

2022 iMTQA Virtual Conference

October 22, 2022: 10 am to 4 pm EST.

TAI CHI & QIGONG: Power of the Past, Pathway to the Future

SESSION 1: Opening remarks and keynote

10:00 am-10:20

Invited Guest speaker from D'Youville University Health HUB

Joe Baumgarden, DPT, D'Youville University Health HUB
CEO and Co-Chair, iMTQA 2022 Virtual Conference Committee

Albert Yeung, MD, ScD
Associate Professor, Harvard Medical School, Massachusetts General Hospital
Honorary President of iMTQA

Byeongsang Oh, PhD,
Associate Professor, Faculty of Medicine and Health, University of Sydney, Australia
President of iMTQA

10:20 am-10:50
Keynote

**Potential Mechanisms of Tai Chi and Qigong on
Mental Health and Well-being**

Albert Yeung, MD, ScD
Associate Professor, Harvard Medical School
Director of Primary Care Research at the Depression
Clinical & Research Program,
Massachusetts General Hospital
Honorary President of iMTQA

10:50 am-11:20
Keynote

Current Challenges and Future Direction of iMTQA

Byeongsang Oh, PhD,
Associate Professor, Faculty of Medicine and Health
University of Sydney, Australia
President of iMTQA

SESSION 2: TQ Research - Clinical Trial

11:20 am-11:50
20 min presentation
5 min TQ demonstration
5 min Q/A

An efficacy trial of Qigong exercise on non-motor symptoms in people with Parkinson's disease

Wen Liu, Ph.D.
Director of Neuromuscular Research Laboratory
Department of Physical Therapy & Rehabilitation Science
University of Kansas Medical Center
Co-Chair, iMTQA 2022 Virtual Conference Committee

11:50 am-12:20 pm
20 min presentation
5 min TQ demonstration
5 min Q/A

Effects of 12-week Tai Chi program on physical function, depression, and quality of life among cognitively impaired older adults: A feasibility study

Rhayun Song, RN, PhD
Professor, College of Nursing
Chungnam National University, South Korea

12:20 pm-12:50
20 min presentation
5 min TQ demonstration
5 min Q/A

Inclusion of Tai Chi / Qigong into an Extracurricular Mixed Mindfulness Activities Program for Children

Roy W. Geib, Ph.D.
Professor Emeritus
Alvin S. Levine Professor Emeritus of Microbiology & Immunology
Indiana University School of Medicine - Terre Haute

12:50 pm-1:20pm

Lunch break

1:20pm – 1:50
20 min presentation
5 min TQ demonstration
5 min Q/A

Effects of Tai Chi on Psychological Stress and Cardiovascular Function in People with Coronary Heart Disease and/or Hypertension: A Randomised Controlled Trial

Guoyan (Emily) Yang, MMed, PhD
Research Support Program Fellow
NICM Health Research Institute
Western Sydney University, Australia

1:50pm-2:20
20 min presentation
5 min TQ demonstration
5 min Q/A

A Telehealth-Delivered Tai Chi Intervention (TaiChi4Joint) for Managing Aromatase Inhibitor-Induced Arthralgia in Patients With Breast Cancer During COVID-19: Longitudinal Pilot Study

Kuang-Yi Wen, PhD
Associate Professor
Department of Medical Oncology
Thomas Jefferson University, Philadelphia

SESSION 3: Current evidence and clinical application

2:20pm- 2:50
20 min presentation
5 min TQ demonstration
5 min Q/A

Know The Evidence: Scientific Summary of Tai Chi & Qigong Support

CJ Rhoads, D.Ed.
Professor, Kutztown University, Pennsylvania
Treasurer of iMTQA

2:50pm-3:20
20 min presentation
5 min TQ demonstration
5 min Q/A

Blended Teaching of Tai Chi Exercise

Paul Lam, MD
Director, Tai Chi for Heal Institute,
University of New South Wales, Australia

3:20pm-3:50
20 min presentation
5 min TQ demonstration
5 min Q/A

An Innovative Tai Chi and Qigong Telehealth Service in Supportive Cancer Care During the COVID-19 Pandemic and Beyond

Byeongsang Oh, PhD,
Associate Professor, Faculty of Medicine and Health
University of Sydney, Australia
President of iMTQA

3:50pm-4:00

Closing remark

Joe Baumgarden, DPT
D'Youville University Health HUB
CEO, iMTQA

iMTQA 2022 Virtual Conference is hosted by the D'Youville University.....



