

Are the integrative practices recently incorporated into the Brazilian public healthcare system supported by evidence from Cochrane Reviews?

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The Problem

In March 2018, the Brazilian Ministry of Health announced **10 new integrative practices as part of the list of procedures available in the Brazilian public healthcare system**, Sistema Único de Saúde (SUS). SUS, a free and universal system, has a **limited budget**, and all interventions should be fairly supported by good quality studies before its implementation. We summarized the evidence from **Cochrane Reviews (CRs) about these 10 interventions** [1].

Key Results

Search was carried out in March 2018: 189 reviews. 16 CRs were included. Only 4 of the 10 integrative practices (apitherapy, aromatherapy, hypnotherapy and ozone therapy). For six integrative interventions (bioenergetics, family constellation, chromotherapy, geotherapy, flower therapy, and hand imposition), no CR was found. The certainty of evidence ranged from unknown to high. The high-certainty evidence: honey dressings for partial thickness burns, honey for acute cough in children, and venom immunotherapy for systematic reaction to an insect sting. Almost the totality of the new interventions incorporated by Brazilian Ministry of Health in 2018 are not support by evidence from Cochrane Reviews.

Table 1. Characteristics of the included systematic reviews

Integrative practice	Study title	N trials included (N participants)	Publication year (last version)	Overall GRADE assessment
Apitherapy	Honey as a topical treatment for wounds	26 (3011)	2015	Very low to high certainty
Apitherapy	Honey for acute cough in children	3 (568)	2014	Low to high certainty
Apitherapy	Venom immunotherapy for preventing allergic reactions to insect stings	7 (392)	2012	Moderate to high certainty
Apitherapy	Honey and lozenges for children with non-specific cough	None (-)	2009	Not assessed
Aromatherapy	Aromatherapy for treatment of postoperative nausea and vomiting	16 (1036)	2018	Very low to moderate certainty
Aromatherapy	Aromatherapy for dementia	7 (428)	2014	Not assessed
Aromatherapy	Massage with or without aromatherapy for symptom relief in people with cancer	19 (1274)	2016	Not assessed
Aromatherapy	Aromatherapy for pain management in labour	2 (535)	2011	Not assessed
Hypnotherapy	Hypnotherapy for treatment of irritable bowel syndrome	4 (147)	2007	Not assessed
Hypnotherapy	Hypnosis during pregnancy, childbirth, and the postnatal period for preventing postnatal depression	1 (63)	2012	Not assessed
Hypnotherapy	Hypnosis for induction of labour	None (-)	2014	Not assessed
Hypnotherapy	Hypnosis for pain management during labour and childbirth	9 (2954)	2016	Very low to low certainty
Hypnotherapy	Hypnosis for schizophrenia	3 (149)	2007	Not assessed
Hypnotherapy	Hypnotherapy for smoking cessation	11 (1120)	2010	Not assessed
Ozone therapy	Ozone therapy for treating foot ulcers in people with diabetes	3 (212)	2015	Not assessed
Ozone therapy	Ozone therapy for the treatment of dental caries	3 (137)	2004	Not assessed

Methods

Apitherapy
 Aromatherapy
 Bioenergetics
 Family constellation
 Chromotherapy
 Clay therapy
 Hypnotherapy
 Hand imposition
 Ozone therapy
 Flower therapy

Sensitive search strategy

Any CR
 At least one intervention

N of trials
 N of participants
 Publication year
 GRADE assessment



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