of scientific evidence in osteopathy. The majority of interviewed osteopaths have a background in physiotherapy, which exists in parallel with the osteopathic profession.

**Conclusion:** These data need to be extended to a larger number of schools, the general population, doctors and osteopathic practitioners for a more detailed picture of the Italian osteopathic profession.

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**OP-218**

Investigating characteristics of CAM users and CAM non-users among members with multiple sclerosis of the Danish MS Society

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**Background:** Similar to other chronic patient groups, people with multiple sclerosis (MS) in Denmark use a large variety of complementary and alternative medicine (CAM) treatments. Studies have shown that CAM users often differ from CAM non-users with regard to various socio-demographic variables, but little is known about possible differences in the ways in which the use of CAM treatments and conventional treatments are experienced within a specific patient group.

**Aim:** The aim of this study was to investigate socio-demographic confounders as well as confounders related to the use of CAM treatments and conventional treatments among CAM users and CAM non-users, respectively.

**Methods:** An Internet-based questionnaire was developed, tested and validated by the use of cognitive interviews and was used for data collection among 3350 patient members of the Danish MS Society. A letter with a personal code was sent to all respondents, asking them to fill out the questionnaire online. It was not an option to receive the questionnaire in paper form. Reminders to non-respondents were sent twice and the final response rate was 55.5. Odds ratio tests were used for comparative analyses.

**Results:** A large variety of CAM treatments were used by people with MS in Denmark within the latest 12 months and for a variety of reasons. CAM users (52%) differed from CAM non-users (48%) by representing a higher prevalence of women, being younger, having a higher level of education and a higher income. The use of CAM treatments among CAM users was characterised by representing a higher prevalence of non-specific/preventive treatment purposes as well as a lower prevalence patient disclosure, experienced side effects and experienced positive effects when compared to the use of conventional treatments among CAM non-users.

**Conclusion:** People with MS in Denmark reported the use of a large variety of CAM treatments. CAM users differed from CAM non-users on socio-demographic variables as well as variables related to the treatment use.

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**OP-219**

When East meets West–person-centred medicine: a new paradigm beyond traditional, complementary, alternative and unconventional medicine

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The authors introduce and outline core concepts of person-centred medicine as a contribution to rebuild the epistemologic and social basis of medicine from the common ground of traditional medicine as a vision to observe and investigate nature strictly linked to the bio-psycho-spiritual path of every sentient being. There is growing evidence that a future medical approach will consist of personalised medicine, based on pharmacogenomics, proteomics, metabolomics and physiomics. This approach has been developed from the realisation that patients diagnosed with the same disease often respond differently to drugs. Recently, treatment tailored upon an individual genetic profile has been proposed. However, human nature is more complex than our genetic make-up and includes psychological and spiritual aspects as well as physical ones. To be individualised, diagnosis and treatment need to take into consideration the human being in their full expression. The challenge for the future of medicine therefore extends beyond biomedical. The whole health system needs to set in motion a process whose central aim is the global care of the individual patient. This is person-centred medicine.

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**MODELS OF RESEARCH IN COMPLEMENTARY MEDICINE**

**OP-220**

The use of HRV and skin conductance to evaluate the effect of CV4 and rib-raising techniques on the autonomic balance

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**Background:** Osteopathic medicine teaches that cranial manipulative techniques modify the rate of the cranial rhythmic impulse (CRI) and as a consequence positively influence body physiologic. The functional mechanisms are only partially elucidated. The two most relevant techniques are the fourth ventricle (CV4) and the rib-raising technique. Both are likely to act influencing the autonomic nervous system. **Aim:** The aim of this study was to verify whether the CV4 and rib-raising techniques influence in healthy adult subjects the autonomic system activity evaluated on the basis of heart rate variability (HRV) and skin conductance. **Methods:** To this aim we unrolled 40 healthy adult subjects from the Clinic of Osteopathy, ASP n° 9, Mazara del