



Regione Toscana



CRMI

Centro Regionale per la Medicina Integrata



Activities of the Cecina ATNO Anesthesia Unit, in collaboration with the Institute for Bioeconomy of the National Research Council (CNR). Project financed by the Region of Tuscany (Resolution n° 151/2025)

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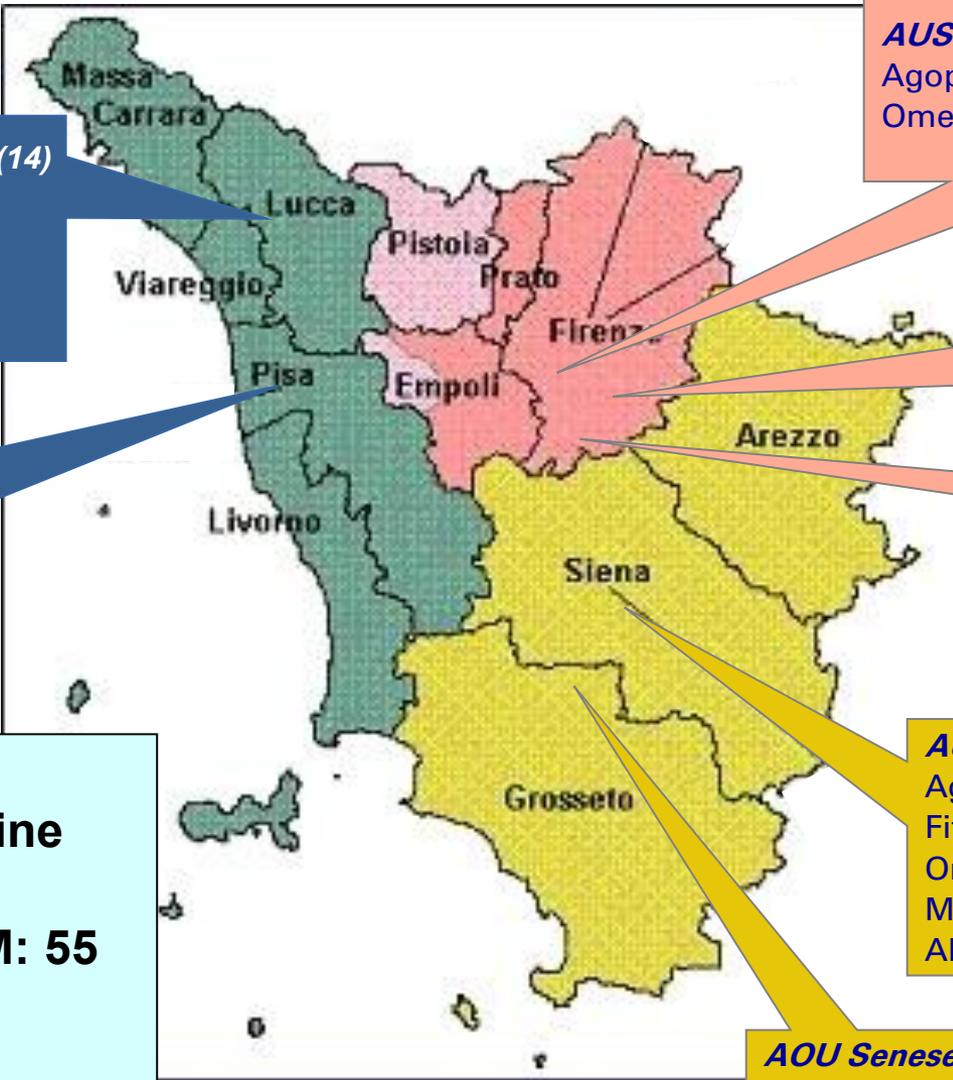
The pathway towards integrating CIMs into the Regional Health Service of Toscana

Here is a summary of the most significant stages in the integration of complementary medicine into the public health service:

- inclusion of CM services in the tariff nomenclature (2005),
- definition of criteria for the training of CM health professionals (Regional Law No. 9/2007) and non-health professionals (Regional Law No. 2/2005)
- Agreement between the State, Regions, and Autonomous Provinces (which effectively transformed the Tuscany Regional Law into national law),
- definition of criteria for clinical risk management and patient safety in CM
- Projects in the fields of integrated oncology, pain management, gender medicine, atopic diseases, etc.



