



Effectiveness of Integrative Western and Traditional Chinese Medicine Care on Cancer-Related Fatigue

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Background

Cancer-related fatigue (CRF) is one of the most common and distressing symptoms experienced by patients undergoing chemotherapy. This study aimed to evaluate the effectiveness of integrative Western and Traditional Chinese Medicine (TCM) care in alleviating CRF among patients with breast cancer.

Methods

This study adopted a pre–post research design and enrolled breast cancer patients undergoing chemotherapy. The intervention involved an integrative medical care model combining Western medicine treatment with Traditional Chinese Medicine (TCM) approaches to improve patients' physical and psychological symptoms. The Edmonton Symptom Assessment System (ESAS) was used to assess patients' subjective fatigue levels and related symptoms. Data were analyzed using SPSS 20.0, and the Wilcoxon signed-rank test was applied to evaluate the effectiveness of the intervention.

Results

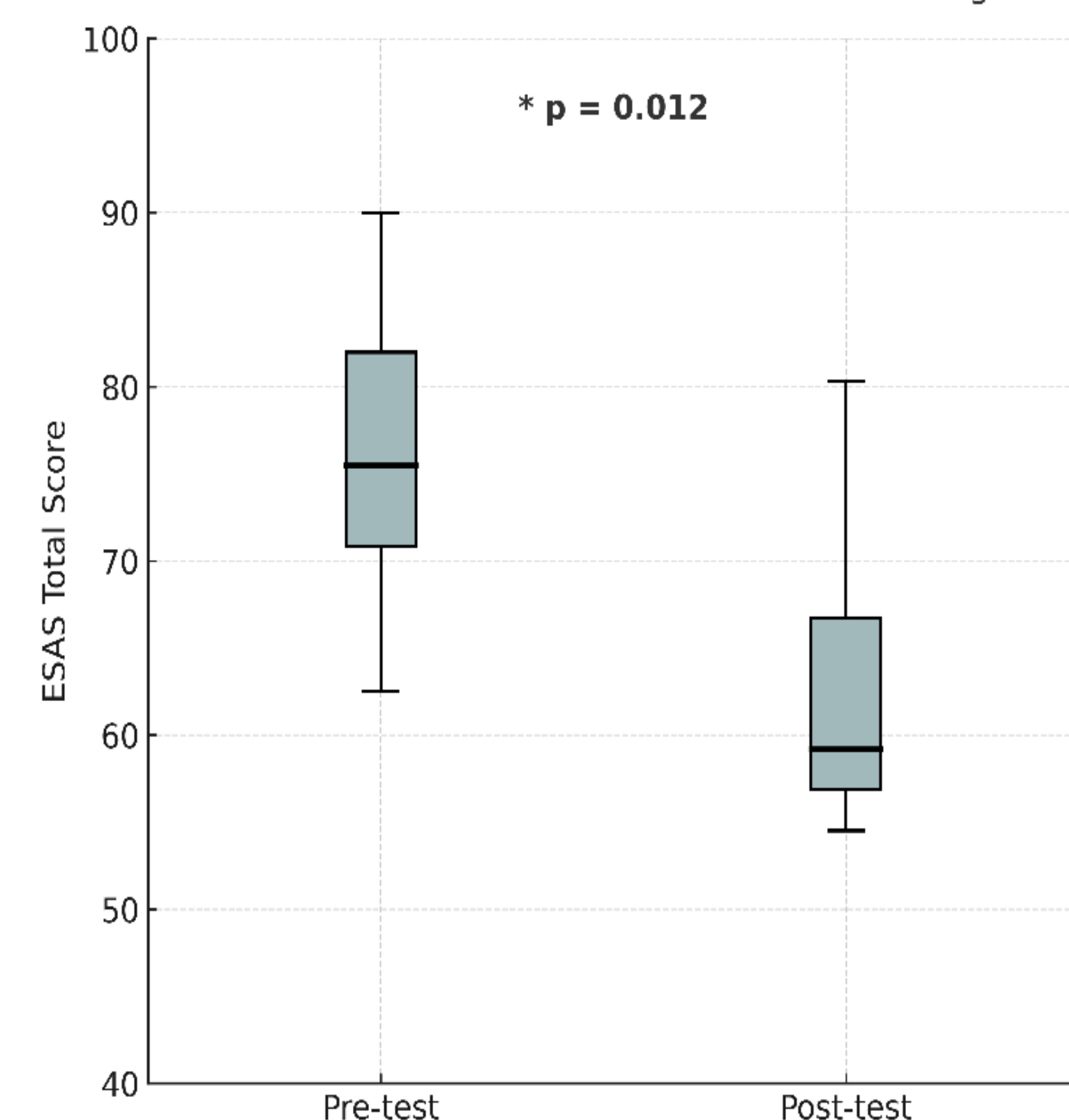
After receiving integrative Western and Traditional Chinese Medicine care, participants demonstrated a significant improvement in overall symptom burden as measured by the ESAS. The total ESAS score decreased from a pre-test mean of 78.87 (SD = 6.73) to 64.00 (SD = 10.95), $z = -2.52$, $p = .012$. Indicates a statistically and clinically meaningful reduction in cancer-related fatigue and associated symptoms.

Table 1. The effect of intervention on outcomes (N=8)

variables	Pre-test(N=8)	Post-test(N=8)	z	p value
	mean±SD	mean±SD		
ESAS (total score)	78.87±6.73	64.00±10.95	-2.52	0.012

*P<0.05 **P<0.01 ***P<0.001; ESAS = Edmonton Symptom Assessment System; Wilcoxon sign rank test used for analysis.

Figure 1. Distribution of ESAS Total Scores Before and After Integrative Care (N = 8)



Conclusions

Integrative medical care combining Western medicine and Traditional Chinese Medicine (TCM) effectively alleviated fatigue and reduced chemotherapy-related adverse symptoms in cancer patients. The intervention demonstrated a stabilizing trend in overall symptom improvement. Given the high prevalence of fatigue among oncology patients, future studies with larger samples and randomized controlled designs are recommended to further validate these findings and enhance integrative cancer care strategies.

Relevance to HPH

This study provides a valuable reference for alleviating physical and psychological discomfort in cancer patients during chemotherapy.

