

ANNUAL REPORT



CABSIN
BRAZILIAN ACADEMIC
CONSORTIUM FOR
INTEGRATIVE HEALTH



CHAPTER BRAZIL

2024

ANNUAL REPORT

2024

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CABSIN
CONSÓRCIO ACADÊMICO
BRASILEIRO DE
SAÚDE INTEGRATIVA



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ACTIONS TO MOVE FORWARD

A review of CABSIN projects and initiatives in 2024

The 2024 Annual Report of the Brazilian Academic Consortium for Integrative Health (CABSIN) reflects a year of intense mobilization, growth, and transformation. It was a period in which we advanced even further towards becoming a national and international reference center in the field of Traditional, Complementary, and Integrative Medicines (TCIM), through projects, partnerships, and important actions to foster the production of scientific knowledge for the area.

The engagement of our researchers in scientific committees, as well as the support of our support teams, has strengthened CABSIN's role in producing projects that highlight scientific evidence, promoting partnerships and articulations to support managers in implementing public policies and supporting health professionals to integrate TCIM into the routine care of patients in Brazil and around the world.

The 2024-2025 strategic plan, led by the CABSIN Board of Directors, helped redefine priorities and processes, focusing on three axes, coordinated by the directors: Institutional Development and Fundraising; Scientific Research; and Communication and Institutional Relations. This plan, still under development, already has a direct impact on the Consortium's projects and actions and outlines >>>



consistent guidelines for sustainable and coordinated growth for the Consortium as a whole.

One of the highlights of this year is the important mobilization to host the 3rd World Congress on Traditional, Complementary and Integrative Medicine (WCTCIM), which will be held in Rio de Janeiro in October 2025, in a partnership between CABSIN, the International Society for Traditional, Complementary, and Integrative Medicine Research (ISCMR) and the European Society for Integrative Medicine (ESIM). The event is expected to attract researchers from all over the world to discuss advances in the field.

The report also highlights important advances in Strategic Projects, with emphasis on the partnership with the Pan American Health Organization (PAHO), as well as the updating of Evidence Maps and actions to articulate public policies informed by evidence. This year, we consolidated a new line of research at CABSIN, which is the evaluation of the cost-effectiveness of Integrative Practices adopting the PBRN (Practice-Based Research Network) methodology as a member of the US BraveNet Network and strategic projects. CABSIN's scientific committees, in turn, led initiatives such as the creation of new Committees, new research projects, and the implementation of

courses and strengthening of national and international cooperation networks.

This report also marks the conclusion of Mariana Cabral Schweitzer's term as CEO, who is ending her tenure as CEO after a very intense year, due to a research grant in the USA, and remains an active researcher at CABSIN. The challenge of strengthening the Consortium's strategies now continues with a new board of directors, composed of Caio Portella (CEO), Ricardo Ghelman (Vice-CEO) and Ana Paula Ferreira (Secretary), who take over with the commitment to consolidate the progress made by 2025.

This report not only presents achievements, but also reinforces the importance of each partner, affiliate and member of CABSIN in this journey. We invite everyone to read this document. More than a summary of achievements, we want it to be an invitation to further strengthen institutional and emotional ties so that together we can further promote integrative health in Brazil and around the world.



WHO WE ARE

We are a network of researchers, founded in 2018, that develops collaborative research between universities, governments and scientific societies at national and international level in the area of Traditional, Complementary and Integrative Medicine (TCIM).

We promote scientific development and knowledge dissemination to contribute to the implementation of evidence-informed policies and the integration of natural products and people-centered traditional and complementary practices into health systems. >>>

Board of Directors (2023-2024)

The board of the Brazilian Academic Consortium for Integrative Health is made up of researchers from different areas of knowledge, who work in an integrated manner to promote the broad development of TCIM.

Mariana Cabral Schweitzer was the president from October 2023 to November 2024. Ricardo Ghelman took over as Vice President Director and Caio Portella as Secretary Director.



**MARIANA
SCHVEITZER**
President
Director
2023-2024



**RICARDO
GHELMAN**
Vice President
Director
2023-2024



**CAIO
PORTELLA**
Secretary
Director
2023-2024

New Management (2024-2025)

On November 29, 2024, the Full Associates Assembly approved the new composition of the Board of Directors for the period from November 2024 to October 2025.

Caio Portella will be the new CEO. Ricardo Ghelman will continue as Vice-President and Ana Paula A. Ferreira will continue as Secretary.



**CAIO
PORTELLA**
President
Director
2024-2025



**RICARDO
GHELMAN**
Vice President
Director
2024-2025



**ANA PAULA
A. FERREIRA**
Secretary
Director
2024-2025



2024: IMPORTANT ADVANCES

Dear colleagues, partners and supporters,

It is with great pleasure that I present the CABSIN Annual Report, highlighting our achievements and advances in research and promotion of Integrative and Complementary Health Practices (PICS) throughout this year. Our commitment to science and comprehensive care is reflected in each project developed and in each stage achieved.

This year, we made significant progress in developing and updating the Evidence Maps in PICS, with special emphasis on the updates to the Aromatherapy and Reflexology maps. In addition, we had the honor of publishing the scientific article "Charting the Therapeutic Landscape: A Comprehensive Evidence Map on Medical Cannabis for Health Outcomes", which represents an important milestone in the systematization of evidence on the therapeutic use of medicinal cannabis. The publication of the Reflexology Map article also reinforces our commitment to expanding access to evidence-based information. >>>



We have created two new strategic committees to strengthen research and scientific debate in the field of PICS:

1. Committee on Medical Rationalities and Research Methodologies in TCIM, dedicated to discussing and improving specific methodological approaches to the complexity of integrative practices.

2. Traditional Chinese Medicine Committee, focused on the integration and advancement of studies on acupuncture, moxibustion, cupping therapy, tai chi chuan, among other practices.

Our engagement in national and international events was stronger than ever, with emphasis on the 1st State Meeting of Integrative and Complementary Practices of the State of São Paulo, consolidating CABSIN as a reference point for scientific dialogue on PICS. These meetings allowed us to share knowledge, strengthen collaborations and promote the integration of PICS in health systems.

I also highlight the promotion of the use of evidence-based PICS, exemplified by the publication by the Municipal Health Department of São Paulo, of the Clinical Protocol and Therapeutic Guidelines for Chronic Pain, to guide the Centers for

Reference in Chronic Pain in the city of São Paulo. This protocol includes practices such as acupuncture, auriculotherapy, moxibustion, reflexology, tai chi chuan, cupping therapy, laying on of hands, herbal medicine, meditation and yoga, reaffirming the importance of comprehensive care based on science.

Of course, in the midst of all this, we are strongly committed to organizing and promoting the 3rd World Congress on Traditional, Complementary and Integrative Medicines (WCTCIM), together with ISCMR and ESIM, bringing important discussions to the area for the first time in Latin America. We count on your participation and publicity so that we can meet from October 15 to 18, 2025 in Rio de Janeiro.

CABSIN remains steadfast in its mission to strengthen the field of PICS through research, knowledge dissemination, and collaborative actions. I would like to thank everyone who made this year of progress possible and invite you to continue with us on this journey of transforming knowledge into care and care into science.

With gratitude,
Mariana Cabral Schweitzer
CABSIN Directory



INTEGRATIVE HEALTH

Approach that seeks to integrate different forms of health care

Integrative Health represents a new model of care, centered on the person, understood in its multidimensionality, of a transdisciplinary nature, based on the combination of conventional medicine with Traditional, Complementary and Integrative Medicines (TCIM) and informed by scientific evidence.

It welcomes different resources of medical rationalities, natural products and non-pharmacological therapies, based on evidence, ranging from acupuncture and herbal medicine to yoga and meditation.

These practices are present in the Unified Health System (SUS) and in public and private health systems around the world. >>>

Our Partners

We are connected to partners in 41 countries on all continents. We are the Brazil Chapter of the International Society of Traditional, Complementary and Integrative Medicine Research (ISCMR), members of the TCIM America Network (which brings together 17 countries in the region), the PICS Brazil Network, the Academy of Integrative Health & Medicine (AIHM), the Traditional, Complementary and Integrative Health Coalition (TCIH), the Planetary Health Alliance, BraveNet and the Evidence Coalition.





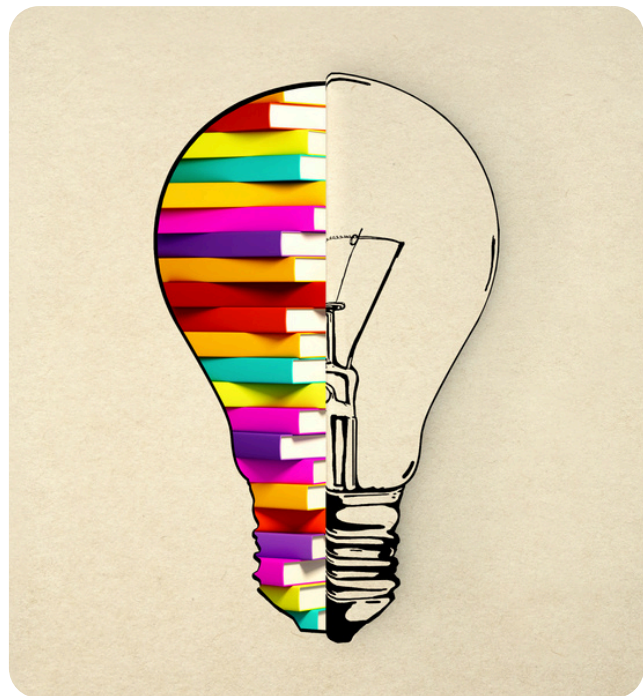
PRIORITY PROJECTS

Strategic Projects (2023-2026) in cooperation with PAHO/WHO

The renewal of the agreement between the Brazilian Academic Consortium for Integrative Health (CABSIN) and the Pan American Health Organization (PAHO/WHO) was held in November 2023, during the 4th CONGREPICS, in Florianópolis. This moment marked the continuation of the agreement signed in 2019, which aims to promote actions to promote scientific evidence of Traditional, Complementary, and Integrative Medicine (TCIM) and strengthen the area in Brazil and in the relationship with international partners in the Americas and other regions of the world. From this partnership, seven strategic projects in TCIM were established, which have already resulted in the joint production of 29 evidence maps. >>>

1. Revision Repository Systematics in TCIM

Innovative repository that integrates data from 27 evidence maps and 1,800 systematic reviews. Developed in partnership with BIREME/PAHO, this repository offers free access to policy makers and health professionals. The MOSAICO database, a collaborative product of the TCIM Americas Network, applies the LILACS methodology for bibliographic description and indexing with the DeCS Vocabulary. It includes conventional and non-conventional documents on Traditional, Complementary and Integrative Medicine (TCIM) and related practices, focusing on the Americas region. Challenges include data standardization, quality control, resource allocation, interdisciplinary coordination, and ethical considerations.