INTERNATIONAL
MEDICAL TAI CHI and QIGONG ASSOCIATION

2022 iMTQA Conference Program Brochure

Please save the date

**5th iMTQA Annual Conference will be held at
TBA, USA
21st October 2023**

Potential Mechanisms of Tai Chi and Qigong on Mental Health and Well-being



Albert Yeung, MD, ScD
Associate Professor,
Harvard Medical School
Director of Primary Care
Research at the
Depression Clinical &
Research Program,
Massachusetts General
Hospital
Honorary President of
iMTQA

Abstract

Qigong and Tai Chi are ancient healing arts from China that promote physical and mental well-being. The historical background and applications of Qigong and Tai Chi will be discussed. Contemporary understanding of their effects on mood regulation will be discussed. Potential neurophysiological mechanisms of action and clinical evidence on Qigong and Tai Chi on mood will be reviewed. The challenges and future directions in the research of Qigong and Tai Chi for treatment of mood disorders will be discussed. **Purpose:** The purpose of the workshop is to give attendees an understanding of Tai Chi and Qigong, possible mechanisms of the effects of Tai Chi and Qigong on mood and emotional well-being. Current clinical evidence on the effects of Tai Chi and Qigong on management of mood disorders will be reviewed. **Design/Description of content:** A review of existing literature on the health benefits of Tai Chi and Qigong based on Traditional Chinese Medicine and Western Medicine. Theories on how Tai Chi and Qigong affect emotion and the central nervous systems will be reviewed. Clinical evidence supporting the use of Tai Chi and Qigong on treatment of mood disorders will be discussed. **Conclusion:** Tai Chi and Qigong originated from martial art, self-cultivation, and spiritual practices in ancient China. They are now widely adopted as well-being practices and for alleviation of health problems. There is growing knowledge on potential mechanisms of how Tai Chi and Qigong benefit a person's physical and emotional health. Clinical evidence is growing to lend support on the use of Tai Chi and Qigong for treatment of mood disorders.

Albert Yeung is Director of Primary Care Research at the Depression Clinical and Research Program at Massachusetts General Hospital (MGH) and Associate Professor of Psychiatry at Harvard Medical School. Dr. Yeung obtained his medical degree from National Taiwan University. He also obtained a Doctor of Science degree with a major in epidemiology from Harvard School of Public Health. He completed residency training in psychiatry at MGH. Dr. Yeung's major research interests include integrating primary care and mental health services to improve treatment of depression, mental health issues of under-served populations, and the use of complementary and alternative methods including acupuncture, tai chi, qigong, and mind body group intervention in treating anxiety and depressive disorders. He has authored or co-authored over 150 original articles, numerous book chapters, and two books: "Self-Management of Depression" and "The Science of Stress."

An efficacy trial of Qigong exercise on non-motor symptoms in people with Parkinson's disease



Wen Liu, Ph.D.

