

POSITION STATEMENT

NICM Health Research Institute's research focus

Researchers at NICM Health Research Institute (NICM) focus on some of the major diseases and illnesses that have an impact on today's society. Our clinical research at NICM concentrates on areas of national priority and global importance.

NICM conducts research that advances our knowledge and understanding of natural and traditional medicine and promotes evidence-based integrative healthcare.

Our research includes clinical trials, laboratory testing and policy work, and our research effort is concentrated in four clinical clusters:

- Healthy hearts: preventing and treating cardiovascular and metabolic disorders.
- Healthy minds: preventing and treating neurocognitive and mental health disorders.
- Healthy women: promoting sexual and reproductive health.
- Healthy lives through cancer: staying healthy through the cancer journey.

NICM was established to provide leadership and support for strategically directed research into complementary medicine and translation of evidence into clinical practice and relevant policy to benefit the health of all Australians.

The research focus of NICM is in herbal and nutritional medicine (including traditional Chinese medicine and bush medicine in Australia), medicinal cannabis, acupuncture, mind-body practices (such as meditation, yoga, tai chi and others), and lifestyle medicine. NICM does not undertake research in many other complementary and alternative medical clinical practices including chiropractic, osteopathy, homeopathy, Bach flower remedies, and many other practices.

NICM recognises that some complementary medicines and practices currently have less scientific evidence to support their use. Where there is less scientific evidence, NICM respects the patient's choice to use medicines and therapies that have a history of traditional use, or are generally considered safe or low-risk when used appropriately, in recognition that patient choice is paramount to patient-centred care.