2. Knowledge Translation Center in TCIM

Collaborative project between CABSIN, BIREME/PAHO, the Ministry of Health and FIOCRUZ to produce scientific communication documents for health professionals, managers and the general public. It was created to promote evidence-driven public policies in the health area. The objective is to publicize the best evidence in an accessible language, focusing on the themes of Integrative and Complementary Health Practices (PICS), as well as the National Policy on Integrative and Complementary Practices (PNPIC) and the WHO Strategy 2014-2023 for the implementation of TCIM in health systems. >>>



3. Pan-American Compendium of Medicinal Plants

Database of clinical and toxicological studies of native plants from 15 countries, aiming at their incorporation into national Pharmacopoeias and access to public health. This project is a cooperation between 25 experts as a structured proposal from the 1st Pan-American Congress of Medicinal Plants of 2022, organized by CABSIN involving 24 countries. In partnership with the TCIM Americas Network, FIOCRUZ and the United States Pharmacopeia (USP), the project aims to identify, catalog and promote an innovation agenda for the safe and effective use of medicinal plants native to the Americas. The tool provides evidence-based information on the use of medicinal plants, justified by the historical rescue and the importance of documenting the pharmacological and toxicological evidence related to plant species of traditional use.

4. Brazilian Observatory of Integrative Oncology

Collaborative project proposed by CABSIN in partnership with the International Agency for Research on Cancer (IARC-WHO), PAHO, National Cancer Institute (NCI NIH), Society of Integrative Oncology (SIO), and the National Cancer Institute (INCA) of the Brazilian Ministry of Health. The project aims to promote evidence-based integrative oncology in primary and hospital care. It includes the creation of an Evidence Map in Integrative Oncology, the conduct of multicenter clinical trials, the development of a national database of integrative oncology to assess the cost-benefit ratio, and the conduct of regional and national research on specific TCIM interventions in different settings and hospitals. CABSIN, in cooperation with PAHO, SIO, and Technion University in Israel, is developing a work plan that began with the translation of the subtitles of the course Support for Cancer Patients with Phytotherapy, and which will continue for the next three years, including the creation of the Latin American group of integrative oncology with SIO, evidence-based training, and other communication strategies. >>>



5. Integrative Medicine for Children's Health

The project coordinated by our director, Dr. Ricardo Ghelman, a pediatrician, which has been bringing together leaders from more than 13 countries at CABSIN events and international conferences since 2019, has been consolidated with the creation of the International Network of Integrative Pediatrics. Together with PAHO, the Ministry of Health in the area of Child and Adolescent Health, and with the support of the São Paulo Pediatric Society (SPSP), CABSIN has been developing, through the Integrative Pediatrics Committee, the map of evidence for integrative pediatrics. In order to develop a strategy for disseminating information from research, as well as promoting implementation in academic environments and in the SUS, the Ministry has proposed including the best recommendations based on the mapping in a guiding document from the Ministry of Health. This project aims to improve the practice

conventional pediatrics, integrating it with complementary and traditional health approaches, informed by evidence and best practices. The focus is on using therapeutic approaches, respecting the unique contribution of different medical systems. The commitment is to the health and well-being of children, establishing guidelines, improving health education and making integrative pediatrics visible.

6. Assessment and Monitoring of TCIM in Health

The project involves the evaluation and monitoring of clinical records integrated with artificial intelligence in the future, assessed for cost-benefit, in a national pilot with the BraveNet group (USA), and in the future with Southern Cross University (Australia) and Hanyang University (South Korea). It aims to develop models and tools for the evaluation and monitoring of TCIM/PICS in health services, generating health indicators and cost-effectiveness assessment protocols. The electronic medical record integrated with E-SUS is a partnership with international groups that have been developing these systems for many years. We are already developing projects such as the Farol project and with the Municipal (SMS-SP, SMS-Recife) and State (SES-DF) Health Departments.

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7. Research Education in TCIM

The goal is to train researchers with innovative research methodologies. The focus is to train researchers using comprehensive methodologies, from Case Reports, quantitative and qualitative Clinical Research, Systematic Reviews, Evidence Maps, among other innovative methodologies. Coordinated by the Committee on Medical Rationalities and Research Methodologies in TCIM, the project seeks to advance the knowledge and practice of TCIM. In 2024, the Introduction to Research in PICS course was launched on the CABSIN website, available to all members.



SCIENTIFIC COMMITTEES

Evidence Maps

In partnership with the Latin American and Caribbean Center on Health Sciences Information (BIREME), a specialized center of the Pan American Health Organization/World Health Organization (PAHO/WHO), we created 29 maps of evidence of effectiveness that synthesize around 2450 Systematic Reviews, evaluating the Effect of TCIM Interventions on Clinical Outcomes.

There are more than 39 thousand views on the maps on the scientific platform of the Virtual Health Library (BVS/BIREME). The studies, carried out in a network, have several partners, including FIOCRUZ, the Brazilian Pharmacopoeia (FB), OPAS, the United States Pharmacopoeia (USP) and the TCIM Network. >>>



Clinical Effectiveness Evidence Maps

Finished maps:

Anthroposophic Medicine Map
Medicinal Plants and Phytotherapy
Map for Mental Health and Quality of
Life Medicinal Plants and
Phytotherapy Map for Metabolic and
Physiological Disorders Medicinal
Plants and Phytotherapy Map for
Chronic Diseases and Pain Oral Ozone
Therapy Map Brazilian Medicinal
Plants Map Apitherapy Map
Phytotherapy and Medicinal Plants
Map for Healing and Acute Diseases
Bioenergetic Analysis Map Cupping
Therapy Map Moxibustion Map
Acupuncture Map Meditation Map
Shantala Map Mind and Body
Practices Map of Traditional Chinese
Medicine Auriculotherapy Map TCIM
Map for Cardiovascular Diseases
TCIM Map for Chronic Pain TCIM Map
for Cervical Cancer Contributions of
Traditional, Complementary and
Integrative Medicines (TCIM) in the
context of the COVID-19 pandemic
Medicinal Cannabis Map

Maps updated in 2024:

Homeopathy Map Reflexology Map

Maps being updated:

Yoga Map Aromatherapy Map
Ayurveda Map

Maps under development:

Family Constellation Map Health and
Nature Map Integrative Pediatrics
Map





CABSIN SCIENTIFIC COMMITTEES

Scientific research plays a fundamental role in qualifying integrative and complementary health practices. With the aim of meeting individual needs and global health challenges, CABSIN has 14 Scientific Committees that bring together researchers from more than 50 Brazilian universities and research institutions in the area of TCIM/PICS around the world.

Research Group in the CNPq Directory

CABSIN researchers are registered as a Research Group on the research platform of the National Council for Scientific and Technological Development (CNPq), an entity linked to the Ministry of Science, Technology and Innovations to encourage research in Brazil. >>>

OSTEOPATHY · PAIN · TRADITIONAL CHINESE MEDICINE · ANTHROPOSOPHIC MEDICINE
INTEGRATIVE ONCOLOGY · NATUROPATHY/NATUROLOGY · INTEGRATIVE PEDIATRICS
MENTAL HEALTH AND SPIRITUALITY · HEALTH AND NATURE · AYURVEDA · HOMEOPATHY
MEDICAL METHODOLOGIES AND RATIONALITIES · NATURAL PRODUCTS · BIOENERGETICS
MEDICAL RATIONALITIES AND RESEARCH METHODOLOGIES IN PICS

Grupo de Pesquisa CABSIN



Research Methods in TCIM, Rationalities and Complex Medical Systems

Objective: to explore the implications of medical rationalities and complex medical systems in the development and application of scientific research methods and evidence production in the area of TCIM.

Composition: Committees of Anthroposophic Medicine, Ayurveda, Homeopathy, Traditional Chinese Medicine, Naturopathy, Osteopathy and Methodology

Traditional, Complementary and Integrative Medicines in areas and outcomes of interest in public health

Objective: to systematize evidence in TCIM in areas of interest such as health, nature, spirituality, oncology, pediatrics, among others; and for specific clinical outcomes such as pain, cardiovascular diseases, mental health problems and others.

Composition: Health and

Nature, Mental Health and Spirituality, Pain, Integrative Oncology and Integrative Pediatrics, Women's Health Committee (to be created).

Natural Products in Traditional, Complementary and Integrative Medicines

Objective: to systematize evidence on natural TCIM products such as herbal medicines, medicinal plants, essential oils and other natural products.

Composition: Natural Products Committee

Non-Pharmacological Therapies in Traditional, Complementary and Integrative Medicines

Objective: to systematize evidence on non-pharmacological TCIM therapies such as meditation, acupuncture, manual therapies, mind-body practices, body practices and others.

Composition: Bioenergetic Analysis Committee. >>>

Main research projects

1. Farol Project – RD/SMS-SP
2. Cannabis Evidence Map
3. Bioenergetics Evidence Map
4. Training course and assessment of the cost-effectiveness of Anthroposophic External Therapies SMS-SP
5. Integrative Pediatrics Evidence Map
6. Health & Nature Evidence Map
7. Ayurveda Evidence Map
8. Ayurveda in Cerebral Palsy
9. Thermography in Sickle Cell Anemia
10. Pan-American Compendium of Medicinal Plants
11. Pharmacological Validation of Traditional Brazilian Plants

Publications

Aromatherapy Evidence Map Update

The Aromatherapy Evidence Map, originally developed in 2021, is being updated with new scientific information to further support clinical and policy decisions related to this practice. The new edition includes recent studies that

evaluate the efficacy and safety of aromatherapy in different health conditions, reaffirming its potential as a complementary practice. This update reflects CABSIN's commitment to maintaining its maps as dynamic and reliable tools for health professionals and managers, promoting the use of evidence-informed integrative practices.

Article about Reflexology Map

A scientific article on the Reflexology Evidence Map has been completed, providing a detailed analysis of the available evidence for this integrative practice. The text addresses the effectiveness of reflexology in areas such as pain management, stress reduction and improvement of quality of life. This publication reflects CABSIN's effort to disseminate accessible scientific information that helps health professionals and policy makers to integrate evidence-based practices into health systems. Access the full text at the link.

Article about Medical Cannabis Map

The Medical Cannabis Evidence Map article was published in the journal *Frontiers in Pharmacology* in November, presenting the results of 194 reviews on >>>

medicinal cannabis and presenting an overview of the main interventions, effects and related health outcomes. Access the full text at the link.

Medicinal Plants of the Americas

CABSIN contributed to the publication of an article by the U.S. Pharmacopeia (USP) that presents an overview of Pan-American medicinal plants used in dietary supplements and herbal medicines. The work brings together information on the safety, efficacy and regulation of these species, promoting recognition of their importance in the field of Traditional and Complementary Medicines. This contribution highlights scientific initiatives that value biodiversity and traditional knowledge in Latin America. Access the full text at the link.

Clinical Protocol and Therapeutic Guidelines for Chronic Pain

CABSIN participated in the development of the Clinical Protocol and Therapeutic Guidelines (PCDT) for Chronic Pain in the Chronic Pain Reference Centers of the Municipality of São Paulo. The document establishes guidelines for clinical management, integrating evidence-based practices and complementary therapies in the care of patients with chronic pain. CABSIN's contribution was fundamental to include approaches

integrative practices, such as acupuncture and mind-body practices, reinforcing the importance of multidimensional and humanized care. The Protocol can be accessed at the link.

