

- Guo Lin mind-body exercise for quality of life in patients with cancer: Investigates the feasibility and effects of Guolin Qigong (GQ) on cancer-related fatigue and its associated symptoms in breast, lung, and colorectal cancer survivors.
 - Baduanjing Mind-body exercise for cancer-related fatigue: a feasibility study: This study evaluates the feasibility and acceptability of a remotely delivered (via Zoom software) Baduanjin mind-body exercise program through a randomised controlled trial.
 - Developing an evidence-based expert consensus statement for building protocol content of clinical trials in Traditional Chinese Medicine (TCM) modalities for integrative cancer care: This study aims to provide guidance for research protocol content in clinical trials involving TCM modalities for integrative cancer care.
 - The effects and safety of acupuncture for cancer-related cognitive impairment (CRCI): This is a mixed-method study investigating the effectiveness and safety of acupuncture for CRCI.
- We have launched a Chinese medicine plantation project. With the state-of-the-art greenhouse facility and farm at Western Sydney University, Hawkesbury Campus, we work closely with industrial partners aiming for the cultivation of clean and high-quality medicinal herbs and commercialization of medicinal products for the Australian and Chinese markets.
- Our other research projects include the following:
- Baduanjin Qigong (Mind-body exercise) for upper crossed syndrome (neck and shoulder pain): This randomised control trial will evaluate the safety and effectiveness of Baduanjin Qigong for University staff with upper crossed syndrome.
 - Acupuncture for Emergency: We are collaborating with Paramedicine at the School of Health Sciences to explore non-pharmaceutical options for urgent pain management.

A PLATFORM TO PROMOTE HEALTH AND CULTURE TO BENEFIT LOCAL COMMUNITIES

The Centre promotes cultural exchange to benefit Australian society through transmitting knowledge and culture in traditional Chinese medicine to increase awareness, acceptance and understanding.

- We promote Chinese medicine in Australia through talks at popular science health seminars, regular segments on radio stations and publications.

DONATIONS TO THE CHINESE MEDICINE CENTRE

We welcome funding from individuals and organisations to support the growth of the Chinese Medicine Centre. Your donation and support will allow Chinese medicine to benefit patients globally and promote further development. In order to thank you for your generous donation to the development of the Chinese Medicine Centre, we will express our gratitude to you in the following ways.

The Chinese Medicine Centre Wall of Recognition:

The Chinese Medicine Centre is an important learning and communication platform for both Australia and China and attracts many visitors. We will showcase your generous donation and introduce the individuals, businesses and institutions that have supported the development of our Centre to our domestic and foreign guests on our Wall of Recognition.

Certificate of Gratitude issued by the Chinese Medicine

Centre: The Chinese Medicine Centre will issue a donation certificate signed by the Centre's Co-Directors.

Donation Ceremony and Personal Invitation to Chinese

Medicine Centre Events: A donation ceremony will be held during all the important activities of the Centre. The Chinese Medicine Centre will issue personal invitations to ensure donors are invited to all our future events.

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WESTERN SYDNEY
UNIVERSITY



中澳中医中心
Chinese Medicine Centre

CHINESE MEDICINE CENTRE

A COLLABORATION BETWEEN
WESTERN SYDNEY UNIVERSITY AND
BEIJING UNIVERSITY OF CHINESE MEDICINE



VISION: To promote the international recognition and development of Chinese medicine for the benefit of health and well-being.

MISSION: To create the world's leading international Centre for collaboration in Chinese medicine and a unique borderless platform for innovation in medical education, scientific research, humanities and related fields.



A graduate student of the Traditional Chinese Medicine Program.
[Photo by Sally Tsoutas]

The Centre is a major outcome from the China-Australia Free Trade Agreement (ChAFTA), highlighting the collaboration for promoting traditional Chinese medicine for better health and wellbeing through education, scientific research and culture exchange. The Chinese Medicine collaboration between Beijing University of Chinese Medicine (BUCM) and Western Sydney University has been strong for more than a decade.

The Chinese Medicine Centre is located at the Campbelltown and Westmead campuses of Western Sydney University. It is a landmark collaboration between Beijing University of Chinese Medicine and Western Sydney University.

PROJECTS

The Chinese Medicine Centre has already achieved significant progress in the fields of education, research, clinical services and cultural exchanges.

A PLATFORM FOR SYNERGY AND INTEGRATION OF HIGH-QUALITY EDUCATIONAL RESOURCES

Education is a priority of the Chinese Medicine Centre. With the help of China's first-class Chinese medicine universities and Australia's outstanding higher education institutions, we offer a range of education programs.

- **Academic Pedagogic Training:** We have established a Chinese medicine English training base for academics from Chinese medicine universities in China.
- **Joint Degree Programs:** We provide joint training of postgraduate students, as well as jointly supervised doctoral candidates through "double degree" program with BUCM. The Chinese Medicine Program at School of Science and Health is closely associated with the Centre in education, "double degree" in undergraduate education is delivered jointly with Nanjing University of Chinese Medicine.
- **Student Exchange Programs:** We provide short and

long-term exchange programs across diverse disciplines such as public health, nursing and hospital management, in addition to Chinese medicine, through numbers of Chinese medicine universities.

- **Professional Programs:** We host high-level professional seminars and workshops such as the International Presidents Forum and open seminars for the public.

A PLATFORM FOR HIGH-QUALITY HEALTH SERVICES, CLINICAL EDUCATION AND CLINICAL RESEARCH

In the past year, 68% of Australians have used one or more Complementary or Alternative Medicine therapies. Chinese medicine is one of the most popular therapies. The Centre supports the integration and development of Chinese medicine through evidence-based practice.

- **Clinical sites:**
 - Unclinic: We have launched a public service project to provide acupuncture, Chinese herbal medicine (CHM), Tuina (Chinese massage) clinical services, located at Western Sydney University, Campbelltown Campus.
 - Wellness Centre: We have provided acupuncture as part of clinical research for cancer patients at Liverpool Hospital, South Western Sydney Local Health District.
 - Westmead Campus: We will soon provide acupuncture and CHM clinical services at Western Sydney Integrative Health, located at Westmead Campus.

A PLATFORM FOR MULTI-POINT COOPERATION AND SOPHISTICATED RESEARCH

The Centre conducts scientific research aimed at validating and translating traditional Chinese medicine in contemporary education, clinical practice and research.

- We have established the first Sino-Australian Oncology Research Alliance, a clinical research cooperation platform in collaboration with Liverpool Hospital in the South West Sydney Local Health District.
- Our cancer-focused research include the following:
 - Acupuncture for cancer-related pain: This study investigates whether acupuncture can help the management of cancer-related pain. Results from various global clinical trials suggest a promising impact on cancer-related pain relief.