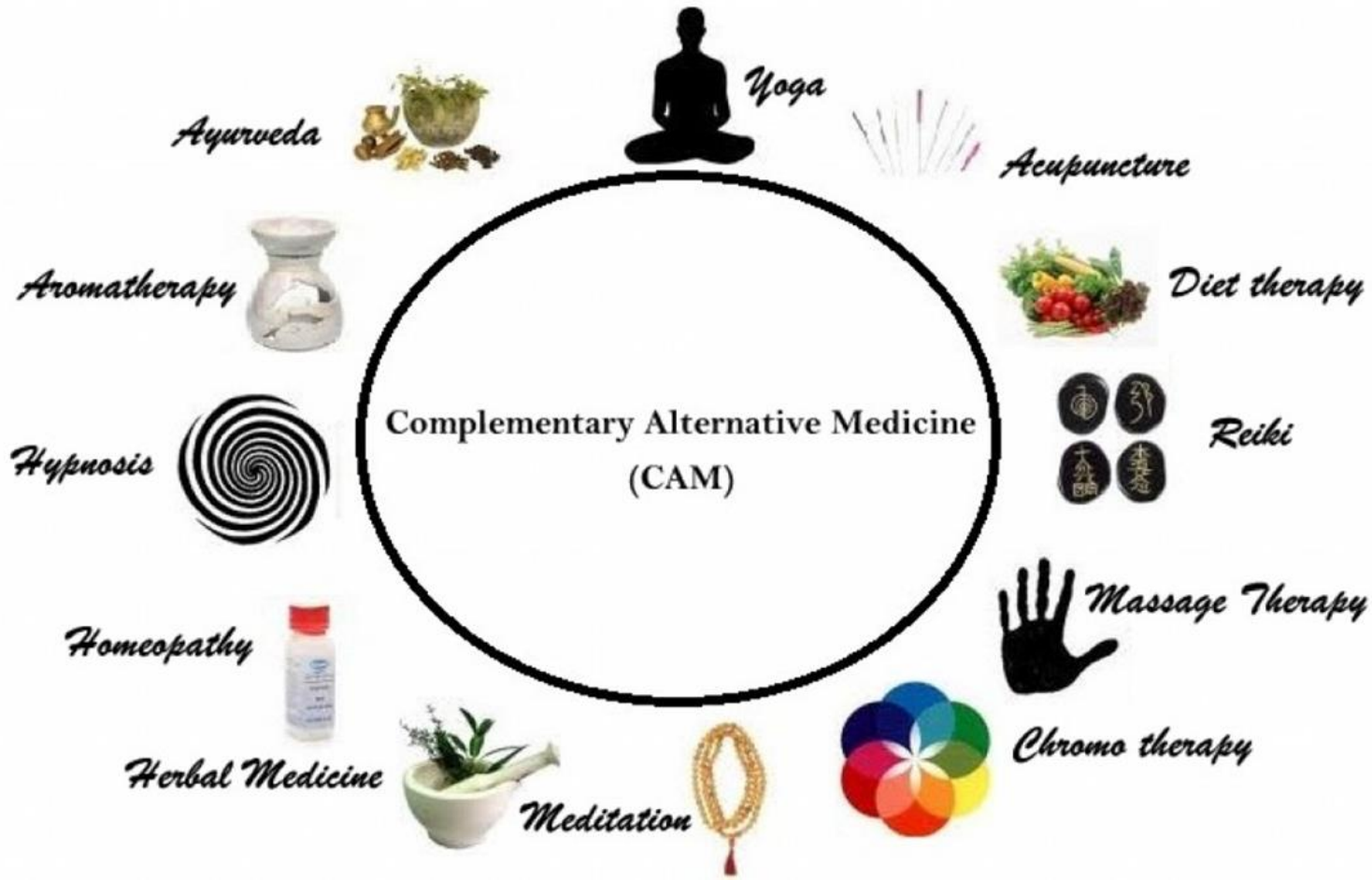


# COMPLEMENTARY AND ALTERNATIVE MEDICINE: EVIDENCE-BASED WORLD

## PRACTICE



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You should be healed by a healthy person and taught by a happy one.



