



British
Acupuncture
Council



Safe, Cost-effective, Evidence based

Traditional acupuncture is an evidence based, cost effective choice for a number of conditions. For example, NICE guidelines in 2009 recommended acupuncture for the treatment of lower back pain. Many British Acupuncture Council registered acupuncturists work within the NHS. In many areas, BAcC members work alongside GP's to optimise patient outcomes. Traditional acupuncture can be provided in primary care as a cost effective solution to avoid referral to secondary care. It can also be provided in secondary care, for example in pain clinics.

Traditional acupuncture can also be effective for conditions that don't respond well to conventional medicine – such as migraines and back pain. The British Acupuncture Council is the largest regulatory body for traditional acupuncture in the UK whose membership can be commissioned to work alongside GPs to optimise patient care.

Contact 020 8735 0400 to find a local acupuncturist interested in NHS contracts or find out more at www.acupuncture.org.uk

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We can help

The British Acupuncture Council (BAcC) is the largest professional body regulating and supporting traditional acupuncture in the UK. We represent a nationwide network of over 3,000 highly qualified practitioners, with specialist acupuncture training supported by sound western medical knowledge. BAcC members adhere to high standards of practice and safety and are perfectly poised to provide efficient, cost-effective traditional acupuncture treatment to NHS patients. Acupuncture is widely used and accepted all over the world, with millions of people realising improvements in their health.

Acupuncture works

Traditional acupuncture is not simply a useful tool for pain-management. Acupuncture as practised by members of the BAcC is based on oriental medicine principles that have been developed, researched and refined for over 2000 years. Our members offer effective, long-term benefits for a wide variety of conditions.

Evidence exists that there are substantial cost savings to be made if acupuncture is accessed as early as possible on many patient pathways. BAcC members can contribute to patient outcomes and make a real difference to NHS efficiency savings, for example by avoiding hospital admissions and referrals.

Evidence for acupuncture

There is a large body of UK and global evidence supporting acupuncture's role in improving health outcomes. The strongest evidence arises when acupuncture is added to existing conventional care.

Conditions for referral

NICE Guidelines recommend traditional acupuncture for lower back pain, headaches and migraines. There are several other conditions where acupuncture is found to improve health outcomes and achieve cost savings. Specific guidance from the World Health Organisation states that acupuncture should be referred to for the following:

Allergies
Gynaecological conditions
Insomnia
Anxiety
Headaches
Pre-menstrual syndrome

Back pain
Heart problems
Sciatica
Carpal tunnel
Infertility
Sports injuries
Colds and flu
Irritable

Bowel Tendonitis
Constipation
Stress

Source: World Health Organisation

Clinical studies indicate that acupuncture is also effective in treating:

Dysmenorrhoea
Menopause
Morning sickness
Neck and facial pain
Respiratory disease
Stroke

Lower back pain
Urinary dysfunction
Substance abuse
Osteoarthritis
Tennis elbow

Source: Acupuncture Efficacy: A compendium of Controlled Clinical Trials by Stephen Birch & Richard Hammerschlag

Contact us

As a commissioner of healthcare services, you may be interested in including traditional acupuncture for your patients. We would like to hear from you to see how it can best work in your area. We can be reached on 020 8735 0400 or via our website on www.acupuncture.org.uk