Till December 2024: n. 82 CIM clinics in Public Health System of Tuscany

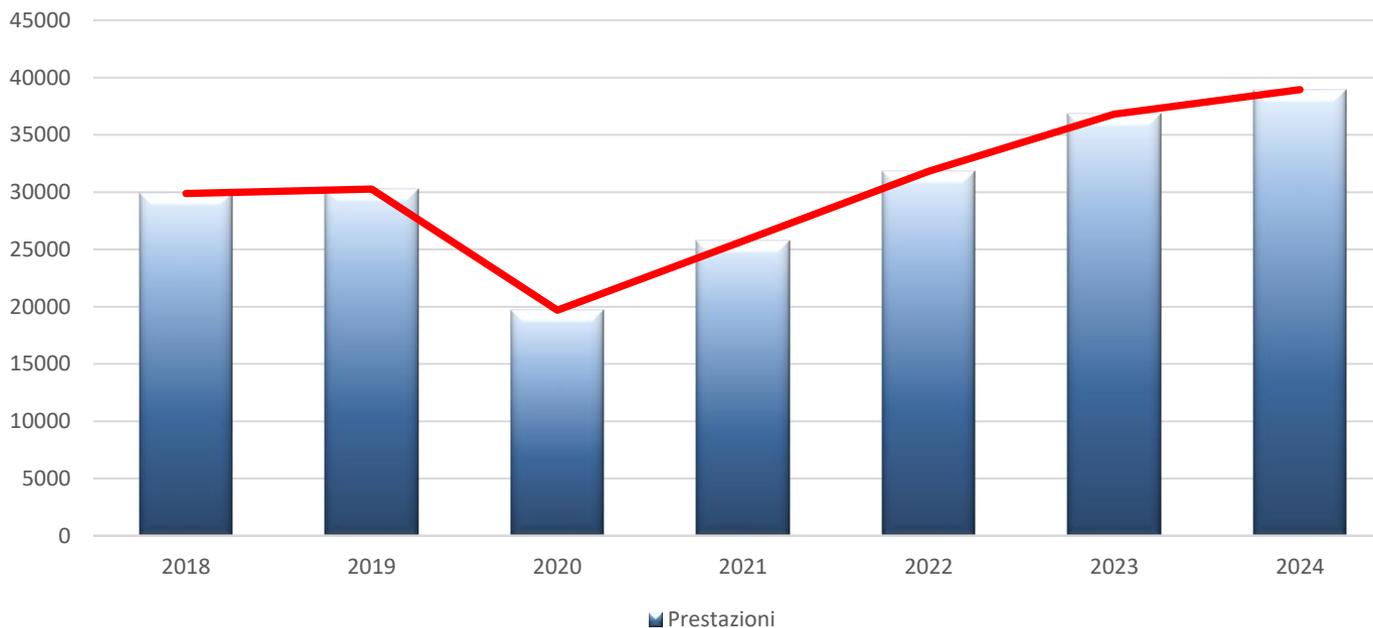


Complementary Integrative Medicine clinics
Acupuncture/TCM: 55
Herbal therapy: 9
Homeopathy: 12
Other: 6