Professor, Director of Neuromuscular Research Laboratory, Department of Physical Therapy & Rehabilitation Science, University of Kansas Medical Center

Abstracts

Purpose: To examine the efficacy of a Qigong exercise on non-motor symptoms in people with Parkinson's disease (PD). **Methods:** We conducted a randomized clinical efficacy trial of "Six Healing Sounds" Qigong exercise in patients diagnosed with PD. In this trial, 52 patients with PD were enrolled and randomly assigned into a Qigong group or a sham Qigong control group. Thirty-four participants (n=17 in the Qigong group and n=17 in the sham control group) completed the 10-week intervention and pre/post-intervention assessments. The participants were assessed using the following tools: PD sleep scale (PDSS-2), PD fatigue scale (PFS), Mini-Mental State Examination (MMSE), Trail Making Test A (Trial A), Trail Making Test B (Trial B), Frontal Assessment Battery (Frontal AB), Geriatric Anxiety Scale (GAS), Geriatric Depression Scale (GDS), and PD Non-Motor Symptoms Questionnaire (NMSQ). **Results:** There were significant differences between the Qigong group and Sham control group in the changes from baseline to end-intervention in PDSS-2 and Frontal AB scores. The changes in PFS, Trial B, and GDS scores showed trends toward significant differences between the two groups. There were no significant differences between the two groups in MMSE, Trial A, GAS, and NMSQ scores. **Discussion and summary:** The results of this efficacy trial demonstrated significant benefits of the Six Healing Sounds Qigong in people with PD on some major non-motor symptoms of sleep disturbance and executive function, and potentially on fatigue, cognitive function, and depression. **Contribution to discipline:** The results of our efficacy trial demonstrated the potential benefits of Six Healing Sounds Qigong exercise in people with PD on some major non-motor symptoms that are typically difficult to be managed in clinic practice.

Wen Liu completed his PhD at Drexel University in Philadelphia and postdoctoral trainings at University of Calgary and Boston University. He is currently an Associate Professor and the Director of Neuromuscular Research Laboratory in the Department of Physical Therapy, Rehabilitation Science, & Athletic Training at University of Kansas Medical Center. He has been awarded research grants from NIH, NSF, American Heart Association, Microsoft Inc., and other private funding agencies. Dr. Liu has been a member of various grant review panels of NIH, NSF, DOD, VA, and NIDILRR. In the last 15 years, he and his team have worked multiple research projects on the medical acupuncture and Qigong exercise in people with stroke, chronic pain, Parkinson's disease, and cancer

Effects of 12-week Tai Chi program on physical function, depression, and quality of life among cognitive impaired older adults: A feasibility study

Abstract

Purpose: This study aimed to examine the acceptability of the 12-week Tai Chi for memory (TCM) among older adults with mild cognitive impairment (MCI) or dementia and to determine the effect of TCM on physical functions, depression, and health-related quality of life (QoL) for the populations. **Methods:** A quasi-experimental design with two groups was conducted. Before and after the 12-week TCM, depression, health-related QoL, and physical functions including grip strength, balance, flexibility, and mobility were measured. After the TCM, its feasibility was measured. Depression was measured using the Korean version of the Geriatric Depression Scale. The health-related QoL was measured using SF-12. Grip strength was assessed using a digital hand dynamometer. Flexibility was assessed using the standard sit-and-reach test. Balance was measured using the one-leg standing balance test. Mobility was assessed using the Timed Up and Go test (TUG). Paired and independent t-tests were used to compare the TCM effect within and between groups. **Results:** A total of 41 participants with MCI (n=21) or dementia (n=20) completed the TCM. The accepted feasibility of the TCM was assessed. There were no differences between groups at the baseline. After the TCM, the MCI group reported significantly enhanced right-hand grip strength ($t=2.28$) and physical health-related QoL ($t=2.12$). TUG scores were improved in both groups (MCI, $t=4.05$; dementia, $t=2.50$). **Conclusion:** The TCM has the potential to improve physical functions and QoL. To verify its effects clearly, further studies should consider the age of participants and the frequency and duration of TCM.

Clinical relevance: After the 12-week Tai Chi, the participating older adults improved their grip strength, mobility, and physical health-related quality of life. The findings show that Tai Chi for memory could be easily and safely performed by older adults with cognitive decline and has the potential to improve some physical functions and health-related quality of life.



