INTRODUCTION

- The term Complementary and alternative medicine is an umbrella term used to describe a range of health systems, modalities and practices that may have little in common other than that they are practised alongside or as an alternative to mainstream medicine - (Ministerial advisory committee on Complementary and alternative health July 2004).

INTRODUCTION

- Most Complementary and alternative medicine are based on similar philosophy and approach. Complementary and alternative medicine has holistic approach to health care including the interactions between physical, spiritual, social and psychological aspects.

DEFINITION

- Complementary and alternative medicine is a broad domain of healing resources that encompasses all health systems, modalities, and practices and their accompanying theories and beliefs, other than those intrinsic to the politically dominant health system of a particular society or culture in a given historical period. CAM includes all such practices and ideas self-defined by their users as preventing or treating illness or promoting health and well being (O’Connor et al 1997).

PHILOSOPHY OF COMPLEMENTARY AND ALTERNATIVE MEDICINE

- Focuses on empowering the individual to accept responsibility for at least a part of the task of recovery and future health maintenance
- Emphasises sound nutrition as a core requirement for health
- Recommends a balanced lifestyle, adequate and appropriate exercise, rest, sleep and relaxation as prerequisites for a state of good health
PHILOSOPHY OF COMPLEMENTARY AND ALTERNATIVE MEDICINE

- Attempts to ensure detoxification and the efficacy of the organs and systems of the body
- Recognises the importance of the musculoskeletal system as a potential source of interference with nerve transmission and the body’s energy pathways, and as a reflection of the individual’s internal physical and emotional state
- Most importantly, treats the individual instead of his or her symptoms

CHARACTERISTICS OF COMPLEMENTARY AND ALTERNATIVE MEDICINE USERS

- The majority of individuals use CAM in conjunction with conventional medicine.
- Cam users to be women younger, well educated, higher income.
- Suffering from chronic or recurring conditions
- Up to 57% psychiatric patients use CAM, with the most frequent use being in depression and anxiety

USE OF COMPLEMENTARY AND ALTERNATIVE MEDICINE IN DIFFERENT COUNTRIES

- New Zealand: 25% (2004)
- United Kingdom: 49.4% (2001)
- United States of America: 50% (2004)
- Germany: 65% (1996)

THE REASON FOR USING COMPLEMENTARY AND ALTERNATIVE THERAPY

- Therapist failure to provide the right information and allow patients their choice among therapeutic alternatives
- Dissatisfaction with conventional treatment
- Side effects with conventional treatment

COMMON CONDITIONS FOR USING COMPLEMENTARY AND ALTERNATIVE THERAPY

Typical problems for which persons see CAM providers include:

- Chronic pain
- Back problems
- Anxiety
- Headaches
- Insomnia
- Depression
- Arthritis
- Allergies

THE REASON FOR USING COMPLEMENTARY AND ALTERNATIVE THERAPY

- Need for more personal control over health care decisions
- Congruence of Complementary and alternative medicine with personal values and beliefs about health and illness
COMPLEMENTARY AND ALTERNATIVE MEDICINE IN NEW ZEALAND

- In New Zealand most Complementary and alternative health care occur outside the publically funded health system.
- The estimated figure of 10,000 CAM practitioners provided by the New Zealand government.
- Approximately 25% of the New Zealand population uses CAM.
- The GP's also practise CAM therapies.
- The Accident Compensation Corporation (ACC) funds acupuncture, chiropractic manipulation and Osteopathy.

CLASSIFICATION

- Alternative Medical Systems
- Mind/Body/Spirit interventions
- Biological based therapies: Biological-based therapies
- Manipulative and body based therapies
- Energy therapies

ALTERNATIVE MEDICAL SYSTEMS

- Involve complete systems of theory and practice that evolved independently of, and often prior to, the biomedical approach. Many are traditional systems of medicine that are practised by individual cultures throughout the world. Examples Ayurveda, Traditional Chinese medicine, Pacific traditional healing systems, Homoeopathy, Naturopathy.

MIND/BODY/SPIRIT INTERVENTIONS

- Employ a variety of techniques designed to facilitate healing. Mind-body medicine uses a variety of techniques designed to enhance the mind’s capacity to affect bodily function and symptoms. Examples Prayer, Meditations, Hypnotherapy, Rebirthing Spiritual healing.

BIOLOGICAL BASED THERAPIES

- Biologically based practices in CAM use substances found in nature, such as herbs, foods, and vitamins. Involve natural and biologically based practices, interventions and products, many of which overlap with biomedicine’s use of dietary supplements. Examples Herbal medicine, Homoeobotanical therapy, Biological therapies.
MANIPULATIVE AND BODY BASED THERAPIES

- Manipulative and body based therapies
  Involve methods based on manipulation and/or movement one or more parts of the body. Examples Chiropractic, Osteopathy, Massage (therapeutic and remedial), Alexander technique.

ENERGY THERAPIES

- Focus on the energy fields originating from within the body (biofields) or those from other sources (electromagnetic fields). Examples Chi kung, Reiki, Touch for health, Bioelectromagnetic-based therapies

HERBAL MEDICINES

- Cognitive enhancers - Ginkgo, ginseng, hydergine, and solanaceous plants, including potatoes, tomatoes and aubergines
- Anxiolytics and sedatives - Kava kava, Valerian, Passionflower and chamomile
- Antidepressants - St John’s Wort, s-adenosylmethionine, Selenium and folate to complement antidepressants
- Antipsychotics - Rauwolfia extracts, Omega-3 fatty acids as augmentation treatment in schizophrenia
- Anti-addictives - 18-methoxycoronaridine, an ibogaine derivative, Passionflower

ACUPUNCTURE

- Definition
- How does acupuncture work?
- What is acupuncture used for?
- Is acupuncture safe?