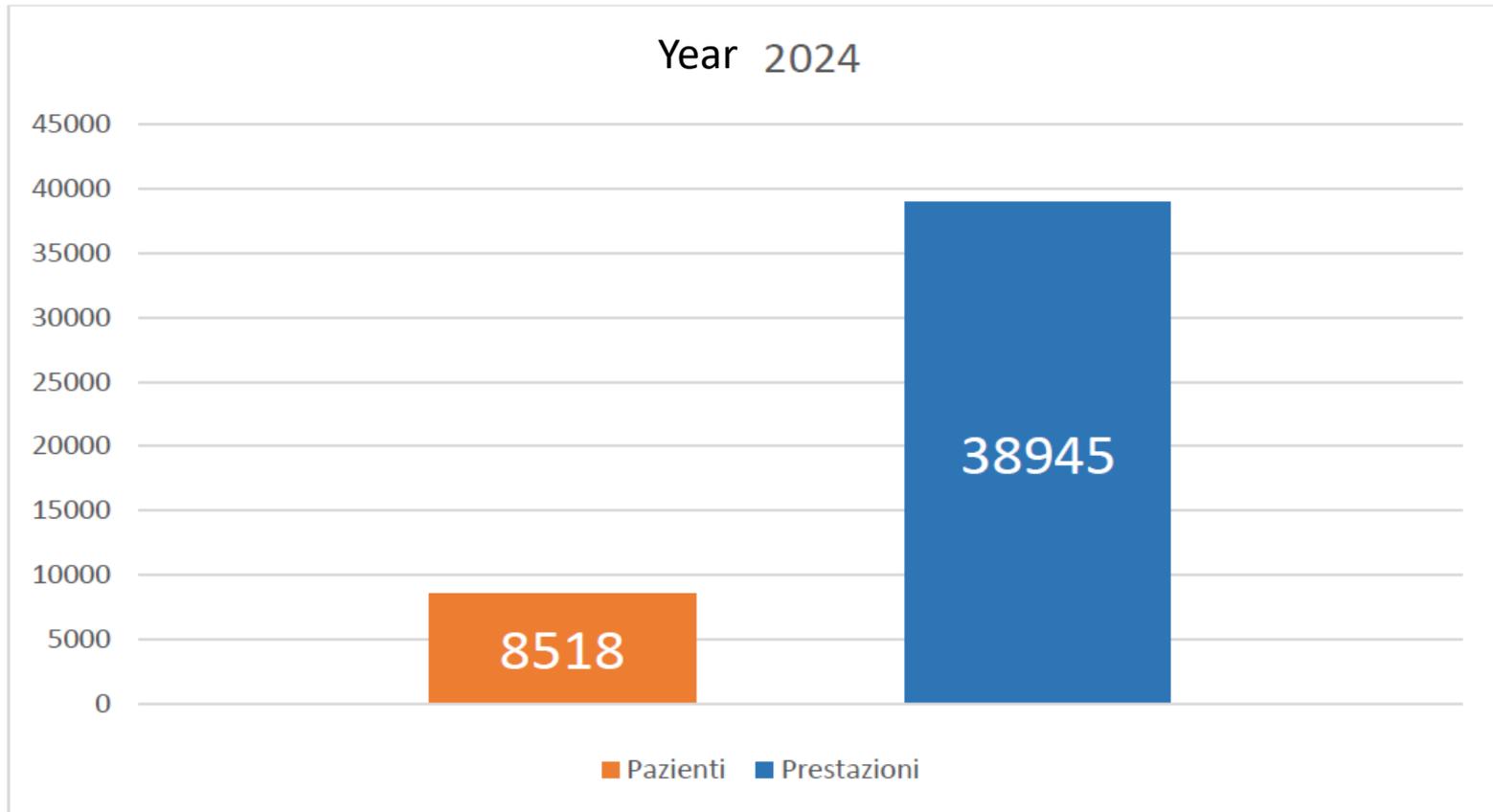
Number of CM visits in Tuscan Public Health System

2018	29.881
2019	30.253
2020	19.691
2021	25.716
2022	31.820
2023	36.792
2024	38.945





Number of patients and CM visits in 2024



Tuscany Regional Government Resolution No. 151/2025

Regional reference structures for complementary medicine: approval of the 2025-2027 activity program and allocation of resources for the relevant three-year period



REGIONE TOSCANA
UFFICI REGIONALI GIUNTA REGIONALE

ESTRATTO DEL VERBALE DELLA SEDUTA DEL 17/02/2025 (punto N 13)

Delibera N 151 del 17/02/2025

Proponente
SIMONE BEZZINI
DIREZIONE SANITA', WELFARE E COESIONE SOCIALE

Pubblicità / Pubblicazione Atto pubblicato su Banca Dati (PBD)
Dirigente Responsabile Michela MAIELLI
Direttore Federico GELLI
Oggetto:
Strutture di riferimento regionale per le medicine complementari: approvazione del programma di attività 2025-2027 e prenotazione risorse per il relativo triennio

Presenti
Eugenio GIANI Stefania SACCARDI Stefano BACCELLI
Simone BEZZINI Stefano CIUOFFO Leonardo MARRAS
Alessandra NARDINI

Assenti
Monia MONNI Serena SPINELLI

ALLEGATI N°3

ALLEGATI

Denominazione	Pubblicazione	Riferimento
A	Si	programma obiettivi generali medicine complementari e delle sue articolazioni per il triennio 2025-2027
B	Si	previsioni di spesa per il triennio 2025-2027 per la realizzazione degli obiettivi generali
C	Si	Suddivisione somme

STRUTTURE INTERESSATE

Denominazione
DIREZIONE SANITA', WELFARE E COESIONE SOCIALE

UO Anestesia Cecina Azienda USL Toscana nord ovest
Previsione attività “Progetto di Terapia Forestale come Strumento ad Ampio Spettro per i Pazienti Affetti da Fibromialgia”

Attività della UO Anestesia Cecina ATNO, condotte in collaborazione con l'Istituto per la BioEconomia del Consiglio Nazionale delle Ricerche (CNR).