Rhayun Song RN, PhD
Professor
College of Nursing
Chungnam National
University, South Korea

Rhayun Song is the Dean and professor of College of Nursing at Chungnam National University, Korea. Dr. Song has been involved in Tai Chi related research since 2004 to explore the effect and mechanisms of Tai Chi intervention for various population with chronic disease, publishing more than 30 research papers. Dr. Song is the certified Master Trainer of Tai Chi for Health programs as the member of Tai Chi for Health Institute (TCHI), and currently a director of Tai Chi for Health Education and Research Center at Chungnam National University, College of Nursing.

Inclusion of Tai Chi / Qigong into an Extracurricular Mixed Mindfulness Activities Program for Children



Roy W. Geib, Ph.D.
Professor Emeritus and
Alvin S. Levine Professor
Emeritus of
Microbiology and
Immunology at Indiana
University School of
Medicine – Terre Haute.

Roy W. Geib, Ph.D., is currently Professor Emeritus and Alvin S. Levine Professor Emeritus of Microbiology and Immunology at Indiana University School of Medicine – Terre Haute. He was a faculty member at the I.U. School of Medicine from 1984-2017 where he taught medical microbiology, immunology, genetics, and integrative medicine to medical students, physician assistant students, graduate students, and undergraduate students. His teaching skills have been recognized through teaching awards presented by medical students, physician assistant students and bioengineering students, as well as an Indiana University Teaching Excellence Recognition Award (TERA). He is known to incorporate Tai Chi movements as a quick break – something the students enjoy and request often. He has been involved in biomedical science research for 41 years including exploring the health benefits of Tai Chi. He has given many presentations on the health benefits of the Tai Chi for Health Programs. He has earned black belt ranks in Tae Kwon Do and Isshinryu Karate. He began studying Tai Chi in 2003. In addition to studying Sun 73 and Chen 36, he was certified to teach several of the Tai Chi for Health forms including Tai Chi for Arthritis, Back Pain, Diabetes, Fall Prevention, and Tai Chi for Kidz. He taught Tai Chi to students of many ages including elementary school to medical school.

Abstract

Since their emergence in 19th century United States, after school and extracurricular programs have had significant positive effects on the academic and social development in children. The purpose of this project was to develop an after school or summer camp program that included mind-body activities and experiential health science activities to promote healthy choices. Our target audience were elementary and middle school age children. The mind-body techniques that were incorporated in the program included sessions on tai chi, qigong, yoga, and mindful eating. The experiential health science activities focused primarily on nutritional facts and activities. The instructors we used in the programming were either professionals working in the areas of science / health education or college students early in their career pathway to become healthcare professionals. Based on pre-post surveys and observation we found that the children accepted information and enjoyed the mind-body activities. We will discuss aspects of the program that we found were well received by the children as well as addressing potential pitfalls associated with offering extracurricular activities that include mindfulness activities and how to problem solve those pitfalls. In addition, we will discuss how this type of program can be adapted and used by academic departments as components of service-learning projects for healthcare students. Our funding sources were local foundations interested in offering programming for children in the community.

Effects of Tai Chi on Psychological Stress and Cardiovascular Function in People with Coronary Heart Disease and/or Hypertension: A Randomised Controlled Trial



Guoyan (Emily) Yang, PhD

Research Support Program Fellow
NICM Health Research Institute
Western Sydney University
Australia

Guoyan (Emily) Yang is a Research Support Program Fellow at NICM Health Research Institute, Western Sydney University. Her research focuses on evaluating complementary and integrative medicine interventions, particularly Tai Chi, Chinese herbal medicine, and acupuncture, in the prevention and management of chronic diseases, such as cardiovascular diseases. Dr Yang is a Tai Chi instructor with over 15-year experience. She is a member of Huacheng Martial Arts Association and co-founder of the Boyuan Tai Chi for Health Association. She is a Tai Chi instructor of weekly group class at the Next Practice Western Sydney Integrative Medicine clinic, Western Sydney University, and also the chief Tai Chi instructor at Boyuan Tai Chi for Health Association in Sydney.