## Hippocrates (460–380 BC)

- **First, do no harm** (*Lat. Primum non nocere*)
- **The doctor cares, the nature heals** (i.e. use all the opportunities that the nature provides) (*Lat. Natura sanat, medicus curat*)

## *Complementary and alternative medicine (CAM)*

CAM is usually used alternatively with the notions:

- *Alternative medicine;*
- *Integrative medicine;*
- *Holistic medicine;*
- *Traditional medicine.*

# Complementary and alternative medicine (CAM)

what's another  
words for  
alternative therapy?



reflexology, massage,  
manipulation



# What are the examples of CAM?

- Acupuncture
- Alexander Technique
- Aromatherapy
- Ayurveda
- Biofeedback
- Chiropractic
- Diet therapy
- Phytotherapy
- Naturopathy
- Food therapy
- Osteopathic manipulative medicine (OMT)
- Reflexology
- Reiki
- Meditation
- Tai Chi
- Traditional Chinese medicine (TCM)
- Yoga

# Complementary and alternative medicine



Even though the notion ***complementary*** is used together with ***alternative***, each word has a different meaning.

The definitions of terms are based on

**how a *user* applies them:**

- CAM methods are applied instead of medical treatment – ALTERNATIVE MEDICINE.
- CAM methods are applied together with medical treatment – COMPLEMENTARY MEDICINE.

[*Caspi et al. (2003); NCCIH (2014)*].

# Traditional medicine

Traditional medicine (also known as *local* or *folk medicine*) encompasses medical aspects of traditional knowledge, which developed over the generations in various countries before the modern era of medicine.

The WHO provides the definition of “Traditional Medicine”:

“ The use of theory based on the theories, skills and practices indigenous to different cultures in maintenance of health and in the prevention, diagnosis of physical and mental illness.

*(WHO 01-12-2008 "Traditional Medicine : Definitions")*



# Traditional medicine

The WHO is emphasising that “improper usage of traditional medicines or practice may have a negative or dangerous impact” and that further **scientific research** is needed in order to find out efficacy and safety”.

The WHO is implementing the nine-year (2014-2023) strategy which aims at "to support Member States in developing proactive policies and implementing action plans that will strengthen the role traditional medicine plays in **keeping populations healthy**".

# Integrative medicine

- This is a modern concept reflecting integration of traditional medicine into complementary medicine (*NCCIH, 2014*)
- 
- Integrative medicine creates a unique approach for an individual, which suits his/ her needs the most (*Caspi et al., 2003*).
- Integrative medicine is defined as treatment-oriented medicine which views an individual as a whole, including all aspects of one's lifestyle (*Gale, 2014, p. 645*).

# Holistic medicine

Holistic medicine integrates into those disciplines whose goal is to “optimally reach physical, mental, emotional, social and spiritual aspects of health”.

*(Caspi et al., 2003, p. 59).*

# Holistic medicine

A holistic approach characterises both symptoms and major causes of a disease to occur.

(Gale, 2014)

# Holistic medicine

Holistic medicine views an overall human's physical and emotional interaction with his/ her environment and regards subjectivity and individuality in terms of diagnosis and patients' symptoms and reactions to treatment.

