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Utilization reasons of complementary-alternative medicine (CAM) on patients who have chronic diseases in primary care settings

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Objective: The aim of our study is to determine prevalence and reasons of complementary-alternative medicine (CAM) utilization on patients who have chronic diseases in primary care settings.

Methods: As being conducted as a cross-sectional analytic study, our study was completed on 462 participants who applied to 30 Family Care Centers which were selected by cluster sampling method among 11 central administrative districts of Izmir province. Inquiry form that would be used within the study was created in consequence of focus group conversations and literature review. Inquiry prepared about utilization of CAM methods was consisted of sociodemographic data, chronic disease status, CAM utilization reasons, patient's conversation about CAM method utilization with his/her doctor and by which means he/she reached CAM therapy methods. Data were collected within Family Care Centers by face-to-face conversation method and were assessed by SPSS program version 15.0. While evaluating data, descriptive analysis and chi-square analysis were used and $p < 0,05$ was accepted as significant.

Results: Mean age was $50,25 \pm 11,48$. 58,2 percent of the participants were female ($n=269$) and 41,8 percent were male ($n=193$). 53,2 % of the participants who have chronic diseases were using any other CAM methods. The most frequent used CAM therapy method (%89,5) was herbals. The participants who have cancer, thyroid disorder and osteoporosis and any other psychiatric disorder were using CAM therapy methods more ($p < 0,05$). If we assess the reasons of which CAM therapy methods were being used, it was found that most probably the effect of the environment (31%) and despair-hopelessness (30,3%).

Conclusion: More than half of the patients were using alternative therapy methods, most of herbal therapy. It is obligated that a doctor should be aware of the frequency of their patients' -who have chronic diseases- alternative therapy utilization and the factors leading patients to these kind of therapies.