OBIETTIVI SPECIFICI	AZIONI
Percorsi di Terapia Forestale, idonei per pazienti affetti da Fibromialgia	<ul style="list-style-type: none"> ● Scelta dei percorsi in area boschiva a dominanza di pino domestico e uno in area boschiva dominata da leccio ● Questionari validati in lingua italiana, o redazione di nuovi questionari, di natura: <ul style="list-style-type: none"> ○ Funzionale (per es. FIQR); ○ Psicologica (per es. STAI di tratto e di stato; POMS); ○ Uso dei farmaci. ● Protocollo di misure fisiologiche (cardiache, infiammatorie, ossidative), applicabile sia in corso d'intervento che in follow-up, per i gruppi di intervento e di controllo
Definizione e organizzazione del protocollo sperimentale	<ul style="list-style-type: none"> ● Analisi della logistica sperimentale: <ul style="list-style-type: none"> ○ Durata e frequenza d'intervento; ○ Gruppo di controllo; ○ Analisi ambientali; ○ Metodo di conduzione ● Individuazione e formazione di personale clinico di supporto (infermieri e psicologi), interni a UO Anestesia Cecina e Azienda Usi Toscana Nord Ovest
Esecuzione del progetto	<ul style="list-style-type: none"> ● Attività di reclutamento delle pazienti affette da Fibromialgia ● Misure socio-demografiche, funzionali, psicologiche e fisiologiche sui partecipanti dei gruppi d'intervento prima e dopo ogni sessione
Raccolta e analisi dei dati raccolti e convalida scientifica	<ul style="list-style-type: none"> ● Raccolta, organizzazione, elaborazione e analisi di tutti i dati raccolti ● In base ai risultati a esito del periodo d'intervento, somministrazione di sottoinsieme di questionari e misure fisiologiche nel follow-up ● Redazione di articolo scientifico e presentazione degli esiti del progetto

Project Summary

Title: *Forest Therapy Trial as an Integrated Therapeutic Tool for Patients with Fibromyalgia*

General Objective:

- To evaluate the effectiveness of Forest Therapy as a broad-spectrum, non-pharmacological intervention in improving the functional, psychological, and physiological conditions of patients with fibromyalgia, assessing both acute effects and their persistence over time.

1. Design of Forest Therapy Trails

- Identification and georeferencing of suitable trails, including:
 - at least one wooded area dominated by **stone pine** (e.g., Tomboli di Cecina Nature Reserve);
 - at least one wooded area dominated by **holm oak**.
- Joint on-site inspections of the selected trails.
- Definition of the structure and stages of the trails in a georeferenced digital format.

2. Evaluation Tools

- Selection of analytical tools addressing:
 - socio-demographic characteristics;
 - functional status (e.g., FIQR);
 - psychological dimensions (e.g., STAI state and trait, POMS);
 - medication use.
- Use of questionnaires validated in Italian or development of new assessment tools where necessary.
- Definition of a physiological measurement protocol (cardiac, inflammatory, and oxidative parameters), applicable during both the intervention phase and follow-up, for intervention and control groups.

3. Participant Recruitment

- Information campaign targeting patients with fibromyalgia.
- Production and dissemination of concise informational materials about the trial.
- Recruitment of up to **60 patients**, allocated to intervention and control groups.
- Definition of eligibility and participation criteria.
- Preparation of ethical documentation, including:
 - informed consent;
 - consent for data processing;
 - insurance coverage for participants.

4. Experimental Implementation

- Conduct of Forest Therapy sessions.
- Collection of socio-demographic, functional, psychological, and physiological measures before and after each session; environmental data (air quality and meteorological parameters) for each session.

5. Analysis of the Effects

Analysis of the statistical significance and magnitude of acute effects.

Evaluation of environmental and individual determinants influencing the observed outcomes.

Assessment of the persistence of effects over time through targeted follow-up using selected questionnaires and physiological measures.

6. Scientific Validation and Dissemination

- Organization and comprehensive analysis of all collected data.
- Preparation and submission of at least one scientific article to international peer-reviewed journals indexed in PubMed.
- Implementation of dissemination activities, including:
 - at least one presentation in Italian and one in English at national and international conferences;
 - at least one public event to present and disseminate the project results.



Thanks for your attention !

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