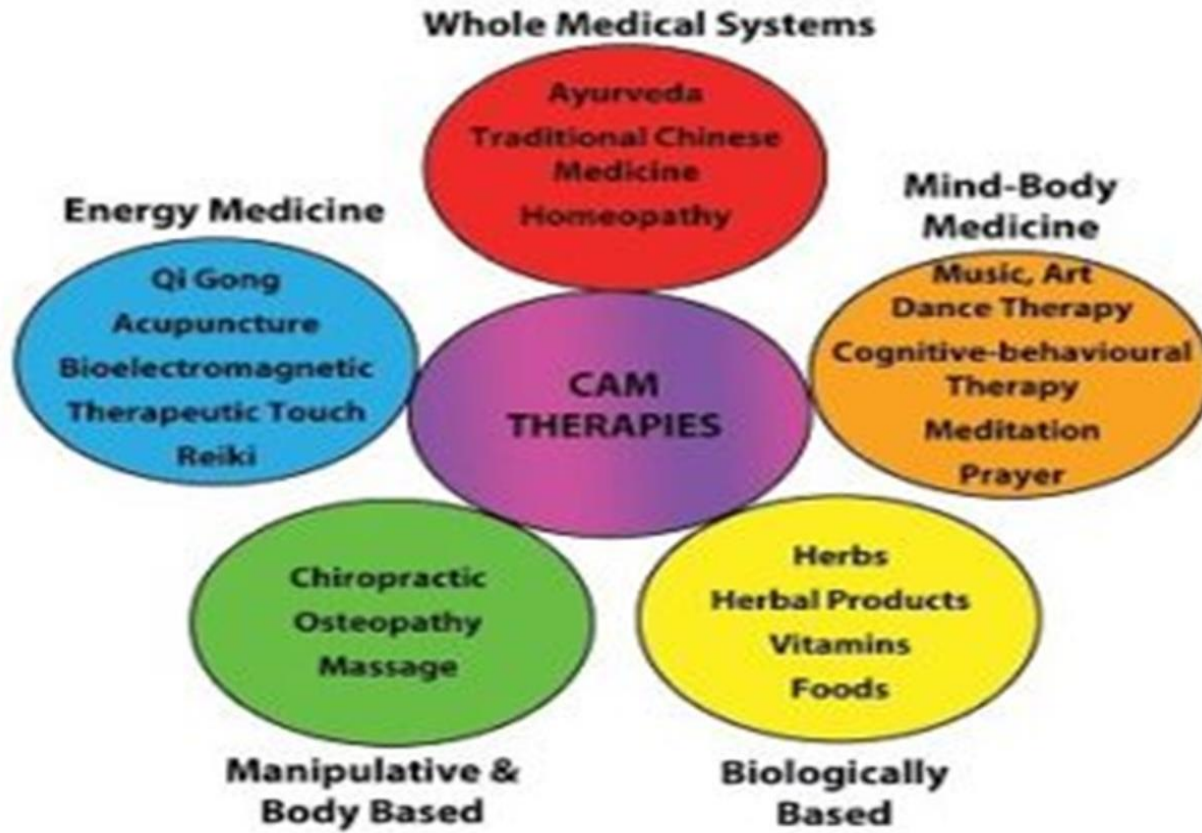
(Marktl W, 2004)

# What is the difference between CAM and traditional medicine?

- Medicine is based on scientific knowledge, its efficacy is proven by research.
- CAM is based on the belief that it is necessary to heal not the consequences but causes which may make impact on human's body, mind and spirit.
- The methods used by CAM are usually less invasive than usual medical practices.

- CAM includes many different practices which can be divided into two areas:
  - **Natural products:** vitamins, minerals, herbs, probiotics, amino acids and other food supplements.
  - **Mind and body practice** which encompasses many various procedures and methods, such as acupuncture, massage, manipulative therapy, yoga, meditation, relaxation technique etc.

# Major categories of CAM:



- Whole medical system.
- Psychosomatic impact medicine.
- Biosystematic impact practice.
- Manipulative and physical body based practice.
- Energy medicine.



# Major categories of CAM:

- **A whole medical system** is a comprehensive system that includes philosophy, diagnosis and treatment.
- When talking about complementary and alternative medical therapy, it is important not to forget that limits between one type of treatment and other not always are easily recognisable.

# What therapies of CAM are used?

- Osteopathy,
- Chiropractic,
- Homeopathy,
- Acupuncture,
- Meditation,
- Hypnotherapy,
- Music therapy,
- Art therapy.

# Scientific research on CAM

- Currently, scientific research is being actively developed in the field of CAM all around the world.
- The most authoritative organisations in the field:
  - National Cancer Institute (USA),
  - National Center for Complementary and Integrative Medicine (USA),
  - MD Anderson Centre,
  - Institute for Complementary and Natural Medicine (Great Britain),
  - Hong Kong Integrated Medicine Institute (China),
  - etc.

