

Integrative Health Care

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Intended learning outcomes:

- To understand the concept and significance of integrative healthcare
- To gain insight into potential uses of complementary therapies
- To experience selected complementary therapy practices

Emerged early 20th century:

- “clinical medicine based on the principles of physiology and biochemistry”

(1923, cited Kroker 2008)

- Involves a pathogenic process with a specific therapeutic intervention

(Wallach 2001)

‘conventional health care’ (CHC)

Prior to biomedical health care, different cultures depended on their own 'traditional' health care:

- Traditional Chinese medicine
- Ayurvedic medicine
- Naturopathy
- Herbalism

- In recent years, many of these traditional practices have gained renewed popularity in western societies
- These practices are collectively termed:
Complementary and Alternative Medicine
(CAM)
- The therapies used in CAM are known as:
Complementary Therapies (CTs)

- CAM includes all types of health care that is not normally available through mainstream health care:
 - **Complementary** therapies are used **alongside** conventional health care
 - **Alternative** therapies are used **instead of** conventional health care

“... CAM is a broad domain of healing resources ... other than those intrinsic to the politically dominant health system of a particular society ...”

(Panel on Definition and Description 1997, p.50)

- In western societies, CAM generally includes those therapies that:
 - ***cannot be explained*** in biomedical terms
 - Are ***not normally taught or provided*** through conventional health care

Examples of CAM 1: SYSTEMS

- Traditional Chinese medicine
- Ayurvedic medicine
- Naturopathy



Examples of CAM 2: THERAPIES

- Aromatherapy
- Therapeutic Touch
- Reflexology
- Meditation
- Shiatsu
- Bach flower remedies
- Massage
- Reiki
- Nutritional Therapy



The major CAM therapies in the U.K.

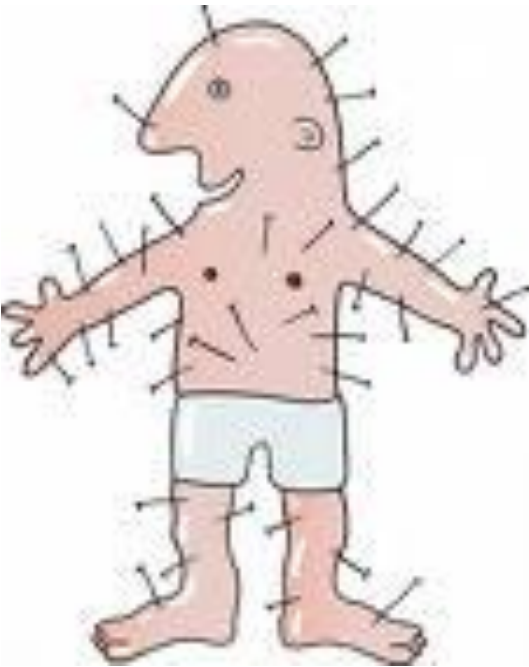
- Osteopathy
- Chiropractic
- Herbalism
- Acupuncture
- Homeopathy















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Integrative Health Care (IHC)

The ideal:

- Interdisciplinary – non-hierarchical – ***blends*** CAM and CHC
- Collaborative – consensus building – true patient/practitioner partnership

(Boon et al 2004)

In practice:

- The use of some form of CAM in CHC

(Pelletier et al. 2009, cited Coulter et al. 2010)

‘Proper’ IHC:

- Is truly patient-centred and individualised and has an emphasis on ***wellness***

Patient perspective on IHC:

- To improve both health and ***wellbeing***

(Little 2007, 2009)



- CAM is increasingly ***popular*** with the public
- The ***reasons*** for CAM use reflect patient satisfaction with CHC
- Examples of CAM ***use in CHC*** are more evident

1. *Popularity*

- Worldwide, CAM use can be as high as 50% (Tiralongo & Wallis 2008)

2. *Reasons* for CAM use:

- CAM perceived as more patient-centred, more holistic, more consistent with patient values and is claimed to ‘fill gaps’ in CHC
(Grace & Higgs 2010, Little 2009, Barrett et al. 2003)

- Pain relief
- Midwifery
- Mental health
- Dentistry
- Mobility
- Palliative care
- Surgery
- Women's health

(multiple examples in literature)

- Acute care: massage following CABG
(Hattan et al. 2002)
- Chronic: acupuncture, MBSR, yoga for back pain
(Hsu et al. 2010)
- Primary care: herbalism for multiple conditions
(Little 2009)



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WELLBEING:

- Palliative care: wellbeing enhanced through interaction with therapists
(Nelson 2006)
- Relatives: massage promoted peace of mind
(Cronfalk et al. 2009)

Important note:

Wellbeing is often NOT captured by
commonly used outcome measures

(Hsu et al. 2010)

- IHC is already appearing in medical and nursing curricula
- Best advanced through interprofessional education (Willison 2008)
- IHC centres are appearing
- Evaluative studies beginning to emerge (outcome measures?)

IHC: Possibilities for 'integrating' CAM and CHC

- CAM as an add-on
- Co-existence as competing paradigm



Biomedical dominance

- 'Happy' co-existence

Medical pluralism

- Melting pot

Integrative health care

Your challenge:

Consider the possibilities for CAM:

- In your own professional field
- In a multidisciplinary context



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