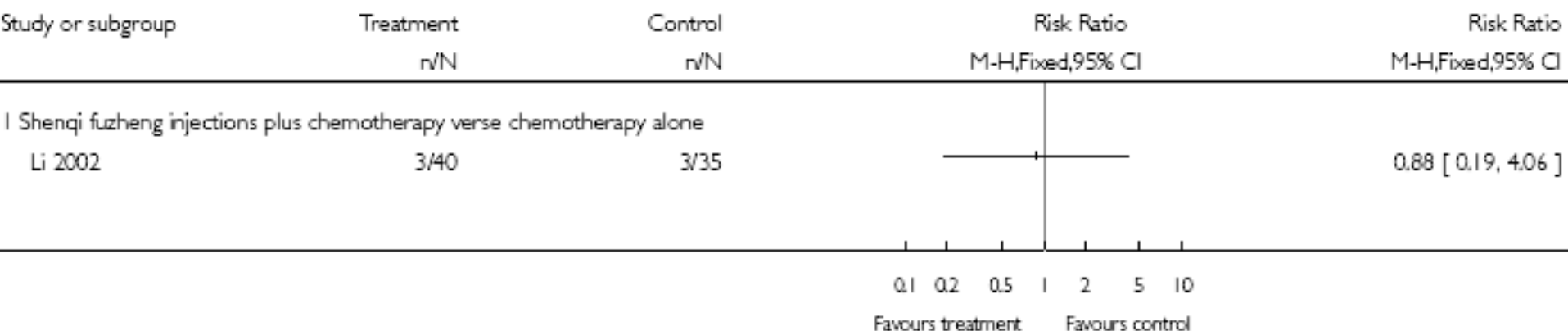


# Analysis 1.14. Comparison 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone, Outcome 14 Liver toxicity.

Review: Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients

Comparison: 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone

Outcome: 14 Liver toxicity

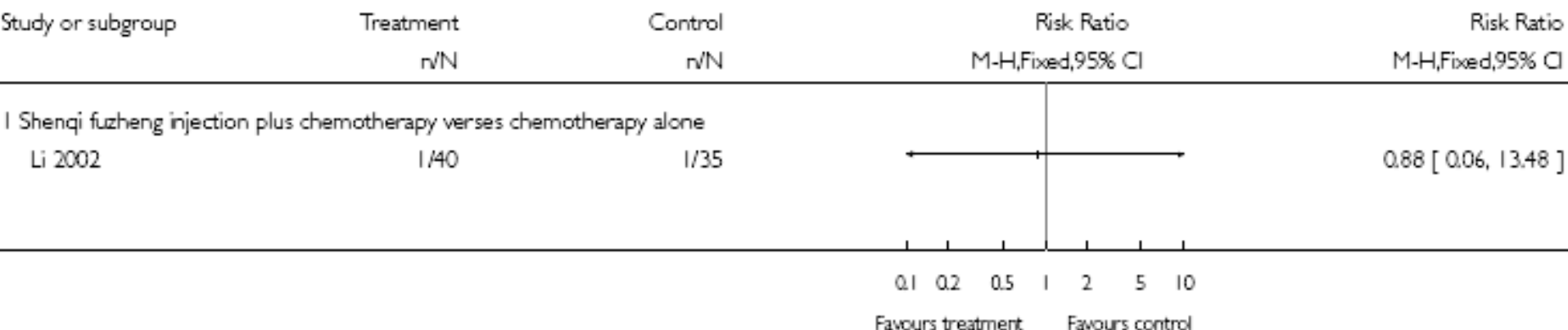


# Analysis 1.15. Comparison 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone, Outcome 15 Kidney toxicity.

Review: Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients

Comparison: 1 Chinese medicinal herbs plus chemotherapy versus chemotherapy alone

Outcome: 15 Kidney toxicity



# EBM的步驟

- **Asking**
  - 將病人的問題寫成PICO
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  - 是否可應用到病人身上
- **Audit**
  - 自我評估



# Appraisal

Level	與[治療/預防/病因/危害]有關的文獻
1a	用多篇RCT所做成的綜合性分析(SR of RCTs)
1b	單篇RCT(有較窄的信賴區間)
1c	All or none
2a	用多篇世代研究所做成的綜合性分析
2b	單篇cohort及低品質的RCT
2c	Outcome research / ecological studies
3a	SR of case-control studies
3b	Individual case-control studies
4	Case-series (poor quality :cohort / case-control studies)
5	沒有經過完整評讀醫學文獻的專家意見

- **Chinese medicinal herbs to treat the side-effects of chemotherapy in breast cancer patients (Review)**
  - **Level of evidence: 1a**
  - **Source: Cochrane Database Systematic Review, 2009**
  - **Authors: Zhang M, Liu X, Li J, He L, Tripathy D**

**1. Did the review ask a clearly-focused question?**

☒ Yes

☐ Can't tell

☐ No

*Consider if the question is 'focused' in terms of:*

- the population studied*
- the intervention given or exposure*
- the outcomes considered*

- Aim: find whether traditional chinese medicine(TCM) may improve the side-effects of chemotherapy in breast cancer patients
- This review identified seven studies of six different herbal remedies to treat the side effects of chemotherapy in breast cancer patients.
- All studies compared CMH plus chemotherapy versus chemotherapy alone.
- All the reported outcomes were measured at the end of treatment.