Abstract

Background: Cardiovascular disease is the leading cause of death worldwide. We aimed to investigate the effects of Tai Chi on psychological stress and cardiovascular function in people with coronary heart disease (CHD) and/or hypertension. **Methods:** 120 participants with CHD and/or hypertension were randomly assigned to the waitlist group (n=60) or Tai Chi group (n=60) to practice Tai Chi for 24 weeks. The Tai Chi group received a standardized 24-week program consisting of 2-hour Tai Chi class twice weekly for the first 12 weeks and once weekly for the rest 12 weeks. The outcomes were the Perceived Stress Scale-10 (PSS-10), the Zung Self-Rating Anxiety Scale (SAS), the Beck Depression Inventory-II (BDI-II), blood pressure, heart rate, heart rate variability, lipid and glucose profiles, and C-reactive protein), the 36-item Short Form Health Survey Questionnaire (SF-36) and the 6-Minute Walk test (6MWT), and assessed at baseline, week 12 and week 24. **Results:** Statistically significant between-group differences in PSS-10 scores were found over the 24 weeks ($p<0.01$), and at 12 weeks ($p=0.006$), but not 24 weeks ($p=0.077$); however, the changes are of little clinical significance. Statistically differences and clinically significant improvement in 6MWT between the two groups were found over the 24 weeks ($p<0.01$), and at both 12 weeks ($p<0.001$) and 24 weeks ($p=0.002$), favouring Tai Chi. Statistically significant differences were also detected in depression, diastolic blood pressure, and SF-36, but not in other outcomes. The adherence rate was 82.5%. No severe adverse events related to Tai Chi were reported. **Conclusions:** A 24-week Tai Chi program was beneficial in improving perceived stress and physical fitness in people with CHD and/or hypertension compared with the waitlist control group. The adherence is high. Tai Chi is safe to practice under supervision in this cohort. **Clinical relevance:** It is uncertain about the clinical relevance of a 24-week Tai Chi program for perceived stress in people with CHD and/or hypertension, but it is safe to practice and can lead to clinically significant improvement in physical fitness among this cohort.

A Telehealth-Delivered Tai Chi Intervention (TaiChi4Joint) for Managing Aromatase Inhibitor–Induced Arthralgia in Patients With Breast Cancer During COVID-19: Longitudinal Pilot Study

Kuang-Yi Wen, PhD, is currently an Associate Professor in the division of population science in the medical oncology department at Thomas Jefferson University. Dr. Wen’s funded research focuses on digital health interventions to enhance adherence to recommended screening, prevention, and treatment regimens; adjustment to side effects using lifestyle interventions (e.g. Tai Chi), and survivorship feedback; and the translation and dissemination of behavioral interventions into clinical, community, and related service settings and systems. Dr. Wen also directs the Tobacco Treatment Program of Sidney Kimmel Cancer Center at Jefferson. Dr. Wen is the Associate Editor of Translational Behavioral Medicine and serve as a standing member of the NIH Biobehavioral Medicine and Health Outcomes Study Section. Born in Taiwan, Dr. Wen received her PhD from University of Wisconsin –Madison and postdoctoral training under a NCI R25 in behavioral oncology at Fox Chase Cancer Center.



