1. **Acupuncture in the treatment of cancer pain in a public Chilean Hospital**

**Global Approaches of Integrative Oncology**

**Background**: Cancer is a condition associated with pain and deterioration in quality of life (QoL). Studies on acupuncture and chronic pain have not been conclusive.

**Aim**: This study seeks to assess the impact of acupuncture on pain and QoL of cancer patients at Dr. Sótero del Río Hospital (HSR), a public hospital in Santiago, Chile. Treated patients are expected to experience a decrease in pain and improvement in QoL.

**Study design**: Quasi-experimental “before-after”, where each individual is their own control (before the intervention) and their case (after the intervention). All patients over 15 years old with cancer related pain referred to the Integrative Medicine Unit, were included between January 2016 and January 2018. The WHOQol-Bref QoL survey and the Visual Analog Scale (VAS) were applied at the beginning and end of treatment. The paired t-test for QoL and Wilcoxon for EVA Scale was used, with a significance level of 0.01.

**Results**: 49 patients with pain due to breast, colon, testicular and multiple myeloma cancer were treated, among others. After 12 sessions, the average score for Global QoL was 72.48 ± 12.6 and 77.4 ± 15.2 before and after treatment (p = 0.0082). A difference of 7.6 ± 14.8 points (P = 0.008) was also found in the Physical Health Domain, and a non-significant trend in Psychological Health, Social and Environmental Domains. Pain decreased by 50% or more in 34 (79.5%) of patients with a difference of 4.7 ± 1.6 points in VAS (0-10) (p = 0.0001). No adverse effects were reported.

**Conclusion**: Acupuncture is a safe treatment and seems to be a valid alternative in the management of pain associated with cancer. Confirmation is required from controlled studies to establish the causality of such effects.