Book of the Pan-American Congress of Medicinal Plants

CABSIN is collaborating in the organization of the book for the Pan-American Congress of Medicinal Plants. The work, which will be published by Editora Manole, brings together contributions from researchers from all over Latin America, highlighting studies on the efficacy, safety and regulation of medicinal plants in various therapeutic contexts. This publication consolidates data on scientific knowledge about regional botanicals and promotes initiatives for their integration into public policies and health systems. >>>



Integrative Pediatrics Book

A manual on Integrative Pediatrics is being written and will be produced by Editora Manole, coordinated by CABSIN director Ricardo Ghelman and other experts in the field. The material addresses integrative practices as support for pediatric care, including case studies and evidence-based guidelines. This publication aims to train health professionals and expand understanding of approaches that consider the comprehensive health of children and adolescents, contributing to more comprehensive and humanized care.

Scientific Article on Pain and TCIM

A recently published scientific article addresses the role of Traditional, Complementary and Integrative Medicines (TCIM) in pain management, highlighting evidence on their effectiveness and practical application. The study presents data on therapies such as acupuncture, aromatherapy and mind-body practices, showing how they can be integrated into conventional care to improve patients' quality of life. This publication reaffirms CABSIN's commitment to supporting the dissemination of scientific knowledge that supports TCIM in the management of complex conditions.



Chapter on TCIM in new edition of Pain Handbook

A new edition of a technical manual on pain has included a chapter dedicated to an integrative approach, focusing on complementary and traditional practices in the management of this condition. The inclusion of this content reflects the growing recognition of TCIM as important tools for more effective and patient-centered care. CABSIN participated in the development of this chapter, which presents updated evidence and practical recommendations for health professionals interested in integrating innovative approaches into their clinical practices.



CABSIN IN THE GLOBAL MOSAIC OF THE TCIM

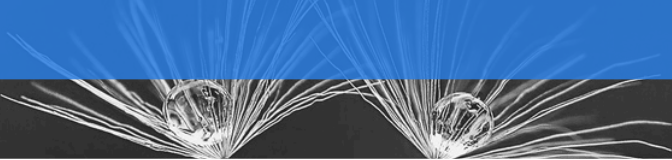
As we reflect on our journey over the past six years, we recognize the significant achievements that have shaped CABSIN as a national and international reference in the field of Traditional, Complementary and Integrative Medicines (TCIM).

Our mission has been clear: to promote scientific development, to collaborate with world-renowned institutions, such as the Pan American Health Organization (PAHO), the Latin American and Caribbean Center on Health Sciences Information (BIREME/PAHO), the World Health Organization (WHO), Cochrane, the Ministry of Health, Municipal and State Secretariats

for the construction of evidence-informed public policies. This work has generated concrete results: structured projects, active research networks and a significant impact on the formulation of person-centered approaches.

CABSIN's productions have already had an impact in Latin America, such as Chile, which incorporated data from our evidence maps to compose technical documents and guide strategic decisions in the area of TCIM.

If I could define the year 2024 in one word, it would be: Internationalization. CABSIN has been present in many countries, almost monthly >>>



representing and connecting our network to larger, older, more diverse structures, greatly expanding our vision and connection capacity. China, India, Iran, the United States, Portugal, Chile, Korea, Spain, Switzerland, Malaysia, Canada, Colombia and Italy have formed a beautiful mosaic of partners and experiences, showing the richness of our work at a global level.

We recognize that our victories have not come without challenges. Resistance, lobbying, and institutional barriers often test our resilience and determination. Even so, our conviction in the importance of a more humane health system aligned with the integrative model has been the foundation of our actions. We will remain steadfast, working in collaboration with all of you, to build a future of excellence.

For next year, the path is to strengthen the bridge between tradition, science and technology, positioning Brazil as the powerhouse that it is in the global TCIM scenario. At a time when Brazil is preparing to host the next World Congress of Integrative Medicine, this is a great opportunity to showcase unique technologies and knowledge that have been developed here for decades and are not properly known on the global scene, such as the concept of Medical Rationalities of

inspiring Professor Madel Luz.

I would like to thank each CABSIN affiliate, researcher, partner, and collaborator for their dedication and passion in 2024. Together, we have transformed diversity into power, promoted innovation, and maintained ourselves as an increasingly robust community of scientific learning and collaboration. I am confident that, with everyone's engagement, we will reach even higher levels.

I invite you to join me in this commitment to honor what we have built and to open new paths for TCIM in Brazil and around the world. It is through joint efforts that we will continue to advance and make a difference in global health.

Thank you all very much for your trust and dedication.

Caio Portella
Director of CABSIN



ACTIONS OF SCIENTIFIC COMMITTEES

Ayurveda Committee

The CABSIN Scientific Committee on Ayurveda continues to advance its established projects, including studies on cerebral palsy, cancer, and the development of an evidence map dedicated to Ayurvedic practices. These projects seek to integrate the principles of Ayurveda with robust scientific evidence, promoting the safe and effective application of this traditional medicine in clinical settings. The continuity of these initiatives reaffirms the committee's commitment to contributing to the scientific validation of Ayurveda and its inclusion in public health policies.

New Project on Medicinal Plants and Ayurveda Products

As part of its expansion efforts, the Scientific Committee of Ayurveda has initiated a new project focused on the study of medicinal plants and products derived from this ancient practice. The goal is to catalog and evaluate the efficacy and safety of these substances, promoting their rational use based on scientific evidence. This project seeks to expand knowledge about the botanicals used in Ayurveda, creating a repository of information that supports both academic research and the implementation of related health policies. >>>



Knowledge Translation and Live Production

The Scientific Committee of Ayurveda is developing initiatives focused on “Knowledge Translation”, which include the production of live events and educational materials to disseminate qualified information about Ayurveda. These actions aim to make scientific knowledge more accessible to health professionals and the general public, promoting the integration between tradition and modern evidence. The live events will address topics such as clinical application of Ayurveda, use of medicinal plants and study results, expanding the scope of the committee’s initiatives.

Commented Articles Based on the Evidence Map

Using the Ayurveda Evidence Map database, the committee has begun publishing annotated articles that provide detailed analysis of relevant studies in the field. These commentaries explain the clinical applicability and research findings, making the evidence more understandable to healthcare professionals and researchers. The initiative aims to bring Ayurveda closer to evidence-based practice, promoting greater confidence in the use of its therapies as part of integrative care approaches.

Thematic Tables no 3rd WCTCIM

The Scientific Committee of Ayurveda intends to work on the organization and composition of thematic panels for the 3rd World Congress of Traditional, Complementary and Integrative Medicine (3rd WCTCIM). The panels will address topics such as advances in Ayurvedic research, integration of TCIM in health systems and international cooperation, with the participation of renowned experts. The proposal is to reinforce the participation of the committee in global debates and contribute to increasing the visibility of Ayurveda as an evidence-based complementary approach. >>>

Pain Committee

In 2023, the Municipal Health Department of São Paulo implemented in the technical protocol guidelines for pain control with TCIM practices informed from scientific data systematized in the Evidence Map produced by CABSIN and BIREME/PAHO, including Auriculotherapy, Acupuncture, Cupping Therapy, Moxotherapy, Tai Chi, Reflexology, Phytotherapy, Meditation, Yoga and massages.

The material is intended for professionals who work in direct care for individuals with chronic pain in the municipality. Researchers from the Chronic Pain Committee of the Brazilian Academic Consortium for Integrative Health (CABSIN) provided support for the production of the technical document, incorporating scientific data identified in the Chronic Pain Evidence Map.

Homeopathy Committee

Conference with CNPq Research Groups in Homeopathy

The Scientific Committee on Homeopathy promoted a conference with CNPq Research Groups in Homeopathy, with the aim of forming a collaborative network focused on the integration of researchers and the expansion of projects in the area, to discuss

Working Group on Homeopathy and Collaborative Projects

As part of its strategic actions, the Scientific Committee on Homeopathy has established a Working Group (WG Homeopathy) to develop collaborative projects that integrate different research centers. This structure seeks to coordinate efforts and optimize resources to produce impactful studies, reinforcing the scientific basis of homeopathic practice.

Invitation to Seminars and New Collaborative Projects

The Scientific Committee on Homeopathy has invited CNPq Research Groups in the area to hold seminars dedicated to presenting their research and discussing potential collaborations. These meetings aim to identify synergies between groups and generate ideas for new research projects. The expectation is that the exchange of experiences and results will inspire innovative scientific initiatives, strengthening the homeopathy research network and contributing to the production of robust and relevant knowledge.

Scientific Article on the Evidence Gap Map in Homeopathy

The article "Presentation and analysis of the online Evidence Gap Map, 'Clinical Effectiveness of Homeopathy'" has been accepted for publication in the journal Homeopathy. The publication >>>

presents and analyzes the map of gaps in evidence on the clinical effectiveness of homeopathy, highlighting priority areas for research. This scientific contribution is important for the production of the Scientific Committee on Homeopathy, reinforcing its role in the production and dissemination of studies on homeopathic practice with scientific bases.

Biennial Planning and Collaborative Clinical Studies

The Scientific Committee on Homeopathy has developed a biennial plan that includes the expansion of collaborative clinical studies. Based on the results of a randomized clinical trial (RCT) underway at UFSCar on homeopathy for chronic nonspecific low back pain, a second study is planned that will apply the same protocol, in partnership with the CNPq Research Groups and other interested parties. The initiative seeks to validate the initial findings and expand the scope of investigation, strengthening the national research network in homeopathy.

New Research Opportunities in Homeopathy

The Committee aims to foster the development of collaborative projects. Based on the discussions held, it is expected that joint initiatives will emerge between the participating research groups, aimed at exploring new

applications and approaches of homeopathy. The committee will continue to promote actions that foster dialogue among researchers and encourage the production of studies that expand scientific knowledge in the area. >>>





Committee on Anthroposophic Medicine

Training in Anthroposophic External Therapies (TEA)

In 2023, the committee supported training in Anthroposophic External Therapies (TEA), which will continue to be promoted in 2024. These initiatives trained professionals in practices that use compresses, oils, and massages based on the principles of Anthroposophy, with a focus on stimulating self-healing processes and balancing the body. In São Paulo, 40 professionals from the Municipal Health Department were trained in partnership with CABSIN, while in Brasília, a collaboration between Fiocruz Brasília and the Health Department trained technicians and professionals in similar techniques. These actions highlight the potential of TEA as tools for humane and effective care, following the principles of the National Policy for Integrative and Complementary Practices (PNPIC).

National Expansion of ASD Practices

The training sessions held in São João Del Rei, Recife, São Paulo and Brasília have served as a model for the implementation of Anthroposophic External Therapies in other regions of Brazil. These initiatives emphasize the training of multipliers in the health system, ensuring the dissemination of the

techniques and expanding the population's access to practices that promote health and relief of chronic and acute symptoms. The committee's work reinforces the relevance of TEA as a complementary approach aligned with public health guidelines, contributing to the appreciation of Anthroposophic Medicine in the national scenario.