## Scientific journals:

- Journal of Alternative and Complementary Medicine [IF: 1.62]
- BMC Complementary and Alternative Medicine [IF: 2.29]
- Complementary Therapies in Medicine [IF: 2.01]
- Forschende Komplementarmedizin [IF: 0.86]
- International Journal of Integrated Care [IF: 2.23]

# Legal status of traditional medicine and complementary / alternative medicine: world review

WHO (2011) report

- History of 87 countries of the world in CAM is presented:
  - Major information
  - Statistics
  - Regulated situation
  - Education and training
  - Insurance protection
- (<http://wellnessleadership.org/database/history-integrative-medicine>)

# STUDIES

**World universities offer programmes, from courses to PhD studies (USA, many countries of the European Union: Italy, Germany, England, Denmark etc.):**

- *Bastyr University* (USA)

(<http://www.naturalhealers.com/qa/natural-health.html>);

- *Kingdom College of Natural Health* (USA)

(<http://kcnh.org/masters-degree-programs.html>).

- *Middlesex University* (Great Britain)

([http://www.mdx.ac.uk/courses/undergraduate/complementary\\_health/index.aspx](http://www.mdx.ac.uk/courses/undergraduate/complementary_health/index.aspx)).

Kooreman P1, Baars EW. Patients Whose GP Knows Complementary Medicine Tend to Have Lower Costs and Live Longer. Eur J Health Econ. 2012 Dec; 13(6):769-76. doi: 10.1007/s10198-011-0330-2. Epub 2011 Jun 22.

- **The aim**

***To investigate economic use of CAM in comparison to traditional medicine.***

- **Methods**

The Dutch health insurer's set of data was used; it included costs of health care of 150,000 surveyed individuals. The data was compared between the data of 79 patients of general practitioners and patients of general practitioners having CAM education [acupuncture (25), homeopathy (28) and anthroposophic medicine (26)].

# Results

- Patients whose general practitioners had additional CAM education had lower costs of health care by 30 per cent.
- It depended on the respondent's age and type of CAM.
- Lower financial expenses occur due to shorter time spent in hospitals and more seldom prescribed medications.



**Kooreman P. and Etik W. Patients Whose GP Knows Complementary Medicine Tend to Have Lower Costs and Live Longer.** Health Econ. 2012 Dec; 13(6): 769–776.  
PMCID: PMC3482459 PMID: 21695547

- The research conducted in Switzerland revealed that almost 11% of the population used one of the five CAM fields (anthroposophic medicine, homeopathy, neural therapy, phytotherapy and traditional Korean medicine (TKM)).
- These fields of CAM have been included into the compulsory health insurance since 2012.

Sue A. Thomas, Alyson Ross. **The Health Benefits of Yoga and Exercise: A Review of Comparison Studies** PUBLISHED | 2010 in Journal of Alternative and Complementary Medicine [IF: 1.62]

- **The aim** is to provide a scientific literature review on research which include comparison of the effect of yoga and exercises on various health results and health condition.
- **Methods:** using PubMed® and a key word “yoga”, the conduct search of literature on scientific research displayed 81 research studies from major scientific and nursing journals that met the included criteria.

Kh Shafiur Rahaman, BakhtiarShah Noman Md Iftekher. **Effects of yoga on flexibility and balance: a quasi-experimental study.** PUBLISHED | 2017 in Asian Journal of Medical and Biological Research  
DOI | 10.3329/ajmbr.v3i2.33580



- **The aim:** To investigate the influence of yoga on flexibility and balance in athletes going in for sports.
- **Participants:** 20 athletes. Age: 12-17 years. All they had a normal BMI level.
- **Results.** In the yoga group, flexibility ( $p= 0.017$ ) and balance ( $p= 0.004$ ) improved significantly. In the control group, no changes were recorded.

# Conclusions

- Regular yoga teaching can improve balance and flexibility of athletes over quite a short time (6 weeks), also improves sports results which require flexibility and balance.

Solli H. P., Kruger V. Dose–Response Relationship in Music Therapy for People with Serious Mental Disorders:  
Systematic Review and Meta-analysis

PUBLISHED | 2009 in Clinical Psychology Review [IF: 8.90]

- **The aim.** To investigate advantages of music therapy to people with severe mental disorders.
- **Results.** When included in standard care, music therapy strongly and significantly influences common and negative symptoms, depression, anxiety, functioning. Small-effect results are achieved after 3-10 sessions, and large effect is achieved after 16 to 51 sessions.

# Conclusions

- Music therapy is an efficient method of treatment which helps people who are ill with mental diseases. Small changes can be notice after several sessions of therapy; however, in order to obtain greater benefit, longer-lasting or more frequent sessions are required.