Kuang-Yi Wen, PhD
Associate Professor
Department of Medical
Oncology
Thomas Jefferson
University, Philadelphia

Background: Estrogen receptor–positive breast cancer is the most common type of breast cancer in postmenopausal women. Aromatase inhibitors (AIs) are the endocrine therapy of choice recommended for these patients. Up to 50% of those treated with an AI develop arthralgia, often resulting in poor adherence and decreased quality of life. **Objective:** The study is a single-arm longitudinal pilot study aiming to evaluate the safety, feasibility, acceptability, and potential efficacy of *TaiChi4Joint*, a remotely delivered 12-week tai chi intervention designed to relieve AI-induced joint pain. **Methods:** Women diagnosed with stage 0-III breast cancer who received an AI for at least 2 months and reported arthralgia with a ≥ 4 score on a 0 to 10 scale for joint pain were eligible for study enrollment. Participants were encouraged to join tai chi classes delivered over Zoom three times a week for 12 weeks. Program engagement strategies included using a private Facebook study group and a Box cloud for archiving live class recordings. The program uses SMS text messaging and emails with periodic positive quotes and evidence-based information on tai chi for facilitating community bonding and class attendance. Participants were invited to complete the following assessments at baseline and at 1-, 2-, and 3-month intervals from study enrollment: Brief Pain Inventory, Western Ontario and McMaster University Osteoarthritis Index (WOMAC), The Australian Canadian Osteoarthritis Hand Index (AUSCAN), Fatigue Symptom Inventory, Hot Flash Related Daily Interference Scale (HFRDIS), Pittsburgh Sleep Quality Index (PSQI), and Center for Epidemiological Studies–Depression (CES-D). **Results:** A total of 55 eligible patients were invited to participate, and 39 (71%) consented and completed the baseline assessments. Participants attended 61% (median) of the suggested classes, with no tai chi–related adverse events reported. Of the 39 participants, 22 completed the 3-month follow-up assessment with a 56% retention rate. Study participants reported improvement from baseline compared to 3

months as follows (paired *t* test): Brief Pain Inventory ($P<.001$), AUSCAN pain subscale ($P=.007$), AUSCAN function subscale ($P=.004$), Fatigue Symptom Inventory ($P=.004$) and PSQI ($P<.001$), and HFRDIS ($P=.02$) and CES-D ($P<.001$). In particular, for our primary end point of interest, improvements in hip and knee symptoms, measured by WOMAC's three subscales, were clinically meaningful and statistically significant when adjusted for multiple comparisons from baseline to 3 months post intervention. **Conclusions:** The COVID-19 global pandemic has resulted in the need to rethink how mind-body therapies can be delivered. This study demonstrated the feasibility, acceptability, and potential efficacy of a telehealth-based tai chi intervention for reducing AI-induced arthralgia. The intervention decreased patient-reported pain and stiffness, and improved sleep quality and depressive symptoms. Fully powered, large, telehealth-based tai chi trials for AI-associated arthralgia are needed considering our promising findings.

Blended Teaching of Tai Chi Exercise

Abstract

Purpose: The purpose of the presentation is to expand thinking on how tai chi exercise is taught and to inspire people to share this therapeutic movement during challenging times such as the pandemic. **Results & Conclusions:** Although tai chi has traditionally always been taught live and in-person, conditions such as limited personal contact during this pandemic required alternative means of training instructors, and of training instructors accustomed to live in-person classes how to adapt to use of virtual platforms for instruction. By using a combination of pre-recorded online learning modules together with live interactive virtual instruction, the same learning outcomes were achieved as in-person trainings. **Clinical relevance:** This has significant impact on improving the quality of peoples lives through tai chi exercise even through a blend of virtual and online learning.



Paul Lam, MD
Director of Tai Chi for
Health Institute, Australia

Paul Lam, a retired family physician in Sydney, Australia, is the director of Tai Chi for Health Institute. He has created a number of Tai Chi for Health programs that have improved the health and wellness of millions of people. The Centers for Disease Control and Prevention(CDC.gov), National Council on Aging and Arthritis Foundation around the world support his Programs. He is one of the most respected tai chi teachers having trained thousands of instructors. Dr Lam has authored several books including Teaching Tai Chi Effectively, Tai Chi for Diabetes, Overcoming Arthritis and Tai Chi for Beginners and the 24 Forms. His instructional online lessons and DVDs are best sellers around the world

