

## **TOPICS - Online portal for Anthroposophic Medicine**

### **Background**

Anthroposophic Medicine is meanwhile represented in over 60 countries. Physicians, therapists and nurses are very interested in AM. In contrast the possibilities for learning and deepening knowledge by self-studies are limited because only little current literature in English is available.

A survey among the Society of Anthroposophic Doctors in Germany and on international level showed that 94% of anthroposophic doctors assess broad access to anthroposophic literature and convenient literature search options as rather overdue.

To meet the increasing need of the international medical community for anthroposophic medical information the Medical Section at Goetheanum in cooperation with the German Society of Anthroposophic Physicians decided to build an Internet portal, called TOPICS Anthroposophic Medicine. The portal will be launched in German and English. To ensure consistent translations into English a comprehensive glossary will be developed.

### **Target group**

The target group comprises scientists, students, physicians, nurses and therapists in practice and clinic, who work worldwide in the field of Anthroposophic Medicine or who want to train themselves in AM.

### **Content**

At first launch TOPICS portal will start with at least 500 articles of the journal “Merkurstab” covering all relevant specialist areas. Articles are selected in agreement with an international specialist editorial team (e.g. cardiologists). Furthermore it is planned to include the “Vademecum” and specialist books of Anthroposophic Medicine. The aim is to continuously develop the content of the portal and keep the content up to date.

User interface, navigation tools, search functions and content are optionally available in German or English. Spanish and further languages are considered as future options.

The user concept will be developed taking into consideration the user experiences with “UpToDate”, a worldwide leading portal for conventional medicine. The TOPICS user-friendly search options provide searching in more than 25 specialist areas, each categorized into the following rubrics:

**A Anthroposophic principles of disease**

**B** Medicinal therapy

**C** Non-medicinal therapy (nursing, physiotherapy, eurythmy therapy, rhythmical massage, music therapy, art therapy, nutritional therapy, psychotherapy)

**D** Evaluation (evidence and efficacy e.g. studies, case reports)

An additional service for the daily routine in clinic and practice will be provided by the so called „Bedside function“:

An uncomplicated access via keywords leads to a brief characteristic of a disease and its therapeutic options of Anthroposophic Medicine.

Thereby a brief practical survey of the disease and the anthroposophic medical therapy which is tailored to the particular needs of the daily routine will be accessible, also providing further links and references. This will be of great importance especially for training purpose, practical work in clinic and practice and generally for a quick orientation.

## **Timeline**

### Literature:

Since September 2011 (ongoing)	Digitizing all Merkurstab-articles
September 2011 – 31.12.2013	Translation of the first 500 articles by a team of 10 translators. Every translation will be validated by a supervising translator.
Since August 2012	Development of an English glossary in agreement with the Physician Societies of the English-speaking countries
Since August 2012	Article selection for translation

### Building the Internetportal:

Up to 31.12.2012	End of conceptual work. Following negotiations with web design- and software companies
Up to October 2013	Programming of a first test version
Up to October 2014	Official launch of TOPICS

## **Funding**

Because of the high relevance for the whole Anthroposophic medical movement worldwide the MAHLE-foundation decided to fund the project on a large scale.

The amount of the annual user fees for portal access is not yet finally determined. It is aimed that the running TOPICS-portal bears its own costs (inclusive translations, software updates /development etc).

## **To do**

To meet the needs of all persons, working in the field of Anthroposophic Medicine, you are kindly invited to actively participate in the project. Currently we start writing the first editorials of selected specialist areas and its rubrics (A-D) and to select essential articles and ascertain their priority for translation. We ask you to join one of the following specialist areas (see table above).

The work in the specialist editorial teams includes the following tasks:

- To communicate the existence of articles which should be included in TOPICS in your opinion
- To review articles submitted to TOPICS
- To communicate experiences with specific anthroposophic medicines and therapies if these may be relevant for other persons.

## **Specialst editorial teams**

- Cardiology
- Dentistry
- Dermatology
- Development of a doctor: The meditative path of knowledge of Anthroposophical Medicine
- Endocrinology
- ENT
- Ethics in Medicine
- Gastroenterology
- Gerontology
- Gynecology
- Medicines
- Neurology
- Oncology
- Ophthalmology
- Pain
- Pediatrics
- Pulmonology

- Psychiatry
- Mental health
- Rheumatology
- Sleep Medicine
- Art therapy
- Eurythmy therapy
- Music therapy
- Nursing,
- Nutritional therapy
- Physiotherapy
- Rhythmical massage

If you are interested to support the project by joining a specialist editorial team, please write an Email to [topics@merkurstab.de](mailto:topics@merkurstab.de). You will be put on the mailing list for further project information.

For the Initiative Committee



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