



Antimicrobial Resistance, a missing strategy: The role of Traditional, Complementary, and Integrative Healthcare

Resolving Antimicrobial Resistance (AMR) needs a cross-sectoral and multi-disciplinary [One Health approach](#), with health promotion at its core. Prioritising health in all EU strategies should, therefore, be a priority. With its primary focus on health promotion, Traditional, Complementary, and Integrative Healthcare (TCIH) has the potential to help close this gap.

Traditional, Complementary, and Integrative Healthcare (TCIH)

Modern definitions of health emphasise a patient-centred approach, focusing on holistic health, that encompasses “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”¹ TCIH calls for healthcare that respects nature, is sustainable, and adapts to the individual needs of patients to improve their health and well-being², which increases their resilience to infections and, therefore, their reliance on antibiotic medicines.

The added value of TCIH in AMR strategies

Recently acknowledged by the [Gujarat](#) and [G20 New Delhi Leaders Declaration](#), the WHO and G20 agreed on the importance of exploring how the TCIH sector can contribute to primary healthcare and global health priorities, including AMR. While global recognition of AMR has prompted wider policy responses and healthcare initiatives, additional strategies are needed to build health resilience and enhance health maintenance³. TCIH focuses on improving infection prevention and promotes and facilitates the prudent use of antimicrobials⁴.

EUROCAM calls for the following actions to achieve this:

1. **POLICY:** Include TCIH in the next European One Health Action Plan Against AMR and in further One Health Strategies, with the inclusion of civil society in decision-making processes.

¹ <https://apps.who.int/gb/bd/PDF/bd47/EN/constitution-en.pdf?ua=1>

² TCIH is based on a holistic, or ‘whole person’ approach to health, with the aim of promoting physical, mental and social well-being to maintain or regain wellness and health.

³ <https://www.who.int/publications/i/item/9789240041387>

⁴ https://health.ec.europa.eu/system/files/2020-01/amr_2017_action-plan_0.pdf

2. **HEALTHCARE SYSTEMS:** Include TCIH in national public health strategies and National Action Plans (NAPs) on AMR and include education on TCIH approaches as options in the prevention and treatment of infectious diseases, thus reducing reliance on antibiotic medicines.
3. **PATIENT INFORMATION AND EDUCATION:** Promote health literacy and patient awareness on the prudent use of antimicrobials as well as the options of non-antibiotic TCIH prevention and treatments.
4. **RESEARCH & DEVELOPMENT:** Invest in comparative research with clinical relevance to enhance patients outcome (e.g. comparison with standard care) and develop initiatives that focus on the integration of TCIH prevention and treatment strategies. Allocate funding to disseminate results to healthcare professionals, policymakers, stakeholders, and the public through appropriate tools.
5. **ONE HEALTH APPROACH:** Foster trans-disciplinary collaboration between human, animal, and plant sectors on a regional, national, and international level to effectively prevent AMR in an environmentally sustainable way.

EUROCAM is committed to fostering collaboration and knowledge-sharing on TCIH with policymakers and stakeholders. This commitment is directly aligned with the priorities set by the [GIFTS-AMR research consortium](#)⁵, underlining that together, we are stronger in our efforts to address AMR.

This paper 'AMR, a missing strategy', reflects the position of EUROCAM, the European foundation uniting umbrella organisations of patients, physicians, practitioners, and veterinarians in the TCIH sector.

About EUROCAM

EUROCAM is an independent non-profit and non-governmental European umbrella organisation of patients and practitioners from the TCIH field. EUROCAM represents acupuncture, Ayurveda, anthroposophic medicine, herbal medicine, homeopathy, naturopathic or traditional European medicine, reiki therapy, and Traditional Chinese Medicine.

EUROCAM is accredited as a non-state actor to the WHO Regional Office for Europe. It is the leading TCIH sector's representative in the EU. EUROCAM administers the secretariat of the MEP Interest Group on Integrative Medicine and Health, engaging with the European Commission's Directorate-General on Health and Food Safety and other relevant EU Institutions and CSOs.

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⁵ The GIFTS-AMR research consortium has outlined a comprehensive agenda on the potential role of TCIH in mitigating Antimicrobial Resistance (AMR) in this paper <https://www.b2match.com/e/research-on-tcih-strategies/components/34631/biYz4tsQRpZA>