Do specialists of health care need knowledge on CAM?



## CONCLUSIONS:

- Physicians mostly grounded on scientific evidence, and nurses were influenced by their personal experiences.
- Majority of the respondents do not feel ready to solve the patient's issues related to CAM.
- Enhancement of inter-professional education opportunities is an important strategy helping providers of services obtain the right to discuss CAM with patients because this will help patients making substantiated decisions in the CAM field.

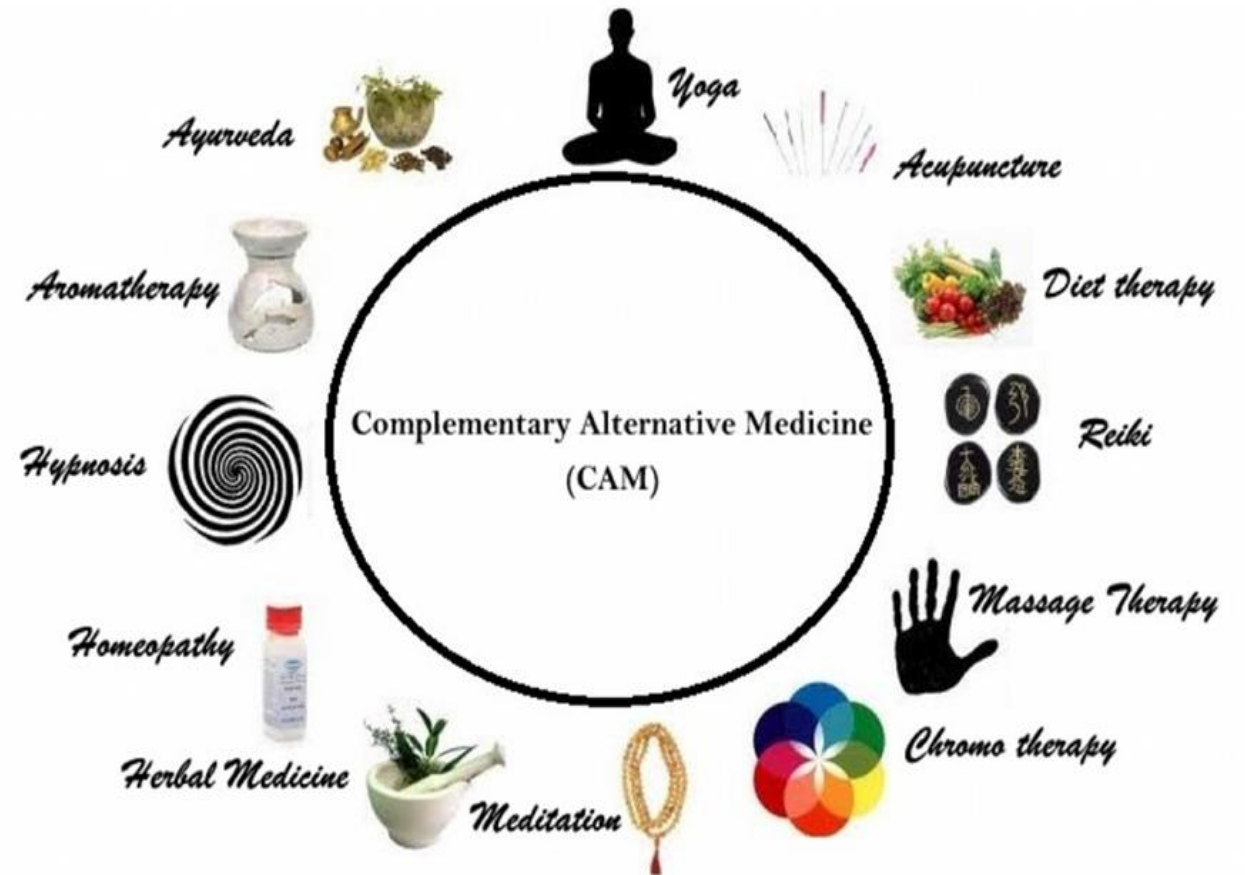
*Aveni E., Bauer B., Ramelet A., Decosterd I., Ballabeni P., Bonvin E., Rodondi P. Healthcare Professionals' Sources of Knowledge of Complementary Medicine in an Academic Center. PLoS One. 2017 Sep 29;12(9):e0184979. doi: 10.1371/journal.pone.0184979.*

- Application of contemporary science allows us conducting research which would prove or reject efficacy or harm of the healing.