## 2. Did the review include the right type of study?

☒ Yes☐ Can't tell☐ No

*Consider if the included studies:*

- address the review's question*
- have an appropriate study design*

- Types of studies: RCTs, regardless of blinding, language or publication status.
- Types of participants: Female breast cancer patients receiving chemotherapy and experiencing chemotherapy-induced side effects.
- Types of interventions: traditional chinese medicine
  - TCM with conventional therapy vs. conventional therapy

**3. Did the reviewers try to identify all relevant studies?**

☒ Yes

☐ Can't tell

☐ No

*Consider:*

- which bibliographic databases were used*
- if there was follow-up from reference lists*
- if there was personal contact with experts*
- if the reviewers searched for unpublished studies*
- if the reviewers searched for non-English-language studies*

- Authors of the review searched the following electronic databases regardless of language and publication status
- Database: Cochrane Stroke Group Trials, CENTRAL, MEDLINE, EMBASE, CINAHL, AMED, ISI Science Citation Index
- Search reference lists of all relevant papers
- Authors of relevant studies were contacted to elicit any unpublished or on-going studies

#### 4. Did the reviewers assess the quality of the included studies?

☒ Yes ☐ Can't tell ☐ No

*Consider:*

- if a clear, pre-determined strategy was used to determine which studies were included. Look for:*
  - a scoring system*
  - more than one assessor*

- Two authors independently allocated each trial to one of the three quality categories described in the Cochrane Reviewers' Handbook (Alderson 2004). When disputes arose about category allocation, again we attempted resolution by discussion or by consulting a third author.
- We assessed trial quality according to the following criteria (Schulz 1995).
- 1. Minimisation of selection bias.
  - a) Was the randomisation procedure adequate?
  - b) Was allocation concealment adequate?
- 2. Minimisation of performance bias - were the patients and individuals administering treatment blind to group allocation?
- 3. Minimisation of attrition bias.
  - a) Were withdrawals and dropouts completely described?
  - b) Was analysis by intention to treat?
- 4. Minimisation of detection bias - were outcome assessors blind to the intervention?

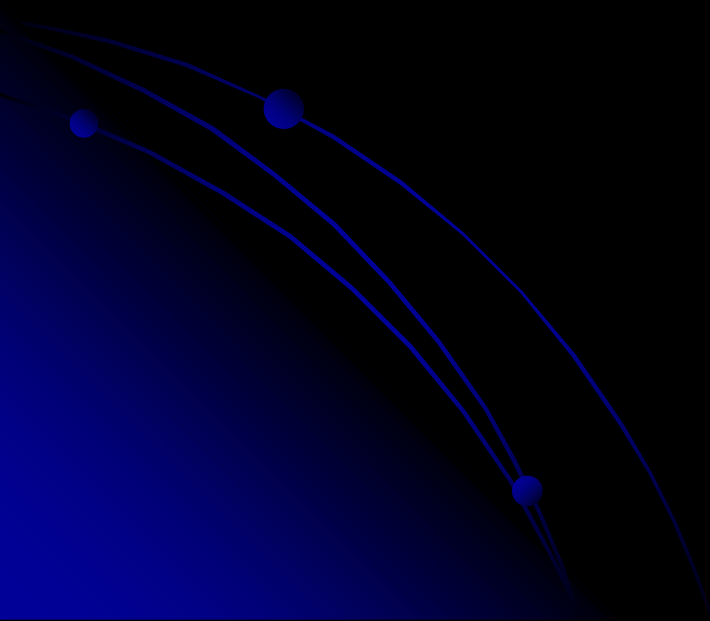
5. If the results of the studies have been combined, was it reasonable to do so?

☐ Yes ☐ Can't tell ☐ No

*Consider whether:*

- the results of each study are clearly displayed*
- the results were similar from study to study (look for tests of heterogeneity)*
- the reasons for any variations in results are discussed*

- The results of each study are clearly displayed.
- The results are not similar from study to study.
- The reasons for the variations in results are not discussed.



## 6. How are the results presented and what is the main result?

*Consider:*

- how the results are expressed (e.g. odds ratio, relative risk, etc.)*
- how large this size of result is and how meaningful it is*
- how you would sum up the bottom-line result of the review in one sentence*

- CMH combined with chemotherapy showed no statistically significant difference for the outcomes of phlebitis and alopecia.
- Only one study showed an improvement in nausea and vomiting, and in fatigue.
- Three indicated an improvement in white blood cells in the group receiving CMH.
- Two showed an increase in percentage changes in T-lymphocyte subsets CD4 and CD8.
- One study showed a statistically significant difference for CMH in percentage changes in T-lymphocyte subsets CD3, CD4 and CD8.
- Two herbal compounds may have improved quality of life.
- One study reported that CMH may have some effect on reducing toxicity in liver and kidney, but differences were not statistically significant.
- A total of 542 participants were included in the seven studies.



