

Ian Appleyard PhD

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Introduction

Ian Appleyard is the research and policy manager at the British Acupuncture Council. From 2008 to 2018 he was course director of the masters and bachelor acupuncture programmes at London South Bank University Confucius Institute for TCM. During this time the Confucius Institute received multiple awards and achieved model institute status in 2014. Ian has also acted as research officer for the Acupuncture Association of Chartered Physiotherapists. He has been external examiner for acupuncture courses in the UK and internationally. Ian has a bachelors degree in acupuncture from Westminster University. He studied in China, undertaking a one year of postgraduate clinical practice at Nanjing University of Chinese Medicine, as well as gaining clinic experience in hospitals in Shanghai and Harbin. He trained with a private practitioner in Japan. Ian has advanced level oral and written Mandarin. His PhD thesis Acupuncture and moxibustion for osteoarthritis of the knee: a component analysis approach proposes a new methodological approach for acupuncture research.

Education and qualifications

PhD	<i>Acupuncture and moxibustion for osteoarthritis of the knee: a component analysis approach</i> London South Bank University	2018
One year Diploma Post Graduate Studies	Nanjing University of Chinese Medicine	2006
BSc (Hons) Acupuncture (2.1)	Westminster University, UK	1998
Diploma Acupuncture	London School of Acupuncture and TCM	1998
Post Graduate Certificate in Higher Education	London South Bank University	2011
Certificate in Higher Education	London South Bank University	2010
BSc (Hons) Physics	Manchester University, UK	1988

Languages

- English - native speaker
- Chinese (Mandarin) - Advanced oral and reading

Publications

- de Valois B, Young T, Zollman C, **Appleyard, I** et al. (2024) Acupuncture in cancer care: recommendations for safe practice (peer-reviewed expert opinion). *Supportive Care in Cancer*. 32(4):229. doi: [10.1007/s00520-024-08386-6](https://doi.org/10.1007/s00520-024-08386-6)
- Appleyard, I. 2023. Acupuncture out, dogma in: The U.K. National Institute for Health and Care Excellence guideline for osteoarthritis 2022. *European Journal of Integrative Medicine*. **61**: p. 102262.
- Appleyard, I 2020 Acupuncture and the opioid crisis. *Acupuncture in Physiotherapy*, Volume 32, Number 1, Spring, 43–45
- Appleyard, I 2020 The challenge of clinical practice guidelines (CPG), *AACP E-news Research Bulletin March*, Acupuncture Association of Chartered Physiotherapists
- Appleyard, I 2020 Acupuncture and the bottom line, *AACP E-news Research Bulletin May*, Acupuncture Association of Chartered Physiotherapists
- Appleyard I (2018) Use of acupuncture in the management of pain. *Nursing Standard*. doi: [10.7748/ns.2018.e11303](https://doi.org/10.7748/ns.2018.e11303)
- Appleyard, I (2018) Placebo: Gold standard science or a smoke and mirrors trick. in: *Proceedings of the Dialogue Mondial Scientifique et Culturel sur l'Acupuncture* Cité des Sciences, Paris. 16-17 of November
- Appleyard, I. (2018). Acupuncture and moxibustion for osteoarthritis of the knee: a component analysis approach. *PhD Thesis* London South Bank University. doi: [10.18744/PUB.002879](https://doi.org/10.18744/PUB.002879)
- Appleyard, I. Robinson, N. and Crichton, N (2016) Warm needle acupuncture vs. needle acupuncture for osteoarthritis of the knee: A pilot study protocol. *European Journal of Integrative Medicine*, 8, pp. 407-413. doi: [10.1016/j.eujim.2016.07.031](https://doi.org/10.1016/j.eujim.2016.07.031)
- Jun JH, Choi TY, **Appleyard I**, Choi J, Robinson N, Kim JI, Lee MS. (2016) Warm needle acupuncture for osteoarthritis: A systematic review protocol. *European Journal of Integrative Medicine*, 8(4), pp. 402-406. doi: [10.1016/j.eujim.2016.07.030](https://doi.org/10.1016/j.eujim.2016.07.030)
- Appleyard, I. (2015) Threat and opportunity: Acupuncture and Science. in *Proceedings of International Conference on Health, Healthcare and Eco-civilisation*. London South Bank University, UK. November
- Appleyard, I. Lundeberg, T. and Robison, N. (2014) Should systematic reviews assess the risk of bias from sham-placebo acupuncture control procedures? *European Journal of Integrative Medicine*, 6 pp. 234-243. doi: [10.1016/j.eujim.2014.03.004](https://doi.org/10.1016/j.eujim.2014.03.004)
- Appleyard, I (2011) Guest Editorial: Seeding our Future. *The Acupuncturist*. British Acupuncture Council. London. April/ Spring
- Appleyard, I (2006) The Treatment of Hyperthyroidism by Acupuncture *The Journal of Chinese Medicine*, Number 81, June

