

## 18. Symptoms and Signs

### Reference

Kim SH, Park HJ, Park HA, et al. The clinical study on the effect of SAAM acupuncture treatment for patients with fatigue. *Daehan-Chimgu-Hakhoeji (Journal of Korean Acupuncture & Moxibustion Society)* 2007; 23(6): 149–57 (in Korean with English abstract).

### 1. Objectives

To evaluate the effect of SAAM acupuncture treatment for patients with fatigue.

### 2. Design

Randomized controlled trial (RCT).

### 3. Setting

One Oriental hospital (Dongseo Oriental Hospital), Republic of Korea.

### 4. Participants

Patients without present organic and mental disorders or a history of them who visited the hospital's fatigue clinic between 1<sup>st</sup> April 2007 and 30<sup>th</sup> September (n=56).

### 5. Intervention

Arm 1: Treatment group. Acupuncture at the Jingqu (LU8, 經渠), Taibai (SP3, 太白), Shaofu (HT8, 少府), Qihai (CV6, 氣海), and Xinshu (BL15, 心俞) acupoints (n=28).

Arm 2: Control group. Acupuncture at non-acupoints located on same contour line with the above-mentioned real acupoints and on a virtual line between the real acupoints and adjacent acupoints.

Acupuncture was carried out twice a week for 4 weeks, 8 treatments in total using disposable acupuncture needles. Needle insertion was for 15 minutes. During the acupuncture, directional supplementation and draining (迎隨補瀉) and twirling supplementation and draining (捻轉補瀉) were basically in operation.

### 6. Main Outcome Measures

Reconstructed Jang See Jin's 19-item questionnaire of Multidimensional Fatigue Scale (MFS) based on the Fatigue Assessment Inventory.

### 7. Main Results

The reduction in MFS was significantly different between Arm 1 and Arm 2 after 2 weeks of treatment ( $P<0.05$ ). The decrease in MFS score was significant in Arm 1 after 1 week of treatment, and in Arm 2 after 2 weeks of treatment.

### 8. Conclusions

SAAM acupuncture is more effective for the treatment of fatigue than is acupuncture at non-acupoints.

### 9. Safety assessment in the article

Not mentioned.

### 10. Abstractor's comments

This study evaluated SAAM acupuncture for with the treatment of fatigue. This study is meaningful insofar as it is one of only a few randomized, controlled trials of acupuncture for fatigue amelioration. Although the between-group difference was significant, significant improvement was also noted after 2 weeks of control treatment. Additional efficacy evaluation comparing placebo control, general acupuncture, and SAAM acupuncture is suggested.

### 11. Abstractor and date

Jang KT, 31 August 2010.