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**Introduction:** Coronavirus Disease 2019 (COVID-19) is an acute respiratory infectious disease. At present, there is no specific and effective therapy for the treatment and prevention of this disease. Traditional Chinese medicine (TCM) has accumulated thousands of years of experience on the use of Chinese herbal medicine (CHM) to prevent and treat infectious diseases. The aim of this study was to present the evidence on the therapeutic effects and safety of Chinese herbal medicine (CHM) used with or without conventional western therapy for COVID-19.

**Methods:** Clinical studies on the therapeutic effects and safety of CHM for COVID-19 were included. We summarized the general characteristics of included studies, evaluated methodological quality of randomized controlled trials (RCTs) using the Cochrane risk of bias tool, analyzed the use of CHM, used Revman 5.4 software to present the risk ratio (RR) or mean difference (MD) and their 95% confidence interval (CI) to estimate the therapeutic effects and safety of CHM.

**Results:** A total of 58 clinical studies were identified including RCTs (17.24%, 10), non-randomized controlled trials (1.72%, 1), retrospective studies with a control group (18.97%, 11), case-series (20.69%, 12) and case-reports (41.38%, 24). Fig.1 shows the flow diagram for the searching and screening of published articles. No RCTs of high methodological quality were identified. The most frequently tested oral Chinese patent medicine, Chinese herbal medicine injection or prescribed herbal decoction were: Lianhua Qingwen granule/capsule, Xuebijing injection and Moxing Shigan Tang. Table 1 lists the CHM used at least twice. In terms of aggravation rate, pooled analyses showed that there were statistical differences between the intervention group and the comparator group (RR 0.42, 95% CI 0.21 to 0.82, six RCTs; RR 0.38, 95% CI 0.23 to 0.64, five retrospective studies with a control group), that is, CHM plus conventional western therapy appeared better than conventional western therapy alone in reducing aggravation rate. In addition, compared with conventional western therapy, CHM plus conventional western therapy had potential advantages in increasing the recovery rate and shortening the duration of fever, cough and fatigue, improving the negative conversion rate of nucleic acid test, and increasing the improvement rate of chest CT manifestations and shortening the time from receiving the treatment to the beginning of chest CT manifestations improvement. For adverse events, pooled data showed that there were no statistical differences between the CHM and the control groups.

**Conclusion:** Current low certainty evidence suggests that there may be a tendency that CHM plus conventional western therapy is superior to conventional western therapy alone. The use of CHM did not increase the risk of adverse events.

**Keywords:** traditional Chinese medicine, Chinese herbal medicine, novel coronavirus pneumonia, coronavirus disease 2019, COVID-19, SARS-CoV-2, review, clinical study

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**An exploration into the impact of COVID-19 on mental wellbeing and the self-care strategies employed**

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**Introduction:** It has been widely reported that the mental well-being has been adversely affected by the COVID-19 pandemic and the imposed social isolation restrictions. It is essential to investigate, comprehend and acknowledge the profound influence Covid-19 has had on anxiety levels and explore approaches that people have used to manage this in order to inform future interventions and promote self-care behaviours to improve mental wellbeing. The aim of this study was to explore the anxiety experienced by adults during the COVID-19 pandemic and how they manage it.

**Methods:** A specifically designed questionnaire containing open and closed questions was disseminated using social media in 4 countries including the UK. Descriptive and inferential statistics were used and data collected from the free-text questions were analysed using the thematic analysis. Ethical approval was obtained from St Marys University Research Ethics Committee.

**Results:** To date n = 382 adult respondents aged 18 plus completed the survey. Analysis is on-going, full results will be available by the symposium date. Preliminary analysis indicated that the most common self-care behaviours used for anxiety self-management pre and during the pandemic were walks, virtual family/social peer support, cooking and aerobic exercise. Additionally, it was apparent that both a lack of a sustained reciprocation of ongoing family/social support was a key predictor for the proclivity of anxiety-inducing thoughts to be experienced and reduced family/social support led to negative thought processes and feelings such as isolation, loneliness and uncertainty about the future. Individuals who continually engaged in activity generally reported more positive mood states irrespective of the social isolation environment.

**Conclusion:** This study highlights the impact of the COVID-19 pandemic on mental wellbeing and stresses the significance of ongoing peer support during social isolation. Facilitating self-care and opportunity for peer support may be an effective strategy for interventions to improve mental wellbeing during times of social isolation.

**Keywords:** COVID-19; mental wellbeing; survey; self-care; social isolation

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**Complementary Medicine Strategies during the COVID-19 Pandemic - a Cross-Sectional study**

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**Introduction:** Complementary and Integrative Medicine (CIM) may provide an opportunity for health preventive or supportive self-treatment regarding COVID-19 infections. The study aims to explore self-help and prevention strategies and the emotional state during the pandemic in people who are familiar with CIM.