St John’s Wort

- St John’s Wort (Hypericum perforatum L) is used for treatment of depression for centuries
- St John’s Wort has the best evidence for the use of psychotropic complementary medicines
- The active ingredient is Hypericin
- St John’s Wort used, as mono therapy adverse events are uncommon and mild

ACUPUNCTURE

Some common conditions that can be treated successfully or relieved by acupuncture include:
- Headache and migraine
- Anxiety, depression, nervous tension, stress
- Addictions such as smoking and alcoholism
- Insomnia
- Digestive problems such as indigestion, flatulence, diarrhoea
ACUPUNCTURE
• Constipation
• Bowel problems such as colitis and haemorrhoids
• Liver and gallbladder problems
• Kidney and bladder problems
• Respiratory problems such as asthmatic conditions, bronchitis, tonsillitis sinusitis, sore throat, earache, cold and influenza

ACUPUNCTURE
• Muscle problems including athletic injuries, cramps, strains and sprains
• Arthritic conditions including the general pain of arthritis, sciatica, bursitis, tendonitis, gout
• Toothache, gum problems and mouth ulcers
• Skin conditions such as acne, eczema or psoriasis

HOMEOPATHY
• Homeopathy was founded by German physician Samuel Hahnemann
• Homeopathy seeks to stimulate the body’s defense mechanisms and processes so as to prevent or treat illness.
  • simillia similibus curentur
• Preparation of remedies involves serial dilution, and vigorous shaking

HOMEOPATHY
• The medical effectiveness of homeopathy has been a point of contention since its inception
• Criticism of Homeopathy
• Safety

YOGA
One of the most powerful [practices] in terms of its ability to transform the body, and most wonderful in terms of how good it feels to do.” Yoga is just as beneficial to the mind as it is the body.(Jon Kabat-Zinn)

YOGA
• What is Yoga
• Principles by Which Yoga Works
• Physiology of yoga
• Yoga and Health
PRAYER AND SPIRITUALITY

• Prayer is as an active process of appealing to a higher spiritual power, specifically for health reasons; it includes individual or group prayer on behalf of oneself or others (NCCAM 2005).
• Spirituality is as an individual's sense of purpose and meaning to life, beyond material values. Spirituality may be practiced in many ways, including through religion (NCCAM 2005).

PRAYER AND SPIRITUALITY

• Most commonly used among the entire CAM therapies
• Mind-body medicine
• Prayer and spirituality is used own and others health

EFFICACY OF COMPLEMENTARY AND ALTERNATIVE MEDICINE

• Advocates of alternative medicine hold that the various alternative treatment methods are effective in treating a wide range of major and minor medical condition.
• Placebo effect
• Evidence-based medicine
• There is paucity of multi-institutional RCTs

BELIEF IN COMPLEMENTARY AND ALTERNATIVE MEDICINE EFFICACY

There are:
• social/cultural
• psychological reasons for beliefs in CAM efficacy

SOCIAL OR CULTURAL REASONS

• The low level of scientific literacy among the public at large
• An increase in anti-intellectualism and antiscientific attitudes riding on the coattails of new age mysticism
• Vigorous marketing of extravagant claims by the "alternative" medical community
• Inadequate media scrutiny and attacking critics
• Increasing social malaise (conspiracy theories) and mistrust of traditional authority figures - the anti doctor backlash
• Dislike of the delivery methods of scientific biomedicine.

PSYCHOLOGICAL REASONS

• The placebo effect
• The will to believe
• Self-serving biases that help maintain self-esteem and promote harmonious social functioning
• Demand characteristics - the obligation to respond in kind when someone does them a good turn
• Psychological distortion, such as confirmation bias and Cognitive dissonance (inability to respond to criticism of alternative medicine in order to reduce one's cognitive dissonance)
RESEARCH

- There is very little research on the safety or efficacy of Complementary and alternative medicine published.
- Complex, individualised treatments and lack of standardisation of herbal medicines
- Difficulties in accruing, randomising, and retaining patients and in identifying appropriate placebo interventions.

ADVERSE EFFECTS

- Most unfortunate and dangerous public misconception about alternative medications is the belief that just because something is natural it is automatically safe.

ADVERSE EFFECTS

- Interactions with conventional medicine
- Decreasing the activity of conventional medicines
- Side effect of Herbal products
- Herbal medicine may contain toxic plant material or heavy metals
- Infection and Trauma from Acupuncture

CRITICISM OF COMPLEMENTARY AND ALTERNATIVE MEDICINE

- Find little or no proof
- No accredited medical degree
- Efficacy of the treatments has not been demonstrated through double-blind randomised controlled trials
- Delay in seeking treatment
- Placebo effect

CONCLUSIONS

- Health professionals should be mindful of their patient’s cultural beliefs, mores and behaviours. Awareness of Complementary and alternative therapy patient may be taking alongside their prescribed treatment may play an important role in providing quality care and avoiding adverse reactions.

CONCLUSIONS

- Some of the complementary and alternative therapies are on the border of acceptance by the medical profession where as others have little evidence behind them are still viewed with much scepticism.