Monthly Meetings to Strengthen Collaboration

The Scientific Committee for Anthroposophic Medicine holds monthly meetings to discuss advances in the field, share experiences and promote integration among members. These meetings allow for the exchange of technical and scientific knowledge, in addition to encouraging interdisciplinary collaboration in joint projects. The regularity of these meetings reflects the committee's commitment to strengthening its work in the field of Anthroposophic Medicine and expanding its contribution to integrative practices in Brazil.

Course on Writing Case Reports

As part of its educational initiatives, the committee is seeking to train and develop a course dedicated to the preparation and analysis of clinical cases, with a focus on the case report of Anthroposophic Medicine. The goal is to train health professionals and students in >>>

construction of reports that demonstrate the benefits and practical applications of this therapeutic approach. The course will be extended to other CABSIN committees, promoting greater integration between the different areas of Traditional, Complementary and Integrative Medicine (TCIM) and reinforcing the relevance of case reports as a tool for learning and scientific dissemination.

Formation of Research Groups in Anthroposophic Medicine

The committee is organizing research groups dedicated to various thematic areas, such as child health, women's health, pain management, mental health and multimodal care. These groups bring together specialists from different areas to foster interdisciplinary cooperation and produce studies that strengthen the scientific basis of Anthroposophic Medicine. The goal is to explore new therapeutic possibilities and expand the applicability of this approach in the context of public health, contributing to the generation of evidence and the improvement of clinical practices.

Participation in International Research Groups

The Scientific Committee for Anthroposophic Medicine seeks to expand its global reach by engaging in networks and research groups

international institutions, with an emphasis on the Research Council of the Goetheanum, Switzerland. This participation allows the exchange of knowledge and experiences, as well as collaboration in projects that promote the development of Anthroposophic Medicine. By establishing connections with foreign institutions, the committee reinforces its presence in debates and initiatives of global relevance, promoting the integration of anthroposophic practices into diverse contexts and enriching the approach with international perspectives.



Naturopathy Committee

In 2025, the Naturopathy Committee worked on finalizing previous projects such as the scientific article that is in the publication phase, as well as supporting the strategic demands for the development of the area for the Brazilian Congress of Naturopathy, which will take place alongside the 3rd World Congress of TCIM, in Rio de Janeiro, in 2025.

Main objectives:

- Contribute to expanding access to information on qualified research in naturopathy/naturopathy.
- Support initiatives that aim to increase research in naturopathy/naturopathy in Brazil, with an emphasis on those that contribute to strengthening naturopathy/naturopathy in the SUS, in line with the guidelines of the National Policy for Integrative and Complementary Practices (PNPIC).
- Promote articulation between professionals and researchers interested in scientific research in naturopathy/naturopathy.
- Support actions that contribute to the training of naturopathy professionals in scientific research methodologies.

- Support and encourage scientific research in the field of naturopathy/naturopathy.

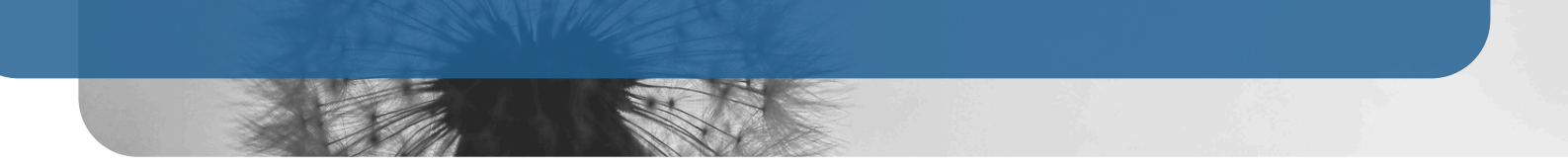
Integrative Oncology Committee

Strengthening National and International Cooperation in Integrative Oncology

The Scientific Committee for Integrative Oncology has the main objective of expanding national and international cooperation in the field of integrative oncology, promoting the exchange of knowledge and experiences between renowned institutions. Through the creation of collaborative networks, the committee seeks to integrate Traditional, Complementary and Integrative Medicine (TCIM) practices into oncological treatment, strengthening scientific evidence and promoting public policies that favor the adoption of these approaches in cancer care. The formalization of partnerships with institutions such as INCA, ABRALE, SIO and Rede TCIM Américas reinforces the mission of positioning Brazil as a leader in the area of integrative oncology in Latin America.

Digital Platform for Sharing Studies and Practices

One of the committee's strategic initiatives is to develop a >>>



digital platform that facilitates the sharing of scientific studies, clinical protocols and integrative oncology practices. This tool will allow access to updated data, strengthening the exchange of information between professionals and researchers from different countries. The platform will also be used as a space for the integration of global and regional networks, promoting research collaborations and expanding the dissemination of scientific evidence on TCIM in the oncological context.

Creation of the Evidence Map in Integrative Oncology

As part of its 2024–2025 planning, the committee plans to develop a comprehensive evidence map for integrative oncology. This project seeks to systematize data on the efficacy and safety of the most widely used integrative therapies in Brazil, such as acupuncture, meditation, and mind-body practices. The map will be a crucial tool to support the implementation of integrative practices in the Unified Health System (SUS), contributing to more informed and accessible clinical decisions. The initiative also aims to position Brazil as a reference in the production of evidence in the area of integrative oncology.

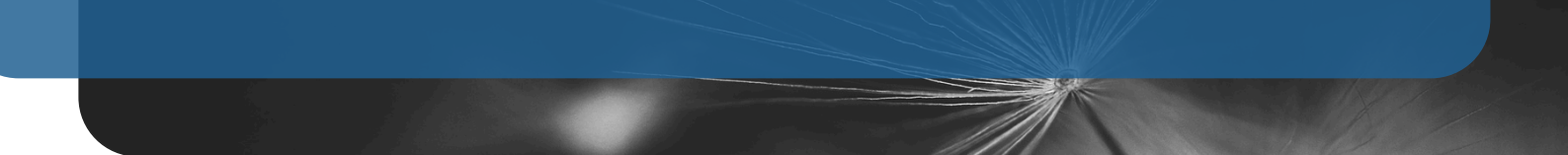
Fundraising and Crowdfunding

To facilitate the development of the evidence map and other initiatives, the committee is developing a robust fundraising strategy. Planned actions include funding requests from public agencies, such as the Ministry of Health and CAPES, and partnerships with private and international foundations. In addition, crowdfunding campaigns will be held to engage the public and patients in co-financing the projects. These campaigns, broadcast on social media, will have the support of influencers and health institutions, raising awareness about the importance of integrative oncology.

Biennial Planning and Academic Partnerships

In the 2024–2025 period, the committee seeks to formalize academic partnerships with universities and research centers that contribute studies and data to the evidence map. The strategy includes holding joint webinars and workshops to train health professionals in integrative oncology and strengthen the production of scientific knowledge. The goal is to obtain an initial funding of R\$500,000 in the next 18 months and create an initial version of the evidence map.

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focusing on the five most used therapies in Brazil, consolidating the country's position as a reference in TCIM in oncological treatment.

Osteopathy Committee

Actions Developed by the Osteopathy Scientific Committee

CABSIN's Osteopathy Scientific Committee has carried out several notable actions, including regular meetings that promote the sharing of experiences and scientific updates among members. In 2023, it organized the 1st Technical, Scientific and Educational Symposium on Osteopathy, which addressed advances in clinical practice and research. In addition, a live broadcast with osteopath Ronaldo Damasceno highlighted the work of professionals in the field at the Olympic and Paralympic Games, demonstrating the impact of osteopathy in high-performance contexts. These initiatives reflect the committee's commitment to education and the dissemination of updated knowledge in osteopathy.

Symposium on Osteopathy and Integrative Pediatrics brought together evidence in child care

In November 2024, the first joint symposium with the CABSIN Integrative Pediatrics Committee was held. The event's central theme was "Evidence & Clinical Practice

at the Interface between Integrative Pediatrics and Osteopathy", highlighting the importance of osteopathy in expanding evidence-based practices for the care of children. The initiative sought to identify intersections and expand the dialogue between pediatricians and osteopaths in favor of complete and comprehensive pediatric care.

Biennial Planning 2024-2025

For the period 2024-2025, the Scientific Committee on Osteopathy has established a plan that includes the completion and publication of an Evidence Map in Osteopathy, which will gather scientific data on the effectiveness of this practice in different clinical conditions. The plan also includes events such as the 2nd Technical, Scientific and Educational Symposium on Osteopathy and Integrative Pediatrics and live broadcasts with renowned experts. Among the scheduled topics are osteopathic treatment in gestational hypertensive syndromes and the reconceptualization of osteopathy from contemporary perspectives, such as enactivism. These actions aim to strengthen the scientific basis of osteopathy and promote its integration in diverse clinical contexts. >>>



Proposals for Expansion and Integration

The committee proposes to expand its participation in scientific activities, symposia and research, in addition to encouraging the entry of new members into CABSIN through greater dissemination of its actions.

Integration with other committees, such as those of Pediatrics and Pain, is among the priorities, seeking to carry out joint activities that promote synergies between the areas. One of the most relevant proposals is the organization of the 3rd Technical, Scientific and Educational Symposium on Osteopathy, which

will have the collaboration of another committee, promoting interdisciplinary debates and new possibilities for collaborative research and practice.

Activities for Scientific Update and Dissemination

The Osteopathy Scientific Committee also plans to hold live sessions and interactive groups focused on scientific updates, addressing topics such as osteopathic management of chronic pain and the different areas of osteopathy. These initiatives aim to disseminate knowledge to the CABSIN community and associates, promoting engagement and the exchange of experiences. In addition, quarterly studies are being proposed to deepen the understanding of specific topics, strengthening the committee's impact in the field of integrative and complementary practices. >>>

Integrative Pediatrics Committee

Actions Developed by the Scientific Committee for Integrative Pediatrics

The Scientific Committee on Integrative Pediatrics has stood out with relevant initiatives, such as the development of the Evidence Map in Integrative Pediatrics, which systematizes scientific studies on integrative practices applied to child health. In addition, the committee is coordinating the creation of an International Society of Integrative Pediatrics, seeking to promote global collaboration in the field.

Participation in events such as the 2nd World Congress on Integrative Medicine and Health in Rome and the 16th São Paulo Pediatrics Congress has strengthened its presence in the scientific arena, while regular meetings have ensured the alignment of actions and the advancement of projects.

Symposium brought Osteopathy closer to child care

In November 2024, the first joint symposium with the CABSIN Osteopathy Committee was held. The event's central theme was "Evidence & Clinical Practice at the Interface between Integrative Pediatrics and Osteopathy", highlighting the importance of osteopathy in expanding evidence-based practices for the care of children. The initiative sought to

identify intersections and expand the dialogue between pediatricians and osteopaths in favor of complete and comprehensive pediatric care.

