

Complementary and alternative medicine

Name:

Institution:

Instructors' Name:

Date:

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Compare and contrast conventional current regulations and oversights that exist in the United States with that of nonconventional medicine.

The complementary and alternative medicine (CAM) can be relatively considered as new in the US. CAM is a completely accepted and integrated form of health care in numerous parts of the universe and has existed since antiquity. In America, the populace view CAM as one of the fastest developing areas in healthcare and additionally is widely used presently than ever before. Millions of Americans are using billions of out-of-pocket dollars on CAM therapies. CAM's universal use has impacted on users, practitioners, researchers plus policy makers. The regulation growing influence has been described as a hidden mainstream in American medicine. This outpouring has resulted in the requirement in the need to better comprehend the market, from a personal as well as public health perspective (Barnes, Bloom, & Nahin, 2008).

This recent upsurge in the interest and growth of complementary plus alternative medicine might be attributed to numerous reasons including cultural, economic, technological and social trends. The development can also be credited to the rising dissatisfaction with the traditional health care and delivery of medicine in the United States. As compared to the nonconventional medicine Americans are turning to CAM since they feel the present healthcare system is failing them for numerous reasons which entail; access to healthcare; price prohibitive prescriptions; impersonal along with dismissive physicians; heavy reliance on drugs; misdiagnosis; plus varying views with regards to maintenance of wellness.

Define the terms alternative, complementary, and integrative in relation to medicine and clarify how these terms are different.

Complimentary medicine can be termed as practices plus processes that are not confirmed to be scientifically valuable on their own. Nonetheless, they are believed to work excellently with conventional medicine. For instance, an illustration is the use of Yoga exercise in combination with CNS depressant drugs for individuals suffering anxiety since it is not scientifically proven that it could help cure anxiety disorders (Barnes, Bloom, & Nahin, 2008). Alternative medicine entails practices that are not largely accepted by the medical community as despite being effective they are yet to be put through clinical tests to define their effectiveness. It is medicine that has a very long history or use although there are no studies to fully prove its effectiveness. Nonetheless, several medical practitioners endorse it as a substitute when conventional treatments are not bringing effective outcomes.

Integrative medicine is a combination of alternative plus conventional treatments formulated to improve the general wellbeing of a patient. The integrative approach unlike the others looks at the other issues that could be affecting the health of an individual. For instance, an individual suffering from headache could be advised that instead of using painkillers; in an integrative approach to look at the individuals' lifestyle, diet and other factors contributing to the condition. Involving the painkiller prescription would be the patient ought to consume a different diet, and practice meditation to ease the headache.

Describe how conventional medicine plays a role in these three terms.

Conventional medicine has a role to play in each of the three terms discussed above. Treatments employed in conventional medicine are not at all times effective plus they do not always treat the primary cause of the medical issue. Conventional medicine philosophy aims to focus on the full body and mental state so as to promote long term wellbeing. Through this patients have a

different approach focusing on their spiritual plus personal requirements. Since, scientific medicine is not the only ideal approach for healthcare for all people then CAM provides a secondary outlet for numerous patients where their varying problems can be handled.

Examine the philosophy of CAM and how it relates to or is different from conventional Western medicine.

Unlike conventional western medicine, CAM is formulated on the philosophy that the body possesses an innate capability to heal itself. Practitioners implementing CAM philosophy search for emotional, psychological, physiological plus spiritual conditions that might be affecting an individual's health. Additionally, a major philosophical difference between CAM and conventional medicine is that conventional medicine treats or masks symptoms while CAM appreciates them as the body's alert.

Describe how NCCAM classifies Complementary Health Approaches.

NCCAM identifies five categories when it comes to CAM treatments and entail; natural products (including dietary supplements), mind and body medicine, traditional healers, body-based practices along with whole medical systems. Most common therapy is natural products presented in the form of dietary and herbal supplements (NACCM, 2015). Secondly, is mind and body medicine focusing on activities such as meditation plus exercise to improve health overall. Thirdly, entails body-based practices that use unverified devices for instance LED lights and magnets to treat various ailments. Fourth, include traditional healers that employ old health practices to allegedly heal certain diseases. Lastly involves a patient making a complete lifestyle adjustment as a result of certain cultural and spiritual traditions.

Select one CAM treatment therapy (modality) from among the complementary health approaches and describe it.

Biologically based therapy

This form of therapy includes dietary supplements in addition to herbal remedies. The treatments employ ingredients that are in nature such as herbs, minerals plus hormones to promote health. The products are trusted by many since they are natural plus they could be used for numerous years. Although numerous of these treatments are scientifically undocumented hence could be harmful, mainly from interactions with other medications (Offit, 2012).

Using one medical condition, describe how your chosen therapy can be used as an alternative, a complementary, or an integrative therapy for that specific medical condition.

The biologically based therapy could be used to treat a disease such as coronary heart disease or congestive heart failure since it could prevent or treat their illnesses. This is largely possible since various BBT products from vitamin E, C, beta-carotene, coenzyme Q10 and fish oils have been evaluated for the prevention along with treatment of cardiovascular diseases. The treatment will entail both scientifically proven procedures as the products recommended have been well examined and traditionally known treatments.

References

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