Advising Patients Who Seek Alternative Medical Therapies

Abstract

Alternative medical therapies, such as chiropractic, acupuncture, homeopathy, and herbal remedies, are in great public demand. Some managed care organizations now offer these therapies as an “expanded benefit.” Because the safety and efficacy of these practices remain largely unknown, advising patients who use or seek alternative treatments presents a professional challenge. A step-by-step strategy is proposed whereby conventionally trained medical providers and their patients can proactively discuss the use or avoidance of alternative therapies. This strategy involves a formal discussion of patients’ preferences and expectations, the maintenance of symptom diaries, and follow-up visits to monitor for potentially harmful situations. In the absence of professional medical and legal guidelines, the proposed management plan emphasizes patient safety, the need for documentation in the patient record, and the importance of shared decision making.

Credentials Complementary and Alternative Medical Providers

Annals of Internal Medicine; 137 (12): 965-973

Nonpharmacologic Therapies for Low Back Pain: A Systematic Review for an American College of Physicians Clinical Practice Guideline

Annals of Internal Medicine; 166 (7): 493-505

Review: Acupuncture reduces migraine frequency more than usual care, sham acupuncture, or prophylactic drugs

Annals of Internal Medicine; 165 (8): JC44

Telephone–based CBT reduced insomnia severity more than menopause education in menopausal women

Annals of Internal Medicine; 165 (6): JC30
Advocates of alternative medicine are critical of current medical curricula, and have proposed funda. 62. Eisenberg DM. Advising patients who seek alternative medical therapies. Ann Intern Med. 1997;127:61–9. Cited Here 63. Jadad AR, Gagliardi A. Rating health information on the Internet. navigating to knowledge or to babel? JAMA. 1998;279:611–4. People who choose alternative medicine may think they are choosing a safe, effective medicine, while they may only be getting quack remedies. Grapefruit seed extract is an example of quackery when multiple studies demonstrate its universal antimicrobial effect is due to synthetic antimicrobial contamination. [10][11][12][13][14]. Delay in seeking conventional medical treatment Edit. They state that those who have had success with one alternative therapy for a minor ailment may be convinced of its efficacy and persuaded to extrapolate that success to some other alternative therapy for a more ser... Eisenberg DM. "Advising patients who seek alternative medical therapies." Ann Intern Med 1997; 127:61-69. PMID 9214254. Alternative medical therapies, such as chiropractic, acupuncture, homeopathy, and herbal remedies, are in great public demand. Some managed care organizations now offer these therapies as an “expanded benefit.” Because the safety and efficacy of these practices remain largely unknown, advising patients who use or seek alternative treatments presents a professional challenge. A step-by-step strategy is proposed whereby conventionally trained medical providers and their patients can proactively discuss the use or avoidance of alternative therapies. This strategy involves a formal discu