Biennial Planning: Finalization of the Map and Book of Integrative Pediatrics

For the period 2024-2025, the committee plans to finalize the Evidence Map in Integrative Pediatrics, consolidating studies on the application of complementary practices in pediatric care. In parallel, a book on Integrative Pediatrics is underway, which will address topics such as integrative interventions and case reports, providing a theoretical and practical basis for professionals and students in the field. These actions aim to expand access to qualified information and strengthen the integration of integrative practices in child care. >>>





Integration with Other Committees and Scientific Events

The committee plans to strengthen partnerships with other CABSIN scientific committees, participating in joint initiatives, such as the Osteopathy Symposium. This integration will allow the exchange of knowledge and the promotion of interdisciplinary approaches in pediatric care. The organization of the II Brazilian Symposium on Integrative Pediatrics is also among the priorities, bringing together national and international experts to discuss the advances and challenges of the field, in addition to promoting the dissemination of good practices in child care.

Communication Plan and Institutional Partnerships

As part of the strategic planning, the committee will develop a Communication Plan to disseminate the theme of Integrative Pediatrics, using digital media, events and scientific publications. Another important front will be the articulation of institutional partnerships with pediatric societies and national and international organizations, with the objective of strengthening the integration of complementary practices in child health systems and promoting scientific dialogue between the various entities.

Discussion and Publication of Clinical Cases

One of the actions planned by the committee is the discussion of clinical cases focusing on the application of integrative practices in pediatrics. These discussions will result in the preparation and publication of case reports that document successful interventions and highlight the impact of integrative practices in child care. The production of these materials will serve as a reference for health professionals, contributing to the dissemination of practical evidence and the expansion of knowledge in the area of integrative pediatrics. >>>

Natural Products Committee

Bi-monthly Meetings for Updates and Integration

The CABSIN Natural Products Scientific Committee will hold bimonthly online meetings with its members, focusing on continuous updating and strengthening integration among its members. During these meetings, news related to the field of natural products will be discussed, including presentations of projects led by the members themselves. The dynamic seeks to expand collective knowledge and foster collaborations, allowing each participant to share their expertise and promote the advancement of joint initiatives. This strategy reinforces the role of the committee as a collaborative and innovative platform in the area of PICS.

Content Production for Scientific Dissemination

The committee will encourage its members to contribute to the production of technical and educational content aimed at scientific dissemination. This includes bimonthly comments on published articles, which will be shared on the CABSIN website, and videos or audios of up to 30 minutes, where experts will address topics related to their area of expertise.

performance. With the technical support of CABSIN, these productions aim to translate scientific knowledge in an accessible way, promoting greater understanding and engagement of the public in relation to the science of natural products and their application in PICS.

Participation in the 3rd WCTCIM with Thematic Tables

The Natural Products Committee will play an active role in organizing and composing thematic panels at the 3rd World Congress of Traditional, Complementary and Integrative Medicine (3rd WCTCIM). These panels will be dedicated to discussing advances in research, regulation and application of natural products in the context of TCIM. With the participation of renowned experts, the committee seeks to increase the impact and visibility of the discussions, contributing to the strengthening of the area at an international level and reinforcing CABSIN's commitment to scientific excellence. >>>

Expansion and Renewal of the Committee

In order to renew and complement its composition, the Scientific Committee for Natural Products will suggest the names of researchers with solid experience in relevant projects to join its team. The entry of new members will bring new perspectives and enthusiasm to the conduct of initiatives, strengthening the committee's ability to address emerging issues in the area of natural products. This renewal is part of the strategy to keep the committee up to date and prepared to deal with the challenges and scientific advances in the field.



Medical Cannabis Evidence Map

Another topic related to natural products is research related to Medicinal Cannabis. In November 2023, the Medicinal Cannabis Evidence Map was launched during the WeCann Summit Latin America 2023, in Campinas/SP. The document produced jointly by CABSIN and BIREME/PAHO, systematizes scientific information from 194 studies. This map was funded by the WeCann Academy.

Health and Nature Committee

Adherence to the Health and Nature Manifesto

CABSIN signed the Nature Health Network Brazil manifesto, which calls on public managers and civil society to develop public policies that recognize the importance of contact with natural resources as part of care at all levels of health care. Adhering to the manifesto is an opportunity to contribute to the promotion of integrative and sustainable health.

Strategic Review Committee

The Health and Nature Committee of the Brazilian Academic Consortium for Integrative Health (CABSIN) underwent a strategic review in >>>

its Mission, Vision and Objectives, aligning with institutional priorities for the 2024–2025 biennium. Updating members and integrating with the team responsible for developing the Clinical Effectiveness Evidence Map for Health and Nature Interventions were central actions in this process, ensuring greater alignment and engagement in the committee's initiatives.

Planning for dissemination and expanded engagement

With the goal of finalizing the Evidence Map by March 2025, the Committee plans to disseminate it on digital platforms and at events such as the 3rd World Congress on Traditional and Integrative Medicine (3rd WCTCIM).

Action with the Environment Secretariat of Goiás

The biennial planning also includes the "Goiás Health and Nature Project" and the holding of open online meetings, promoting debates on research and related topics. Updating information on the CABSIN website is part of these actions, reinforcing the committee's communication with the public and strategic partners.

Mental Health and Spirituality

The meetings of the CABSIN Scientific Committee on Health and Spirituality are now open to the public.

Recordings of the activities were already available and shared online, but the Committee has opened its doors to welcome those who want to watch the classes live. The meetings address topics related to historical and sociocultural aspects, advances in neuroscience, and philosophical approaches to care based on the interfaces between science, art, philosophy, and spirituality. The classes are available on the CABSIN YouTube channel. >>>





Committee on Medical Rationalities and Research Methodologies in TCIM

First Meeting of the Scientific Committee on Health Rationalities and Scientific Methodologies

The Scientific Committee on Health Rationalities and Scientific Methodologies held its first meeting in September 2024, marking the beginning of its activities with a focus on the integration of scientific methodologies with integrative practices. During the meeting, strategies were discussed to strengthen scientific production in the field of Traditional, Complementary and Integrative Medicines (TCIM), promoting collaborative actions among researchers from the various CABSIN committees. This inaugural meeting consolidated the committee's commitment to leading initiatives that unite tradition and science for the advancement of TCIM.

Introduction to Research in TCIM Course

The committee presented the course "Introduction to Research in TCIM", aimed at researchers from the different CABSIN committees. This course addresses fundamental concepts of scientific methodology applied to integrative practices, promoting the training of professionals to develop rigorous and

aligned with scientific standards. The initiative seeks to strengthen the methodological basis among the consortium members, increasing the quality of the research carried out and encouraging the adoption of evidence-based practices in health systems.

Project for Recording Classes with Committee Researchers

One of the committee's proposals is to create a project to record classes taught by researchers from various CABSIN committees. These classes will address specific topics related to TCIM, with the aim of disseminating technical and scientific knowledge in an accessible way. The project aims to build a repository of educational content that supports the training of new researchers and professionals in the field, contributing to expanding the impact of integrative practices in Brazil and worldwide.

Participation in the 3rd WCTCIM with Thematic Tables

The Committee on Rationalities in Health and Scientific Methodologies is encouraging its members to participate in the organization and composition of thematic panels of the 3rd World Congress of Traditional, Complementary and Integrative Medicine (3rd WCTCIM). The participation in the event will be an opportunity to discuss topics related to research and methodologies applied to TCIM, promoting debates >>>

interdisciplinary and strengthening CABSIN's presence in the international scenario of integrative practices.

Book on TCIM Research The committee is leading the development of a book dedicated to TCIM research, which will address topics such as scientific methodology, clinical application and integration of complementary practices in health systems. The publication will be aimed at researchers, professionals and students interested in deepening their knowledge in the field of TCIM, offering a solid theoretical and practical basis. This book represents a significant advance in the production of materials that consolidate scientific knowledge in the area, promoting its expansion and recognition.

Traditional Chinese Medicine Committee

First Meeting and Validation of ICD-11 TM1 Codes

The Scientific Committee for Traditional Chinese Medicine held its first official meeting in September 2024, marking the beginning of activities to coordinate and develop strategic projects. Among the committee's priorities is the validation of ICD-11 TM1 codes in partnership with the Ministry of Health, a step



fundamental for the inclusion of Traditional Chinese Medicine (TCM) practices in Brazilian health systems. This validation represents an advance in the standardization and recognition of these practices in Brazil, strengthening their integration into public policies and evidence-based clinical practices.

Dictionary of Chinese Medicinal Materials

One of the priority initiatives of the Traditional Chinese Medicine Committee will be the publication of the comprehensive dictionary of Chinese medicinal materials. This project aims to systematize information on substances used in TCM, including properties, uses >>>

interdisciplinary and strengthening CABSIN's presence in the international scenario of integrative practices.

Book on Research in therapeutic TCIM and associated regulations. The promotion of this dictionary seeks to expand access to technical-scientific knowledge, assisting both researchers and health professionals in clinical practice and in the development of policies that recognize the relevance of these substances.

Update of the Auriculotherapy and Acupuncture Map

The committee is developing a fundraising project to update the auricle and acupuncture chart, essential tools for the practice and teaching of these therapies. The update will include recent data on efficacy and clinical applications, based on scientific evidence. This initiative reflects the committee's commitment to providing up-to-date and evidence-based materials, contributing to the advancement of TCM as a science-informed practice integrated into contemporary health systems.

Participation in the 3rd WCTCIM and Organization of Thematic Tables

The committee will encourage the participation of its team in the organization and composition of thematic tables at the 3rd World Congress of Traditional, Complementary and

Integrative (3rd WCTCIM). These panels will address topics such as advances in acupuncture, auriculotherapy and Chinese medicinal materials, promoting debates on the integration of TCM practices into global health systems. The committee's role in the event reinforces its relevance as an articulating agent in the international scenario of integrative practices.

Scientific Article on the Acupuncture Evidence Map

The Scientific Committee for Traditional Chinese Medicine is working on publishing a scientific paper on the Acupuncture Evidence Map. The paper reviews recent studies on the effectiveness of acupuncture in various health conditions, consolidating information that supports the safe and effective use of this practice. >>>





Bioenergetics Committee

The Bioenergetics Committee is also implementing research to evaluate clinical efficacy and derived interventions for different health outcomes, including mental disorders and indicators, well-being and quality of life, organic diseases, and metabolic and physiological indicators.

Bioenergetic Analysis, a specific form of body and relational psychotherapy based on an integral body-mind vision, has a history of approximately 70 years.



3RD WCTCIM

TCIM meets for the first time in Latin America

The 3rd World Congress on Traditional, Complementary, and Integrative Medicine (WCTCIM), organized by the Brazilian Academic Consortium for Integrative Health (CABSIN), the International Society for Traditional, Complementary, and Integrative Medicine Research (ISCMR), and the European Society of Integrative Medicine (ESIM), focuses on Strengthening Global Public Health through Traditional, Complementary, and Integrative Medicine: Diversity of Knowledge, Wellness Societies, and Planetary Health. The event also encompasses the 20th International Congress on Traditional, Complementary, and Integrative Medicine Research and the 17th European Congress of Integrative Medicine. It is the premier global meeting dedicated to advancing global health through Traditional, Complementary, and Integrative Medicine (TCIM). This groundbreaking event, held for the first time in Latin America, will bring together experts, academics, and health professionals from all regions of the world to share innovative research and experiences in integrative health toward planetary health.