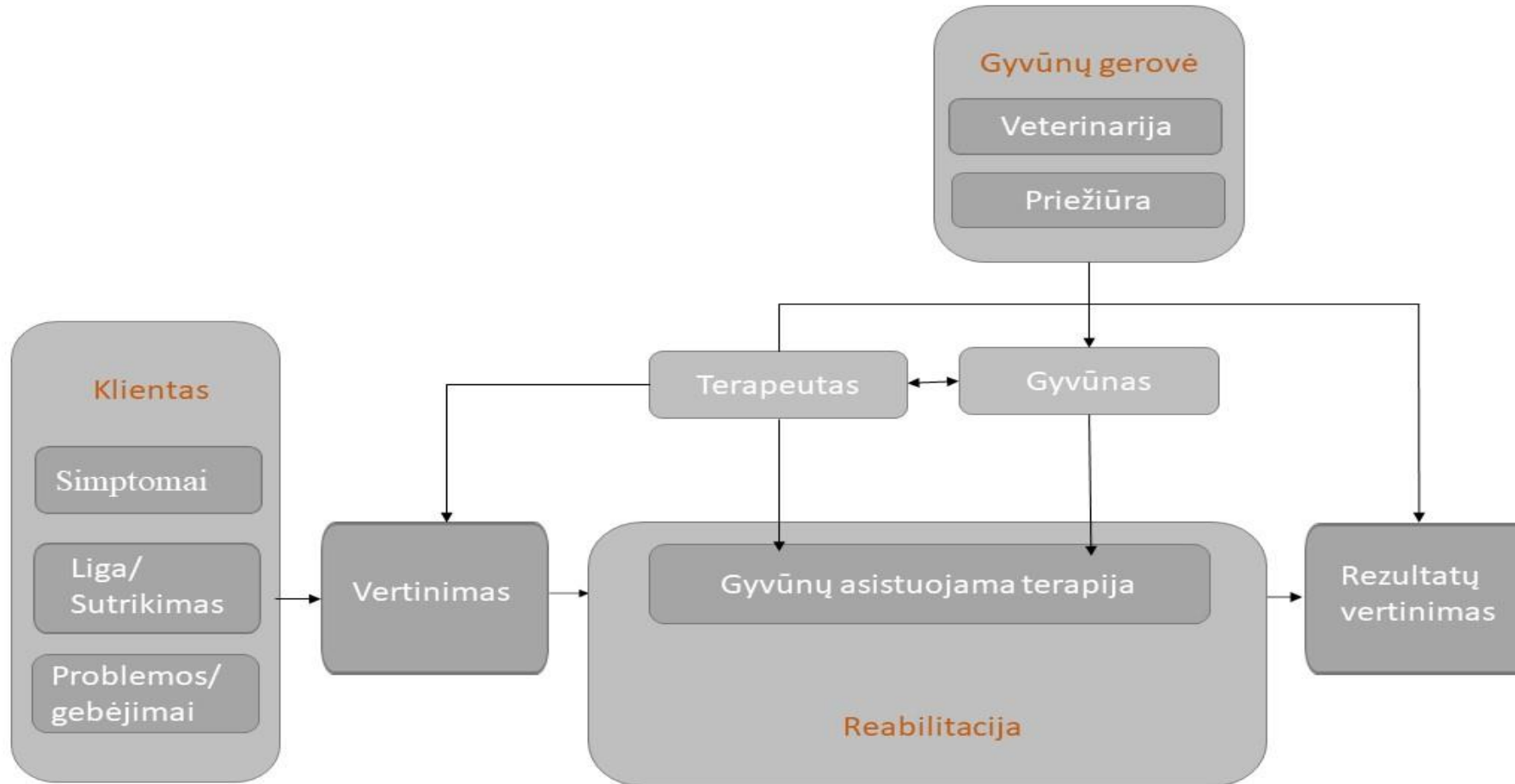


No doubt,

- that the achievements of contemporary medical science perfectly match the holistic methods that have been being applied for centuries



