CONVENTIONAL AND COMPLEMENTARY MEDICINE: SKILLS FOR THE HEALTH CARE CONSUMER

Chapter 20
Self-Care: Managing Medical Problems

- **Self Assessment**
  - Being a good observer
  - Know when to see a physician

- **See a Physician if a symptom is:**
  - Severe
  - Unusual
  - Persistent
  - Recurrent
Self-Care: Managing Medical Problems

**Emergencies:**
- Major trauma or injury
- Uncontrollable bleeding
- Severe shortness of breath
- Persistent abdominal pain
- Poisoning or drug overdose
- Loss of consciousness
- Stupor, drowsiness, or disorientation
- Severe or worsening reaction to an insect bite or sting
Self-Treatment: Many Options

- Watchful waiting
- Nondrug options

When Self-medicating:

1. Read labels
2. Do not exceed the recommendation
3. Use caution
4. Try to buy generic
5. Never take a drug from an unlabeled container
6. Be cautious if pregnant and nursing
7. Pay attention to the expiration date
8. Store medication properly
9. Special caution with aspirin
Conventional or Western Medicine

• Belief about Health

  • Foreign invader or genetics cause illness
  • Disease is defined by a certain set of symptoms; a defect of tissue or structure
  • Health Concept: the absence of disease, pain, defect, or symptoms of illness
Conventional Medicine

- **Approach to Treatment:**
  - Relies heavily on prevention, surgery *and* pharmaceuticals
  - Based on scientific ways of obtaining knowledge: Empirical, Rational, Testable, Parsimonious, General, Tentative
The Providers of Conventional Medicine

- Medical Doctors (MD)
- Doctors of osteopathic medicine (D.O.)
- Podiatrists
- Optometrists
- Dentists
- Allied health care professionals
  - Registered nurses (R.N.s), Licensed vocational nurses (L.V.N.s), physical therapists, social workers, registered dietitians (R.D.s), physician assistants (P.A.s), nurse practitioners
Getting the Most Out of Your Medical Care

- The Physician-Patient Partnership
- Your Appointment with Your Physician
- The Diagnostic Process
- Medical and Surgical Treatments
Belief about Health:

Disease is caused by any action/force which interferes with the balance and movement of bio-energy (Qi is life)

Disease is defined by a defect of function or energy
Five Domains of Complementary and Alternative Medicine (CAM)

1. Alternative medical systems
2. Mind-Body interventions
3. Biological-based therapies
4. Manipulative & Body-Based Methods
5. Energy Therapies
<table>
<thead>
<tr>
<th>Domain</th>
<th>Characteristics</th>
<th>Examples</th>
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<td>Alternative Medical Systems</td>
<td>Involve complete systems of theory and practice that have evolved independently of and often long before the conventional biomedical approach</td>
<td>Traditional Chinese medicine; Kampo; ayurveda (India); Native American, Aboriginal, African, Middle-Eastern, Tibetan, Central and South American medical systems; homeopathy; naturopathy</td>
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<td>Mind-Body Interventions</td>
<td>Employ a variety of techniques designed to make it possible for the mind to affect bodily function and symptoms</td>
<td>Meditation, certain uses of hypnosis, prayer, mental healing</td>
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<td>Biological-Based Therapies</td>
<td>Include natural and biologically based practices, interventions, and products, many of which overlap with conventional medicine’s use of dietary supplements</td>
<td>Herbal, special dietary, orthomolecular,* and individual biological therapies</td>
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<td>Manipulative and Body-Based Methods</td>
<td>Include methods that are based on manipulation and/or movement of the body</td>
<td>Chiropractic, osteopathy, massage therapy</td>
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<td>Energy Therapies</td>
<td>Focus on energy fields within the body (biofields) or from other sources (electromagnetic fields)</td>
<td>Qi gong, Reiki, therapeutic touch, bioelectromagnetic-based therapies</td>
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Complementary and alternative medicine

• Alternative medical systems on integrating mind, body, and spirit seeking to restore the whole person to harmony

• Alternative medical systems
  • Ex’s. Traditional Chinese medicine (TCM)
    ▪ Harmonious flow of qi produces health
    ▪ Herbal remedies
    ▪ Acupuncture
      ▪ Acupuncture allows QI to flow through pathways
  • Homeopathy
    ▪ “Like cures like” and remedies become more effective with greater dilution
• http://www.youtube.com/watch?v=VVZyDv3AROG

• http://www.youtube.com/watch?v=HzxiYXTXTIk
Mind-body interventions

- Makes use of the connection between mind and body
  - Meditation
  - Hypnosis
  - Prayer
  - Mental healing
  - Biofeedback
Biological-Based therapies

- Consist primarily of:
  - Herbal therapies or remedies
  - Botanicals
  - Extracts from animal tissues
  - Dietary supplements

- Many overlap with conventional medicine’s use of dietary supplements
Manipulative and body-based methods

- Manual healing based on the idea that misalignment in one part of the body causes pain or dysfunction in another part
- Ex. Chiropractic medicine, massage, osteopathy
Energy therapies

- Forms of treatment that use energy originating either within the body (biofields) or from other sources (electromagnetic fields)
- Qigong
- Therapeutic touch
- Reiki
• http://www.youtube.com/watch?v=1FcobI5CPuk
Evaluating complementary and alternative therapies

- Working with your physician
  - Areas to discuss
    - Safety
    - Effectiveness
    - Timing
    - Cost

- Questioning the CAM practitioner
  - Why he or she thinks the therapy will be beneficial etc.

- Doing your own research