Focused on the diversity of knowledge and the integration of traditional practices with modern scientific research, the congress will explore how TCIM can contribute to healthier societies and planetary sustainability. It will promote debates on public policies, innovation and the application of evidence-informed practices in the field of integrative health. >>>



Rio de Janeiro will host the World Congress

Rio de Janeiro is a unique city, few places in the world combine nature and a vibrant cultural city in such harmony. In addition to a large metropolis, you will find stunning beaches, one of the largest urban forests in the world, lagoons, waterfalls and a beautiful bay, all within the same city.

The event will take place at the Riocentro Convention & Event Center, in Barra Olímpica. This is the second largest convention center in Latin America, which was elected the Best Convention Center in Brazil by the World MICE Awards 2023. >>>



Presidents



CABSIN
Brazilian
Academic
Consortium for
Integrative Health



Ricardo Ghelman
PhD



Mariana Schweitzer
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International Society for
Traditional, Complementary,
& Integrative Medicine Research

ISCMR
International Society for Traditional,
Complementary and Integrative
Medicine Research



nadine ijaz
PhD



Holger Cramer
PhD



E.G
European Society for
Integrative Medicine



Georg Seifert
PhD



Error Boujnah
PhD



Principles of the 3rd WCTCIM

01 Inclusion

Ensure representation of all regions, backgrounds and disciplines in the field of TCIM and public health.

02 Diversity

Recognize the importance of biodiversity and cultural diversity.

03 Informed by evidence

Emphasize respect for diverse traditional knowledge and evidence-informed practices in TCIM.

04 Heritage

Prioritize equity and social justice, ensuring fair representation and participation.

05 Collaboration

Encourage networking and the exchange of ideas among participants for shared responsibility.

06 Sustainability

Integrate biodiversity preservation and sustainability into all aspects of the congress.

07 Accessibility

Make the congress accessible, considering physical accessibility, linguistic diversity and affordability.

08 Innovation

Promote innovation inspired by traditional and indigenous knowledge, respecting the principles of consent.

09 Transparency

Maintain transparency in decision-making and communication, promoting trust.

10 Impact on the real world

Promote opportunities for real-world action based on congress insights.



CABSIN BRINGS THE WORLD CONGRESS OF INTEGRATIVE HEALTH TO BRAZIL

The name of the congress: 3rd World Congress of Traditional, Complementary and Integrative Medicine (WCTCIM) – already brings a direct message of alignment with the World Health Organization (WHO) which calls this large area of health Traditional, Complementary and Integrative Medicine, recently defined by the WHO as “an interdisciplinary and evidence-based approach that aims to achieve the health and well-being of the whole person, using a respectful combination or fusion of traditional and/or complementary biomedical and medical knowledge, skills and practices.

Provides holistic care that spans the continuum of care and may involve multiple health care providers and institutions.”

The congress logo also conveys a very clear message by displaying six parts, representing the six regions of the world – Africa, the Americas, the Eastern Mediterranean, Europe, Southeast Asia and the Western Pacific – with representatives already meeting on the scientific committee to ensure this global diversity in the congress programme. >>>



The central theme of the congress will be Strengthening Global Public Health through Traditional, Complementary and Integrative Medicine: Diversity of Knowledge, Healthy Societies and Planetary Health.

It is important to highlight that the Congress will be a launch platform for three important products linked to the WHO: the new Traditional Medicine Strategy 2025-2034 for the development of the area in 194 countries, the new ICD-11 that incorporated the diagnoses of Traditional Chinese Medicine and Ayurveda into the international classification system of diseases, and the WHO Global Traditional Medicine Library evidence platform in TCIM.

Since the beginning of the year, our World Congress has been discussed at several international congresses, such as the Academic Consortium Congress in Cleveland, USA, the European Congress in Madrid, the Congress of the Society of Integrative Oncology in California, the Indian Congress with the WHO, and will also be discussed at the Congress in China with the WHO and the International Congress in Portugal in December of this year. In Brazil, we began to debate with sectors of the Ministry of Health, as well as in live broadcasts with FIOCRUZ and Rede PICS.

Brazil, and at events held by State and Municipal Health Departments. We hope that the World Congress will become a historic milestone in the development of TCIM, Integrative Medicine and Health and PICS.

On behalf of the six presidents - myself, Mariana, Nadine, Holger, Hiba and Georg - from the three institutions, I am pleased to welcome you to the World Congress in Rio in 2025.

Ricardo Ghelman, MD, PhD Director of CABSIN and President of 3rd WCTCIM

HIGHLIGHTS

WHO Strategy 2025-2034

Director Dr. Ricardo Ghelman participated in the working group of 30 guests to review the draft of the 2025-2034 Strategy for Traditional, Complementary and Integrative Medicines (TCIM), promoted by the World Health Organization (WHO), in Geneva.

After this phase, the document underwent public consultation. The document represents a global guideline to strengthen the integration of TCIM into health systems for 170 countries, aligning evidence-informed practices with public health needs and universal coverage goals.

The review in public consultation included contributions from CABSIN researchers, who emphasized the importance of expanding access to scientific data and the inclusion of integrative approaches in public policies. This participation reinforces the consortium's commitment to advancing global health through international collaboration.

Ayurveda no CID-11

Members of the CABSIN Ayurveda Committee, coordinated by Director Ricardo Ghelman and Committee Coordinator José Ruguê, played a prominent role in representing Brazil in the development of the Ayurveda module of the ICD-11, contributing with experts in the development of diagnostic classifications for this traditional practice. The work, carried out in meetings promoted by the WHO in countries such as Sri Lanka and India, sought to include terminology and practices based on Ayurveda in the context of the International Classification of Diseases, promoting a global and transdisciplinary approach. >>>



1st Meeting of Traditional Brazilian Medicines

CABSIN participated in the 1st Meeting of Traditional Brazilian Medicines and Global Health Promotion, an event that brought together experts, researchers and practitioners to discuss topics such as mental health, self-development and spirituality. The meeting highlighted the importance of traditional Brazilian practices in strengthening the integral health and well-being of populations, emphasizing the interrelationship between mind, body and spirituality. CABSIN's participation reinforced its commitment to valuing traditional knowledge, promoting the integration of these practices into health systems and evidence-informed public policies.



Seminar on Traditional Knowledge and Integrative Practices in Brasília

CABSIN was present at the Seminar on Traditional Knowledge and Integrative Practices held in Brasília, contributing to discussions on the role of TCIM in public health and in strengthening more inclusive care approaches. During the event, results of strategic projects and practical experiences were presented that demonstrate how traditional knowledge can be effectively integrated into health systems. Participation in the seminar also included sharing initiatives such as the development of the course "Introduction to Research in TCIM", which is in the implementation phase and seeks to train professionals to work with scientific methodologies applied to integrative practices.

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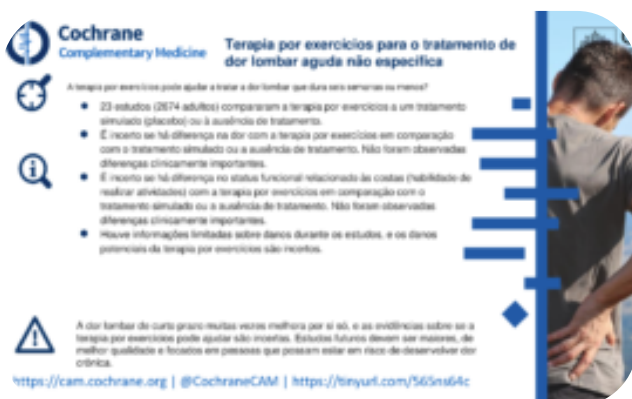


Cochrane Partnership - Sharing Scientific Content

CABSIN has entered into a strategic partnership with Cochrane Complementary Medicine to share scientific content related to Traditional, Complementary and Integrative Medicine (TCIM). This collaboration will allow high-quality information, based on systematic reviews, to be more widely disseminated, contributing to informed decision-making in clinical practice and public policy. The partnership represents an important step towards expanding access to scientific evidence on TCIM, reinforcing CABSIN's role as a facilitator of knowledge and innovation in the field of integrative health.

Cannabis Medicinal

In November 2023, CABSIN, in partnership with BIREME/PAHO and WeCann Academy, launched the Medicinal Cannabis Evidence Map. The document highlights research on Medicinal Cannabis and systematized results from 194 studies. This is the 27th project of the CABSIN and BIREME/PAHO partnership. The launch took place during the WeCann Summit Latin America 2023, in Campinas/SP. The results were categorized into nine groups of clinical outcomes, with mental disorders being the most common, followed by others such as pain, nervous system diseases, well-being and quality of life, physiological and metabolic indicators, and psychological and behavioral indicators. This map was funded by WeCann Academy. >>>



PICS in Floods - Support for the Technical Report in RS

CABSIN contributed to the preparation of the Technical Report on Complementary and Integrative Health Practices (PICS) services provided in Rio Grande do Sul during flood response efforts. This report documents how PICS were used to support the mental and physical health of affected communities, demonstrating the positive impact of these practices in emergency situations. CABSIN's contribution reflects its commitment to promoting integrative solutions for health care, especially in crisis contexts, highlighting the importance of evidence-based interventions in times of vulnerability.



International Society for
Traditional, Complementary,
& Integrative Medicine Research

ISCMR Coupon Giveaway for Affiliates

CABSIN held a raffle for coupons to waive annual fees for the International Society for Complementary Medicine Research (ISCMR) among its affiliated researchers. The initiative sought to encourage the participation of the Brazilian academic community in one of the most relevant international networks in the field of Traditional, Complementary and Integrative Medicine (TCIM). This action reinforces CABSIN's commitment to expanding national researchers' access to international resources, promoting greater integration and visibility of Brazilian scientific production in TCIM on the global stage.

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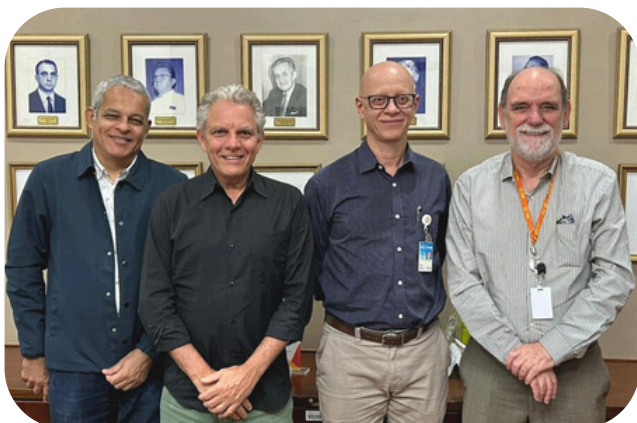
Partnership with the Brazilian Observatory of Integrative Oncology

CABSIN, represented by Director Dr. Ricardo Ghelman, and by the focal point for Integrative Oncology and member of the Integrative Oncology Committee, Dr. Jose Carlos Andrade, participated in a strategic meeting with the new director of the National Cancer Institute (INCA), Dr. Roberto de Almeida Gil, to discuss the creation of the Brazilian Observatory of Integrative Oncology. The proposal aims to monitor and evaluate the use of integrative practices in oncology care, with a focus on interventions that promote a better quality of life for patients and their families. This partnership represents a significant advance in the integration of TCIM into public policies focused on cancer, strengthening CABSIN's role as a promoter of innovative and scientifically based initiatives in the field of integrative health.



