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The emerge of alterantive treatments: are we ready?

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Introduction: In the last years more and more alternative treatments are emerging, specially for treatments pain or anxiety. The classical were acupuncture or homeopathy, but this days we have plenty more. This a subject that we should be informed about, because not only some are included in medical guidelines, but also patients come to us asking about them.

Discussion: Treatments are evolving, people in europe specially are looking for other treatments wich do not include only pills or invasive techniques. This is getting to our daily practice. Maybe in our health centre some doctors use acupuncture for treatments of back or knee pain, some other may use osteopathy, homeopathy, moxibustion... do we know when to use this treatments? Do we have prejudices about them? If we are being asked about them by a patient can we give truthful information?

Acupuncture is one of the alternative treatments that have more studies and clinical trials. Actually is included in NICE guides for back-pain with a A level of evidence. But since then many had being getting focus on the media: tuina, accupressure, taichí, Gi gong, magnoteraphy....

Conclusions: We should be aware of the new updates of teh medical guidelines and research for the new treatments that we are not familiar with, so if a patient ask about them we can give truthful information. But not only looks in guides we should also stay updated in the “fashions treatments” to recommend them or not recommend them to our patients, not only for what we suppose or our thoughts but with solid information.

