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

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

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

Annals of Internal Medicine; 165 (8): JC44

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Annals of Internal Medicine; 165 (6): JC30

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LC-MS application for therapeutic drug monitoring in alternative matrices.

J Pharm Biomed Anal 2018;

An Alternative Approach to the Fluoroscopically Guided Intra-Articular Hip Injection.

PM R 2019.

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Advocates of alternative medicine hold that alternative medicine may provide health benefits through patient empowerment, by offering more choices to the public, including treatments that are simply not available in conventional medicine. "Most Americans who consult alternative providers would probably jump at the chance to consult a physician who is well trained in scientifically based medicine and who is also open-minded and knowledgeable about the body's innate mechanisms of healing, the role of lifestyle factors in influencing health, and the appropriate uses of dietary supplemen... "Advising patients who seek alternative medical therapies." Ann Intern Med 1997; 127:61-69. 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. 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 mor... Eisenberg DM. "Advising patients who seek alternative medical therapies." Ann Intern Med 1997; 127:61-69. PMID 9214254. This page contains the abstract- Advising Patients Who Seek Alternative Medicine LETTERS http://www.chiro.org/alt_med_abstracts/FULL/Advising_Patients_Who.Seek.RELATED_LETTERS.shtml. Annals of Internal Medicine, 15 February 1998. To the Editor: As a medical oncologist with more...