# THE SCHEME OF ANIMAL-ASSISTED THERAPY



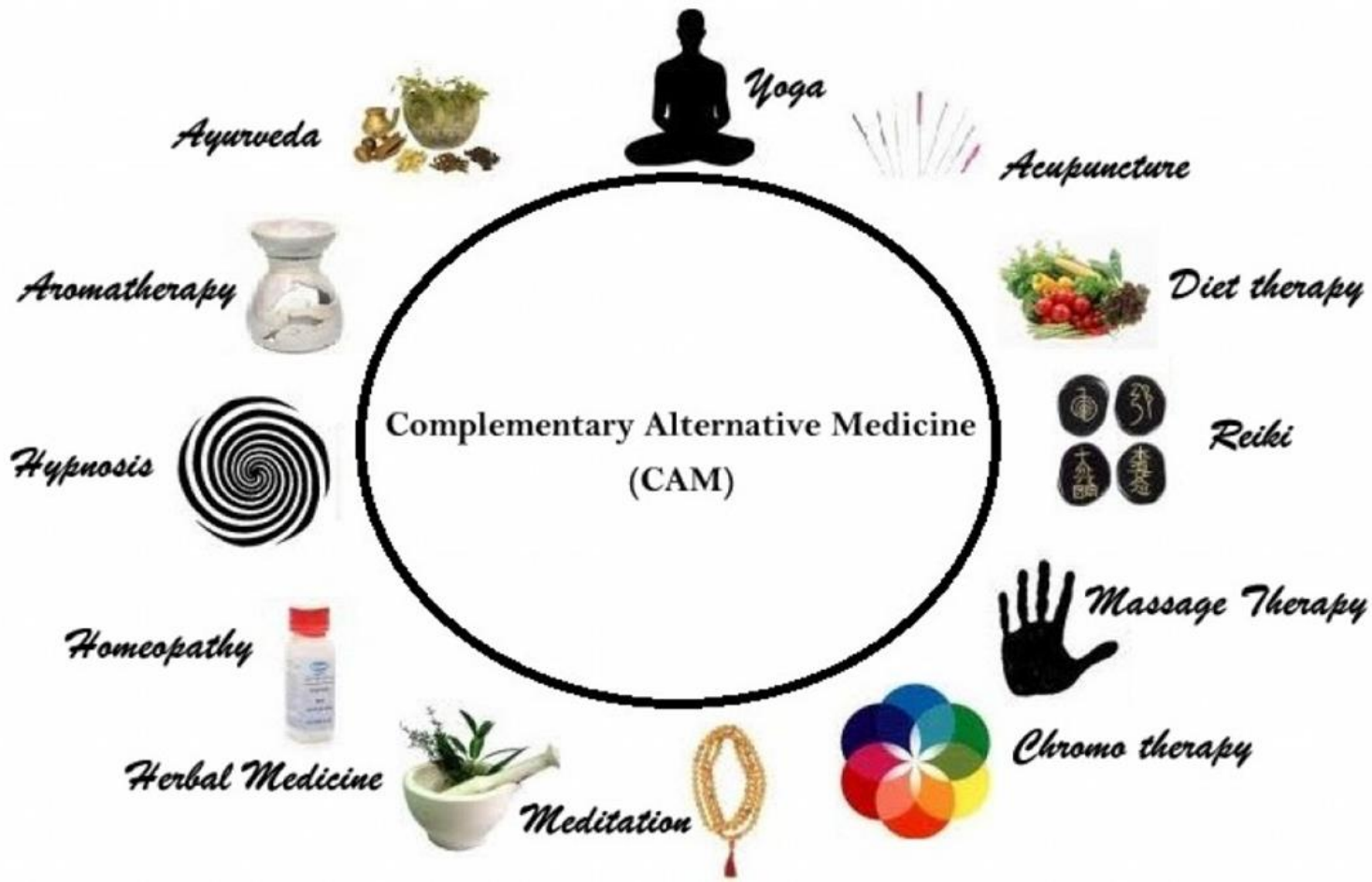
- A holistic approach to health is grounded on interrelation of physical, mental and spiritual conditions.
- A patient is not a subject who has one of the organs disordered, but rather a person who has some problems which must be solved with respect to physical, mental and social aspects.



# Thank you for attention.



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