Presentations

- 15 September 2023 *ARRC Research Symposium*, Yarnfield Park, Staffordshire, U.K. Beyond the placebo
- 30 June 2023 *Integrative Personalised Medicine Conference*, QE II Conference Centre, London. Acupuncture: Primary Care and Beyond.
- 16 September 2022 *ARRC Research Symposium*, Yarnfield Park, Staffordshire, U.K. A component analysis of acupuncture in practice: OA knee
- 16-17 of November 2018 *Dialogue Mondial Scientifique et Culturel sur l'Acupuncture* Cité des Sciences, Paris. Placebo: Gold standard science or a smoke and mirrors trick?
- 6th July 2018 *6th Annual General Meeting of Good Practice in Traditional Chinese Medicine Research Association*, Royal Botanical Gardens and London South Bank University, UK. Acupuncture and the placebo
- 17th March 2018 *Acupuncture Research Resource Centre (ARRC) Symposium*, De Vere Venues Holborn Bars, London, UK. Warm Needle Acupuncture vs. Needle Acupuncture for Osteoarthritis of the Knee: a Pilot Study
- 5th Nov 2015 *International Conference on Health, Healthcare and Eco-civilisation*. London South Bank University, UK. Threat and opportunity: Acupuncture and Science
- 26th September 2015 *British Conference of Acupuncture and Oriental Medicine in at Nottingham University*, UK. Becoming a researcher: Does this work for acupuncturists?
- 21st March 2015 *Acupuncture Research Resource Centre (ARRC) Symposium*, King's College, London, UK. Warm needle acupuncture vs Basic needle acupuncture for osteoarthritis of the knee: A pilot study
- 15th May 2014 *Milan University, Italy*. The challenges of acupuncture research: Square peg in a round hole?
- 14th May 2014 *Milan University, Italy*. Traditional Chinese Medicine in the modern worldPseudo-science or treasure house?
- 23rd Jan 2014 *Wellcome Trust, London*. The Parts and the Whole. Presentation and panel discussion
- 27th Nov 2012 *London South Bank University* - Presentation to members of the China Academy of Chinese Medical Sciences. Factors that influence the interpretation of Chinese medicine research in the West
- 10th Nov 2012 *China Institute, New York*. Traditional Chinese Medical Theories & Modern Science in Acupuncture Research
- 7th Nov 2012 *University of Pittsburgh Bradford Campus, Pennsylvania*. History of Chinese Medicine
- 6th Nov 2012 *St. Vincent College, Latrobe, Pennsylvania*. History of Chinese Medicine
- 5th Nov 2012 *School of Pharmacy, Pittsburgh University, Pennsylvania*. Traditional Chinese Medical Theories & Modern Science in Acupuncture Research
- 28th March 2012 *CAMSTRAND Conference*, Cardiff Metropolitan University, UK. The use of warm needle technique produces great improvement in symptoms for patients with osteoarthritis of the knee than using acupuncture needling without moxibustion
- 17th Sept 2011 *The British Conference of Acupuncture & Oriental Medicine*, Reading, UK. If everyone one picks up the firewood, the bonfire will be brighter