Social Entrepreneurship - 10 Years of Yunus Brazil

Yunus Social Business celebrated a decade of operations in Brazil with the launch of the social initiative Farol, which seeks to inspire and support projects with social impact. CABSIN participated in discussions on how initiatives focused on integrative health can benefit from social business models to expand access and sustainability. This collaboration reinforces the alignment between integrative practices and social entrepreneurship strategies as tools for promoting well-being and inclusion. >>>



CABSIN is a partner in an innovative project at Casa Farol

CABSIN provided consultancy services to the Farol Social Business, which seeks to contribute to health and well-being in the outskirts of the city in an innovative way. The pilot project was implemented with the opening of Casa Farol in Capão Redondo, São Paulo. Farol offers health promotion activities to local residents through TCIM. It includes individualized care journeys with an interprofessional team and focuses on two lines of care: Mental Health and Chronic Pain.



Work Fronts

CABSIN's work in the Farol Social Business included several work fronts, such as:

- Clinical follow-ups and case discussions for the implementation of an integrative health model;
- Implementation of operational instruments and data collection/recording of health outcomes and incorporation of healthy habits;
- Development of clinical instruments for case management and monitoring;
- Start of the collection of clinical data and health indicators, in a real-life scenario, through validated questionnaires, which involved team training, parameterization of the medical records system and monitoring of data registration and quality;
- Beginning of systematization and parameterization of data for cost-effectiveness assessment model;
- Development of interactive dashboards with health and management data for clinical-operational use by the team and for monitoring indicators and goals. >>>

Support for the "Health and Nature" Manifesto

CABSIN supported the dissemination of the manifesto "Health and Nature", which seeks to include the relationship between health and the environment in Brazilian public policies. The document highlights the importance of integrating health practices that value connection with nature, as a way to promote physical and mental well-being. The initiative reflects CABSIN's vision on the need to align public health and environmental sustainability, contributing to more comprehensive and evidence-informed policies.

Participation in the 36th COSEMS/SP Congress

CABSIN was present at the 36th COSEMS/SP Congress, one of the largest public health events in the state of São Paulo. During the event, strategic projects and initiatives for integrating complementary practices in the SUS were presented, with emphasis on the application of PICS in local contexts. Participation in the congress reinforced the importance of TCIM as tools to support comprehensive care and expanded the dialogue between health managers and researchers about the impact of these practices on public services.

Tribute on International Ayurveda Day

Ayurveda was honored by the Embassy of India in Brazil during the celebrations of the International Ayurveda Day. The event highlighted the relevance of this ancient practice for global health and included discussions on its increasing integration into Brazilian health systems. Representatives from CABSIN participated in the meeting, strengthening international collaboration and reaffirming the commitment to promote traditional practices as part of an integrative and evidence-based approach. >>>



Anthroposophic External Therapies in Brasilia

At a meeting at the Ministry of Health, representatives from the Children's Hospital of Brasília, the Air Force Hospital and CABSIN discussed strategies to expand training in Anthroposophic External Therapies. The meeting reinforced the importance of integrating these practices into healthcare, with a focus on safe and humanized therapies. This initiative reflects CABSIN's commitment to helping train qualified healthcare professionals, promoting complementary evidence-based approaches.

Integrative Reception in INCA Publication

Integrative care in pediatric oncology care was the subject of a publication by the National Cancer Institute (INCA), which highlighted practices aimed at the emotional and physical well-being of children undergoing treatment. The publication reinforces the relevance of TCIM in supporting conventional treatment, promoting more comprehensive and person-centered care. CABSIN, as a strategic partner of INCA, contributes to the dissemination of these practices and to strengthening research in the area of integrative oncology. >>>



Obesity and Inequalities in Brazil

CABSIN participated in the "Obesity Forum – Women, Inequalities and Health in Brazil", promoted by the Brazilian Obesity Panel in São Paulo. The event addressed the challenges related to gender inequalities and access to health care, highlighting how integrative practices can contribute to more inclusive and effective strategies to address obesity. CABSIN's participation reaffirms its commitment to integrating innovative and multidimensional approaches into the debate on public health and social inequalities.

Update on Phytotherapy

At the invitation of the Municipal Health Department of São Paulo, CABSIN supported the implementation of the update of the Phytotherapy Memento, which establishes guidelines for the dispensing of medicines under specific conditions within the municipal health services network. A team of researchers from USP, led by Prof. Ana Flávia Marçal Pessoa, carried out the update.

reabilitação

PRÁTICAS INTEGRATIVAS, COMO IOGA RESTAURATIVA, REMY E ARTETERAPIA, GANHAM CADA VEZ MAIS ESPAÇO NO APOIO A PACIENTES ONCOLÓGICOS

Acolhimento integral

Carma, agora é a hora de você recordar? Essa foi a primeira frase que Eliana ouviu dos Barões, de 84 anos, ouvindo quando chegou para a aula de Yoga Restaurativa no INCA. Bem antes ainda de se aproximar da quinoterapia, iniciada duas semanas após o diagnóstico de um câncer de mama descoberto em 2020, ela se aproximou daquele espaço. O velho "carma", conjugado ao longo de toda uma vida, não tinha utilidade ali. O momento era ali para, por mais urgente que fosse a necessidade de se ocupar em projetos novos.

"Sempre cuido do corpo e não permito que ninguém tome o tempo por mim. Quando adoeci, me senti muito sozinha. O cuidado que venho recebendo no INCA e a Yoga estão me ajudando a estar aqui. Minha rotina tem me ajudado, até mesmo fisicamente. A cada sessão de último, como com a companhia de acolhimento de todos, até mesmo nós, que tem 84 anos, no conforto da cama, me sinto que não é porque estou sozinha que não sou uma pessoa corajosa", diz Eliana.

Já uma menina também "conta" de como ela está superando a "quimioterapia". Ela tem Larissa, de 19 anos, passou pouco mais de dois anos internada no INCA, devido a complicações durante o tratamento de um tumor cerebral. Logo já adolescente passou durante a produção dessa reportagem, após um período em coma, "acordou e deu um tempo para mim. Eu não me permitia isso, achava que era errado. A Larissa me ajudou que eu tinha que estar bem para

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INTERNATIONAL EVENTS

Brazil - II International Congress of Traditional Chinese Medicine

The 2nd International Congress of Traditional Chinese Medicine held in Brazil has established itself as a significant event for strengthening integrative practices in the country. The meeting brought together specialists, researchers and professionals in the field to discuss advances, integrate knowledge and promote the safe and effective use of Traditional Chinese Medicine (TCM) in the Unified Health System (SUS) and in other areas of public and private health. The active participation of CABSIN, through the articulation of

Director Caio Portella reinforced the institution's commitment to supporting the dissemination of evidence-based practices and the implementation of policies that integrate these approaches into health systems. >>>



India - WHO Global Centre for Traditional Medicine Meeting

Dr. Ricardo Ghelman, Director of CABSIN, one of the experts highlighted by WHO for the 2023 World Summit on Traditional Medicine, held in India, represented Brazil once again, this time at the meeting of the World Health Organization's (WHO) Global Centre for Traditional Medicine, also held in New Delhi and Jamnagar, India. The event brought together experts from more than 40 countries from the six WHO regions of the world to discuss the implementation of the Gujarat Declaration and the global strategies for Traditional, Complementary and Integrative Medicine (TCIM) until 2034. Ghelman took part in discussions on the integration of scientific evidence into health systems, the strengthening of research methodologies and the creation of a global library of knowledge on traditional medicine. The meeting reaffirmed the importance of

integrative practices for universal health coverage and the promotion of evidence-informed public policies.

Cyprus - Evidence Maps at the International Congress of Integrative Oncology

At the International Congress of Integrative Oncology in Cyprus, CABSIN presented the advances achieved with the Evidence Maps in integrative practices. The maps, developed in collaboration with BIREME/PAHO, offer a broad view of the scientific evidence related to TCIM interventions in cancer treatment. This presentation marked an important moment in expanding the international recognition of CABSIN's work, highlighting the role of integrative practices in promoting more humane and evidence-based cancer treatments. >>>



Peru - Presentation of the Pan-American Compendium of Medicinal Plants

During the 30th Congress of the Italo-Latin American Society of Ethnomedicine in Peru, CABSIN presented the Pan-American Compendium of Medicinal Plants, a milestone in the systematization of knowledge on the use of native species for therapeutic purposes. The compendium brings together clinical and toxicological data that assist in the regulation and inclusion of these plants in public health policies. This initiative reaffirms CABSIN's commitment to strengthening the safety and efficacy of medicinal plants, promoting their integration into health systems based on scientific evidence.

meeting reaffirmed the importance of

Canada - Research Methodology at WWGS 2023

Director Mariana Schweitzer participated in the What Works Global Summit (WWGS) in Canada, focusing on research methodology applied to TCIM. The presentation highlighted the development of innovative tools and strategies to validate integrative practices, ensuring their safety and effectiveness.

in clinical practice. This event, promoted by globally renowned institutions, strengthened CABSIN's visibility as a relevant player in the construction of scientific evidence and in the consolidation of research methodologies focused on traditional and complementary medicines.

Colombia - Presentation of Evidence Maps to PAHO

In Colombia, CABSIN participated in an event hosted by PAHO and the Ministry of Health, presenting the Evidence Maps in Traditional, Complementary and Integrative Medicines (TCIM). These maps have been essential tools to support evidence-informed public policies, with a focus on integrating safe and effective practices into local health systems. The collaboration between CABSIN and Colombian institutions reflects the commitment of both parties to the advancement of integrative health in Latin America.

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USA - ACIMH International Congress of Integrative Medicine in Cleveland

Director Ricardo Ghelman represented CABSIN at the International Congress on Integrative Medicine of the Academic Consortium for Integrative Medicine and Health, one of the largest global events dedicated to integrative health. The consortium's participation brought discussions about the impact of TCIM on health systems and strengthened international collaborations. The event provided a platform to share Brazilian initiatives, such as Evidence Maps, promoting the exchange of experiences and knowledge with researchers and professionals from different parts of the world.

India - Presentation at Evidence Global Summit

The Evidence Global Summit, held in India, hosted a poster presentation on the Evidence Maps in TCIM, developed by CABSIN in collaboration with international partners. These materials demonstrated the practical application of evidence in different areas of health, contributing to more informed clinical and policy decisions.

Participation in the event highlighted CABSIN's role as a global reference in the production and dissemination of scientific knowledge focused on integrative practices.



