

Common Complimentary and Alternative (CAM) Methods to Benefit Your Patients

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Objectives

- 1. Identify common types of CAM therapies used by the general population.
- 2. Discuss potential risks and benefits associated with the use of CAM therapies.

Complimentary vs. Alternative What's the difference?

- Complimentary therapies are used in conjunction with conventional treatments.
- Alternative therapies are used exclusively in place of conventional treatments (Barnes, & Bloom, 2007).

Why do people use CAM?

- People are taking a more active role in their healthcare.
- Desire for a more holistic approach to care.
- Seeking relief from chronic or terminal illness or side effects of conventional treatments.
- Distrust in conventional healthcare (Barnes & Bloom, 2007). Less than 40% of patients discuss their use of CAM therapies with their healthcare provider (Wetzel, Kaptchuk, Haramati, & Eisenberg, 2003).
- Inability to afford conventional care (Marchione & Stobbe, 2009).

CAM Statistics

- 4 out of 10 adults use CAM
- A 10th of out-of-pocket healthcare dollars are spent on CAM.
- \$34 billion was spent on CAM remedies in 2007 alone.
- 38 million adults visited CAM practitioners in 2007 (Marchione & Stobbe, 2009).

CAM Demographics

- | Adults | |
|--------------------|-------|
| • Native Americans | 50.3% |
| • Caucasians | 43.1% |
| • Asian | 39.9% |
| • African American | 25.5% |
-
- | Children | |
|------------|-------|
| • Children | 11.8% |

Most Common CAM Therapies Used

- Supplements
- Deep breathing exercises
- Chiropractic care
- Massage therapy
- Acupuncture
- Yoga
- Naturopathy
- Meditation
- Homeopathy
- Diet

Medical Conditions Treated with CAM

- Musculoskeletal problems
 - Perimenopause and Menopausal sx's.
 - Fibromyalgia
 - Hyperlipidemia
 - Lupus
 - Common cold
 - Arthritis
 - Anxiety/Depression
 - Insomnia
 - Stomach/intestinal illnesses
 - Hypertension
 - Diabetes
- (Barnes & Bloom, 2008).

Potential Risks Associated with the use of CAM Therapies.

- Drug to Supplement interactions and contraindications.
- Adverse reactions
- Lack of regulation and monitoring.
- Out of pocket cost.
- Self diagnosing and delay in seeking medical care.
- Skill and training of CAM practitioner (NCCAM, 2009).

Potential Benefits Associated with the use of CAM Therapies

- “Whole” person approach
- Noninvasive
- Emphasis on prevention and nutrition
- Enhanced quality of life
- Active vs passive patient participation
- Less side effects
- Greater patient satisfaction
- Stress management
- Focus on healing (Life Extension Foundation, 2009; Pick, 2009; Shumway, Maskarinec, Kakai, & Gotay, 2001).

Mind-Body Response and the Placebo Effect

“The placebo effect may be well in excess of 80% with some interventions. Given the robust science underlying the placebo response, I think it is unethical to withhold placebos that patients have a strong belief in (if they are not harmful or exploitative).

While there are clearly different opinions among clinicians on this topic, application of the four foundational principles of medical ethics (Autonomy, Beneficence, Nonmaleficence, and Fidelity) leads me to the following conclusion: withholding a therapy that can cause no harm and may provide significant benefits (because of our scientific biases/preferences) is really saying that the clinician’s scientific philosophy is more important than alleviating the patient’s suffering. I think that this is ethically problematic” (Dr. Milt Hammerly, Catholic Health Initiatives, Vice President of Integrative Health, 2009).

Nursing

- Nursing means to “care” for the five dimensional needs of all human beings: physical, emotional, developmental, intellectual, and spiritual.



CAM Resources

- Functional Medicine University. www.functionalmedicineuniversity.com.
- Life Extension Foundation. www.lef.org.
- Natural Standard. www.naturalstandard.com.
- National Center for Complimentary and Alternative Medicine. <http://nccam.nih.gov>.
- The Institute for Functional Medicine. www.functionalmedicine.org.
- Why your health matters: A vision of medicine that can transform our future, Dr. Andrew Weil, M.D.

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Questions?

Thank you!
