

POSITION STATEMENT

NICM Health Research Institute's research focus

Western Sydney University's researchers at NICM Health Research Institute (NICM HRI) conduct research to explore the scientific basis of integrative and complementary medicine interventions. Our research concentrates on health priority areas of national and global importance, including cardiovascular and metabolic health, neurodegenerative diseases and mental health, women's health, cancer management and recovery, and immunity and inflammation research.

NICM HRI's research advances our knowledge and understanding of natural and traditional medicine and promotes evidence-based integrative healthcare.

NICM HRI 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.

From the bench to the bedside, our research capabilities are extensive and include:

- Preclinical laboratory research on the chemical composition, synergistic interaction and bioactivity, mechanisms of action and novel delivery of natural and traditional medicines.
- Clinical research to evaluate the efficacy and safety of integrative medicine through clinical trials and observational studies.
- Translational research focusing on informing best practice in integrative medicine healthcare and education, translated into relevant policy

The research focus of NICM HRI is in herbal and nutritional medicine (including traditional herbal medicine, and bush medicine in Australia), medicinal cannabis, acupuncture, mind-body practices (such as meditation, yoga, tai chi and others), and lifestyle medicine. NICM HRI 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 HRI is committed to delivering high-quality, world-class research and maintains the highest standards of integrity through research governance and legislative requirements.