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Case study of oriental medicine treatment on the secondary insomnia for psychiatric patients with Escitalopram

Sanghyun Lee

Insight Choices, USA

Introduction: Background escitalopram is one of the common antidepressants in the SSRI group to treat anxiety and depression with common side effect of insomnia up to 14%.

Purpose: To see efficacy of oriental medicine treatment to reduce insomnia of patients with Escitalopram.

Method: From September 2016 to October 2017, five patients with Escitalopram were referred from psychiatric clinic. 60 minutes weekly visit treatment up to six months is consist of 15 minutes of consultation, 10 minutes of oriental diagnosis, 30 minutes of acupuncture treatment and five minutes of summary consultation with meditation technique, and food advice. Insomnia Severity Index (ISI) survey has been used to evaluate sleep quality.

Result: According to ISI, in two to 16 visits, five patients shows change from 18.2 (clinical insomnia) to 12.6 (subthreshold insomnia), include two to zero severe clinical insomnia, two to three clinical insomnia, one to one subthreshold insomnia, and zero to one no insomnia. Two patients changed on falling asleep (4 to 1.5) and staying asleep (2.5 to 1.5), two on waking up too early (3.5 to 0), and one on the quality of life (4 to 0).

Conclusion: Oriental medicine include acupuncture, cupping and recommendation of lifestyle might be helpful to decrease insomnia level for patients with escitalopram. In the future study, management of outside factors for outpatients are needed, control group of insomnia without treatment, cortisol level measurement as biomarker and increase population are needed to be included

Biography

Sang is a Licensed California Acupuncturist with Oriental Medicine Diploma from National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). His interest is study of physical complication from psychiatry issues. After he graduated high school in Seoul, South Korea, he was a pre dental student in UCLA with Evolutionary and Environmental Biology, B.S. Due to family influence of dentistry; he proceeded with his study of stomatology in Tong Ji University, Shanghai, China. He found his interest in Oriental medicine theories and application within Integrative medicine, he studied in South Baylo University and influence from Integrative medical centers in Southern California, such as USC, UCLA, UCI, CIM UCSD and AIHM.

sang@insightchoices.com

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