**Methods:** We conducted an explorative cross-sectional study with an anonymous 41-item online-survey in German language among adults familiar to CIM (e.g. through a membership in a CIM association) from September 2020 to February 2021. A selection of 17 popular CIM methods was presented to capture self-help and prevention strategies used by the respondents and to assess the expected success of utilized methods.

A visual analogue scale (0-10 points) was used to identify aspects of the emotional state. Statistical analysis was carried out descriptively.

**Results:** We included 1,605 participants (mean age 55.4±12.6 (SD) years, 80.6% female). 32.5% of the respondents had a university degree and n=16 reported having had a COVID-19 infection. During the pandemic 86.8% of the participants reported a CIM use for health promotion. Staying and moving therapy in the nature for health promotion (e.g. forest bathing, hiking) (98.7%), healthy nutrition (98.6%) and physical activities (96.3%) were favored primarily. The part of people rating the health promoting effect as medium or strong ranged from 54.3% for Ayurveda to 97.6% for healthy nutrition. The analysis of the emotional state during pandemic revealed the lowest levels for “feeling lonely” (VAS mean 2.6±2.9) and “feeling anxious” (2.8±2.6) and the highest levels for “being attached to others” (6.2±2.5) and “well-being”(5.8±2.4).

**Conclusions:** The health-conscious, predominantly female participants used a broad variety of CIM during the COVID-19 pandemic for health-care prevention and showed an overall stable emotional status. If and how their emotional state is related to this behavior should be addressed by further research.

**Keywords:** Self-help strategies, health promotion, Covid-19; Complementary and Integrative Medicine cross-sectional study

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### Prevalence of Complementary and Integrative Health Use in Patients Afflicted with COVID-19

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**Introduction:** Complementary and Integrative Medicine (CIH) has been a popular medical approach. This study aimed to investigate CIH use in patients afflicted with COVID-19.

**Methods:** In this telephone-based cross-sectional study, the data of CIH usage were collected from confirmed COVID-19 patients from February till June 2020 in Fars province, Iran. Besides, we asked the patients' attitudes towards using these treatments.

**Results:** Out of 453 patients diagnosed with COVID-19, 400 (88.30%) enrolled into the study and answered our question and. In this regard, 276 (69%) patients reported using CIH to treat COVID-19. The most frequently used herbal medicine among COVID-19 patients was ginger (98.9%), thyme (95.3%), and black cumin (74.3%). Most of these patients were recommended to use herbal medicine by their families and friends (34.8%). Overall, 86.2% reported high and very high levels of satisfaction using these medications. Residents of urban areas (p=0.005), employees (p<0.001), patients with an academic education (p<0.001), as well as outpatients (p<0.001) used more CIH in comparison with the others. Ultimately, only 9 (3.3%) patients consulted with their doctors regarding using these medications.

**Conclusion:** The results of this study showed that many patients with COVID-19 used CIH, but few of them consulted with their physician consultation. Physicians should ask their patients about CIH usage and patients should also report their use of CIH therapies during their medical visits.

**Keywords:** COVID-19, complementary and alternative medicine, medicinal plant, traditional medicine, alternative medicine, Prevalence, use

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### Supporting Employee Wellness Within a Large Health System During the COVID-19 Crisis

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**Introduction:** During the COVID-19 crisis, medical providers face stress, feelings of isolation and fear. Hence, in April 2020, Cleveland Clinic Community Care, a provider of inpatient and outpatient services, created a “Wellness and Self-Care” task force to support employee wellness. The objective of this quality improvement report is to describe and evaluate the task force's efforts.

**Methods:** The task force created a list of free wellness resources: daily yoga and guided meditation, snacks, tea and coffee (“nourish stations”), continuous access to mental health counseling and organized employees into neighborhood support groups.

We evaluated the program in May 2020 using a cross-sectional survey of clinical and non-clinical employees. The survey included questions on responsibility changes related to COVID-19, fulfillment and burnout and wellness services used. Responders were grouped in “none or some” and “most or all” responsibilities changed. We described our results using Pearson's chi-square and Student's t-tests.

**Results:** We received 736 responses, a response rate of 45%. A quarter of responders (27%) needed family care; 8% had been quarantined; 42% reported that most or all of their work responsibilities changed. The highest level of burnout was reported by those who had most or all of their responsibility changed. Frequently used resources were information tip sheets (51%), online resources (44%), virtual live yoga and meditation classes (25%), and nourish stations (6%).

**Conclusions:** The task force addressed employee wellness during the beginning of the COVID-19 pandemic. Employees with mostly or all changed responsibilities experienced higher levels of burnout compared to those whose responsibilities were minimally or not changed. One year into the pandemic with the responsibilities back to normal or not “new” anymore, it is worthwhile to reassess if the groups are less split and if other groups are affected more now.

**Key words:** employee wellness; COVID-19; professional fulfillment; burnout

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### Correlation between damp-heat syndrome and microinflammation in diabetic nephropathy

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**Introduction:** Micro-inflammation is a frequent statue often contributing to comorbidity and poor prognosis of patients with DKD.