## 7. How precise are these results?

*Consider:*

- if a confidence interval were reported. Would your decision about whether or not to use this intervention be the same at the upper confidence limit as at the lower confidence limit?*
- if a p-value is reported where confidence intervals are unavailable*

- Chinese medicinal herbs, when used together with chemotherapy, may offer some benefit to breast cancer patients in terms of bone marrow improvement and quality of life, but **the evidence is too limited to make any confident conclusions.**
- Well designed clinical trials are required before any conclusions can be drawn about the effectiveness and safety of CHM in the management of breast cancer patients.

8. Can the results be applied to the local population?

☒ Yes

☐ Can't tell

☐ No

*Consider whether:*

- the population sample covered by the review could be different from your population in ways that would produce different results*
- your local setting differs much from that of the review*
- you can provide the same intervention in your setting*

- The population sample covered by the review is not different from my population.
- My local setting doesn't differ from that of the review.
- I can provide the same intervention in my setting.

## 9. Were all important outcomes considered?

☐ Yes

☒ Can't tell

☐ No

*Consider outcomes from the point of view of the:*

- individual*
- policy makers and professionals*
- family/carers*
- wider community*

- **Breast cancer patients treated with chemotherapy**
- Chinese herbal medicine, when used together with chemotherapy, may **have the potential to offer benefits in terms of improvements in marrow suppression and the immune system, and in the overall status of quality of life**, but the evidence is too limited to make any conclusions with confidence.
- **Clinicians**
- There are currently no data to make specific recommendations on whether herbal therapy should be used, and which specific regimens would be suited to specific conditions.
- **Funders and policy makers**
- This review does not provide sufficient evidence to either support or refute the use of TCM or CMH combined with chemotherapy for alleviation of the side effects of chemotherapy in breast cancer patients.

10. Should policy or practice change as a result of the evidence contained in this review?

☐ Yes

☐ Can't tell

☐ No

*Consider:*

*– whether any benefit reported outweighs any harm and/or cost. If this information is not reported can it be filled in from elsewhere?*

- This intervention seems to have enough supporting evidence from both ancient practice and modern studies to be **worth further investigation in some areas.**
- This review does not provide sufficient evidence to either support or refute the use of TCM or CMH combined with chemotherapy for alleviation of the side effects of chemotherapy in breast cancer patients.
- There has been only **limited assessment of the safety of herbal therapy.**

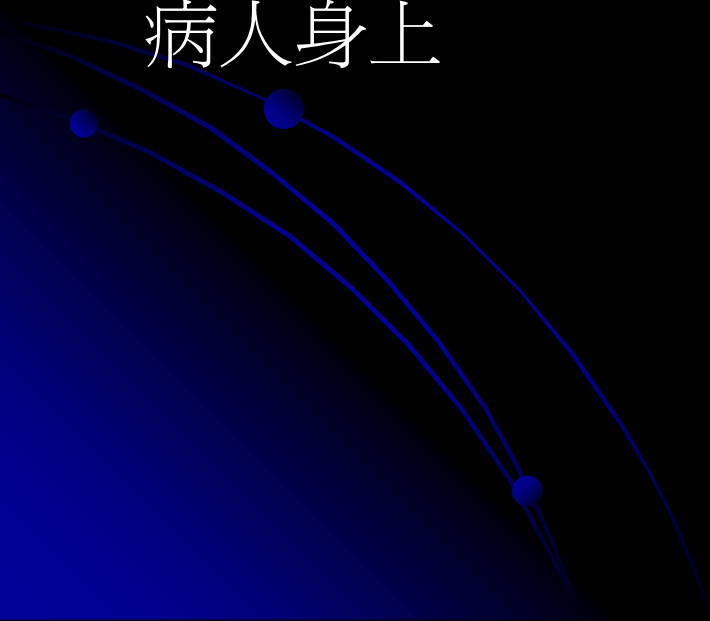
# 結合實證醫學的結果、臨床專業經驗給予病人建議

醫療現況	病人意願
<p>中藥對於化療中的乳癌患者應有改善其化療副作用的效果，但其研究結果仍未有一制性。</p>	<p>接受化療的乳癌病患，其化療副作用明顯者希望嘗試以傳統中藥來減緩化療副作用。</p>
生活品質	社會脈絡
<p>若能使疲勞、骨髓抑制、噁心嘔吐等症狀減緩，可改善病人生活品質。</p>	<p>化療中副作用減輕，可使病人日常生活依賴程度減少及社交活動參與度增加。</p>

# Audit

## Self-Evaluation

- 能提出結構完整的臨床問題
- 能更有效率地搜尋臨床問題的相關研究
- 了解系統性文獻的評讀重點
- 可將審慎評估之結果融入臨床診療中，適當應用於病人身上



Thanks for your attention

