

## ALTERNATIVE (COMPLEMENTARY) MEDICINE

Complementary medicine is a general term that is applied to modes of treatment for what are commonly thought to be medical problems that are not regularly applied by traditional physicians. Its use has become commonplace. It is not commonly volunteered in the traditional medical history.

### **Goals**

The resident will:

- Understand the reasons why patients may use complementary medicine
- Understand the commonly applied complementary medicine approaches: herbal and other
- Ask each patient if they use any alternative medicine approaches when taking their initial history
- Respect the patients' views regarding medical treatments

### **Teaching Methods**

Conferences: consider the following topics

- Alternative Medicine Systems
  - Traditional Chinese Medicine
  - Ayurveda
  - Naturopathy
  - Homeopathy
  - Osteopathy
  - Chiropractic
  - Environmental Medicine
- Mind/Body Therapies
  - Hypnotherapy
  - Biofeedback
  - Relaxation Techniques
- Bodywork
  - Massage
  - Postural Therapies
  - Therapeutic Touch
- Dietary Supplements
  - Nutritional Supplements
  - Orthomolecular Medicine
  - Botanical Medicine

### All patient encounters

Review H&P's for inclusion of complementary medicine history on wards, ICU's and in ambulatory settings

## Self study

### References

Eisenberg DM, Kessler C, Foster C, Norlock FE, Calkins DR, Delbanco TL Unconventional Medicine in the United States: Prevalence, Costs and Patterns of Use. NEJM 1993;328:246-22.

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[www.herbalmed.org](http://www.herbalmed.org)

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