China - Continuity of Partnerships and Projects with Chinese Institutions

CABSIN participated in an event on Traditional Chinese Medicine in Gansu, China, reinforcing its partnership with the China Academy and Zheijiang University. The meeting discussed advances in research and joint projects, as well as exploring new possibilities for collaboration. CABSIN's presence at events of this nature reflects the continued efforts to integrate traditional and complementary approaches into health systems, strengthening international ties and promoting knowledge exchange. >>>

Thailand - MCTI Evidence Event

Director Mariana Cabral Schweitzer participated in a WHO event in Bangkok, Thailand, focused on the integration of Traditional, Complementary and Integrative Medicines (TCIM) into health systems. The meeting addressed the institutionalization of evidence-based practices, highlighting the importance of informed decisions for the safe and effective incorporation of TCIM into public policies.

India - Artificial Intelligence in Evidence Analysis

Director Caio Portella represented CABSIN at a WHO event in New Delhi, India, which explored the use of artificial intelligence (AI) to advance global health, with a focus on Traditional Medicine. The meeting brought together international experts to discuss how AI can help systematize data, analyze evidence, and expand access to traditional practices in a safe and efficient manner. The participation reflects the commitment to technological innovation as an ally in promoting integrative approaches in global public health.



Chile - International recognition for naturopathy

Naturopologist Caio Portella, Director of CABSIN and Vice President of the World Federation of Naturopathy, participated in the VII Hispanic-American Meeting of Naturopathy, in Santiago, Chile. During the event, Caio was honored with the "Manuel Lezaeta" award for his contribution to scientific research in naturopathy and the strengthening of evidence-based public policies. In his lecture, he highlighted the role of Brazilian institutions, such as the WNF, the Brazilian Society of Naturology (SBNATUROLOGIA) and CABSIN, in promoting science and innovation in the area of Traditional, Complementary and Integrative Medicines (TCIM). >>>



USA - Brazil is represented at the Integrative Oncology Congress

Dr. Ricardo Ghelman participated as a speaker at the 21st Congress of the Society for Integrative Oncology (SIO), held in October 2024. During the event, Ghelman presented the conferences “Global Integrative Oncology from the WHO Perspective” and “Research in Integrative Oncology with Herbal Medicines and Natural Products from Central and South America”, highlighting the region's contribution to research in Traditional, Complementary and Integrative Medicines (TCIM). In addition, he participated in the formation of the Global Alliance in Integrative Oncology and the creation of the Committee on Anthroposophic Medicine, strengthening international collaboration networks and promoting advances in the quality of life of cancer patients.

Spain - Integration of MCTI in the European Congress of Integrative Medicine

Director Caio Portella represented CABSIN at a WHO event in New Delhi, India, which explored the use of artificial intelligence (AI) to

promote advances in global health, with a focus on Traditional Medicine. The meeting brought together international experts to discuss how AI can help systematize data, analyze evidence and expand access to traditional practices in a safe and efficient manner. The participation reflects the commitment to technological innovation as an ally in promoting integrative approaches in global public health.

Iran - Traditional Medicine Integration Policies

Ricardo Ghelman participated in the International Symposium on Policy, Legal and Regulatory Landscape of Traditional and Complementary Medicine, organized by Tehran University of Medical Sciences. In the session dedicated to global and national policies for the integration of traditional medicine into health systems, Ghelman highlighted the advances and challenges in the South American context, reinforcing the role of the region in the construction of evidence-based policies for the integration of Traditional, Complementary and Integrative Medicine (TCIM) into national health systems. >>>



COURSES

Anthroposophic External Therapies SMS-SP with Cost-Effectiveness Research

CABSIN supported the implementation of the Anthroposophic External Therapies course promoted by the Municipal Health Department of São Paulo, with the distinction of including a cost-effectiveness study. The course trained health professionals to apply these therapies in an evidence-informed manner, focusing on practices such as compresses, baths and therapeutic oils. The integration of the research allowed us to evaluate the impact of these interventions on humanized care.

and in optimizing resources in the health system. An initiative that sought to stimulate innovative and sustainable approaches in public health. >>>





FIOCRUZ and the Health Department of the Federal District conclude the First Training Course in Anthroposophic External Therapies, and will begin research in partnership with CABSIN

The first training course in Anthroposophic External Therapies for health professionals was completed in the Federal District, in classical techniques of Anthroposophy using oils and infusions of medicinal plants and therapeutic compresses. The course, organized by FIOCRUZ-DF and SES-DF, has the support of CABSIN in evaluating its effectiveness in SUS users. This course represents a significant advance in the integration of complementary anthroposophic approaches into health services in the region. In addition to training, the project seeks to implement these practices as part of more humanized and evidence-informed care strategies, expanding access for the population.

Evidence-Informed Integrative Health Seminar in Rio Grande do Sul

In Gramado, RS, Director Ricardo Ghelman participated in a seminar and training for health professionals in the municipality to implement TCIM/PICS as part of a person-centered and evidence-informed care model. The workshop offered theoretical and practical content, addressing tools and evidence to integrate traditional and complementary approaches into the conventional clinical context. The seminar sought to help professionals adopt practices that respect the multidimensionality of health care.





STRATEGIC PLANNING

Thinking of an increasingly better CABSIN

Throughout 2024, the Brazilian Academic Consortium for Integrative Health (CABSIN) team dedicated itself to developing its strategic plan for the 2024–2025 biennium. This initiative aims to consolidate the consortium's growth after five years of operation, adjusting internal processes, strengthening scientific research activities, and expanding institutional partnerships. Although still under development, the plan already presents significant advances, pointing to structural and operational changes that will directly impact the actions of the different CABSIN teams.

The strategic plan was a response to the proposal of the last general assembly, which recognized the need to align the consortium's operations with its growth and the complexity of its operations. Divided into three main axes — Institutional Development and Fundraising, Scientific Research and Communication, and Institutional Relations —, the plan establishes specific goals to consolidate CABSIN as a national and international reference in Traditional, Complementary and Integrative Medicines (TCIM). >>>

Institutional Development and Fundraising Axis

This axis focuses on organizational improvement and fundraising to ensure the sustainability and expansion of CABSIN. Among the actions, the development of guiding policies, such as manuals for affiliates, conflict resolution policies and data protection policies, stands out. These documents aim to standardize internal procedures and establish clear operational flows for contracts, partnerships and human resources.

In the fundraising area, planning includes the creation of a strategic plan that covers everything from estimating operating costs to defining institutional fees and fundraising strategies. A roadmap will be developed to obtain certifications and participate in tax incentive laws, in addition to coordination for raising parliamentary funds and other organizational benefits. The axis also includes mapping platforms for public notices and sources of financial support, ensuring that CABSIN expands its funding possibilities.

Main Axis Actions

Organizational Policies

- Creation of manuals, such as the **Affiliate Manual**, and implementation of guiding policies, including:
 - Data protection policy;
 - Conflict resolution policy;
 - Travel cost policy and accounting records.
- Systematization of business and operational documentation, with standard models for contracts and partnerships.

Management and Organizational Structuring

- Preparation of operational protocols for organizational functions.
- Planning for tax exemptions, grants and organizational benefits.
- Roadmap for certifications and participation in tax incentive laws.

Fundraising

- Creation of a strategic fundraising plan, including mapping financial sources and public notice platforms.
- Coordination with parliamentarians to obtain public funds and promote projects.
- Implementation of crowdfunding strategies for public engagement.

>>>

Scientific Research Axis

Strengthening research activities is central to CABSIN's strategic planning, which seeks to establish itself as a reference in scientific evidence and informed public policies on TCIM. This axis prioritizes the updating of evidence maps in partnership with BIREME, the creation of an evidence repository and the development of artificial intelligence resources for data analysis. In addition, the consortium proposes to collaborate with municipal health departments in data collection and the implementation of electronic medical records.

Support for the training of researchers is another pillar of this axis. Actions are planned, such as providing courses on research methodology in TCIM and consulting for institutions and professionals working in the area. The goal is for at least 30% of the scientific committees to develop fundable projects in the next two years, in addition to expanding the network of leading researchers in TCIM in Brazil and abroad. The plan also foresees increasing the reach of CABSIN's scientific publications by 30% and participating in national and international scientific events to promote advances in research in integrative health.

Main Axis Actions

Updating and Expanding Evidence Maps in TCIM

- Update of evidence maps in collaboration with BIREME.
- Development of a digital platform with artificial intelligence resources for map consultation.
- Creation of a centralized repository of evidence on TCIM.

Scientific Production and Impact on Public Policies

- Publication of scientific articles on public policies and impact assessments in integrative health.
- Collaboration with municipal departments for data collection and use of electronic medical records.
- Expansion of the reach of scientific publications by 30%.

Training and Support for Researchers

- Offering courses in research methodology.
- Consulting for specific TCIM projects and technical support to scientific committees.
- Development of fundable projects in at least 30% of the committees.

Participation in Scientific Events

- Presence in five international and three national events with presentation of works. >>>

- Consolidation of a systematized network of national and international researchers in TCIM.
- Implementation of crowdfunding strategies for public engagement.

Communication and Institutional Relations Axis

The creation of an efficient communication ecosystem and the expansion of strategic partnerships are the focuses of this axis. In internal communication, CABSIN intends to improve the relationship with members and committees through expanded meetings and regular reports. The creation of a reserved area for committees on the website is also planned, with repositories of documents and work tools.

In terms of external communication, the plan includes restructuring the institutional website, publishing weekly news and re-issuing a monthly bulletin. Knowledge translation will also be strengthened, with the dissemination of content derived from evidence maps in accessible formats. In terms of institutional relations, CABSIN plans to establish formal partnerships with relevant universities, networks and scientific societies, in addition to intensifying cooperation with PAHO and WHO.

Main Axis Actions

Internal Communication

- Creation of reserved areas for committees on the website, with exclusive repositories and tools.
- Implementation of expanded meetings and regular reports for members and committees.
- Development of the “CABSIN Ambassadors” project, with representatives in universities and networks.

External Communication and Knowledge Translation

- Weekly publication of news on the website and social networks.
- Dissemination of reports and content derived from evidence maps in an accessible format.
- Restructuring of the institutional website for greater efficiency.

Institutional Relations

- Formalization of partnerships with PAHO, WHO, universities and scientific networks such as ISCMR and TCIM Americas Network.
- Development of new fundable projects in collaboration with BIREME/PAHO.
- Active participation in networks such as Planetary Health Alliance and Coalition for Evidence.

Improvement of Communication Infrastructure

- Launch of the Affiliate Manual. >>>

- 
- Complementation of the institutional portfolio, including folders and presentations.
 - Creation of clear policies for publicizing events and actions.

Expected Results and Perspectives

Although still under development, CABSIN's 2024–2025 strategic plan is already beginning to influence the dynamics of the consortium, with the implementation of new internal policies and the expansion of fundraising and research initiatives. The structured axes offer a clear vision for institutional strengthening and the expansion of integrative practices in Brazil and worldwide. The CABSIN team remains committed to building a solid foundation for the future, integrating science, innovation, and collaboration to positively impact public health.

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