Know The Evidence; Summary of Tai Chi & Qigong Support

CJ Rhoads is a Professor in the College of Business at Kutztown University. Her research interests include leadership development, business strategy, entrepreneurship, healthcare cost management, newly developed educational technologies, and integrative health practices. She is a highly sought-after speaker, author, and consultant on business strategy, leadership, healthcare and technology topics. She is also both the Managing Director of HPL 501c3 Institute, a non-profit organization dedicated to sharing health, prosperity, and leadership for everyone, everywhere, and the CEO of a firm developing technology tools for non-profits, HPL Consortium, Inc. Before joining KU, her thirty five years of business experience runs the gamut from entrepreneurial startups in the technology industry to being Vice President in established Fortune 500 companies in the finance industry. She received her D.Ed. in Educational Technology with a minor in Business Administration from Lehigh University, and her M.Ed. from Temple University in Educational Psychology focusing on Instructional Design.



CJ Rhoads, D. Ed
Professor
Kutztown University,
Pennsylvania

Abstract

Purpose: The purpose of this presentation is to share a summary of the four versions of "Know The Evidence", a report for the National Qigong Association Research and Education Committee, which summarizes by health challenge the research on whether or not Tai Chi and Qigong are considered helpful to patients with that health challenge. The intended audience is Tai Chi and Qigong Practitioners. **Materials/methods:** A search of PubMed was done by health challenge. The articles were pulled and read, then summarized in a publication called "Know the Evidence". This series of articles was published on the NQA website in 2016, 2017, 2019, and 2022. **Outcomes:** There is growing support for Tai Chi and Qigong as an adjunctive therapy for several chronic health challenges including Pulmonary Challenges, Cancer Challenges, Diabetes Challenges, Cognitive/Psychological Challenges, Neurological Challenges, Bone Density Challenges, Cardiovascular Challenges, Muscular Skeleton and other Pain, Balance Challenges & Falls, COVID, Sleep Challenges. The variety of studies cover research on all ages of people including both Older Adults and Children. **Clinical/Community relevance:** Given the growing evidence of Tai Chi and Qigong as an adjunctive therapy, it would only make sense for physicians to include these gentle therapies as part of their standard of care for all chronic health challenges.

An Innovative Tai Chi and Qigong Telehealth Service in Supportive Cancer Care During the COVID-19 Pandemic and Beyond

Abstract

Supportive cancer care services, including acupuncture and Tai Chi and Qigong (TQ), were offered to cancer patients to manage cancer symptoms and/or treatment-related adverse effects and improve quality of life (QoL) during and after standard care. Normal face-to-face acupuncture and TQ group services were suspended during the coronavirus (COVID-19) pandemic to reduce the risk of transmission of infection and meet social distancing restriction guidelines. This led to a sudden shift from face-to-face sessions to telehealth sessions in the healthcare system. Here, we report patients' experiences of TQ telehealth services as a new initiative developed for cancer care. We found that delivery of TQ telehealth is feasible and resulted in increased overall patient satisfaction with cancer care services during the lockdown. The delivery of TQ telehealth experiences and challenges will be discussed.

Byeongsang Oh is an Associate Professor at Faculty of Medicine and Health, University of Sydney, an integrative oncology consultant at the Northern Sydney Cancer Centre, Royal North Shore Hospital (RNSH) and GenesisCare, Mater Hospital, a previous Research fellow at Dana-Farber Cancer Institute, Harvard Medical School (HMS), CEO of the International Medical Tai Chi Qigong Association (iMTQA), USA and a member of the Society for Integrative Oncology (SIO). Since 2006, Dr Oh has been collaborating in several research projects with the Harvard Medical School, Yale University and Arizona State University.

Main research area of interest: Microbiome in cancer, integrative oncology, and mind-body medicine



Byeongsang Oh, PhD
Associate Professor,
Faculty of Medicine
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