



Patterns of usage of complementary and alternative medicine in surgical patients: a cross-sectional study from Palestine

Research for a Graduation Project
Faculty of Medicine and Health sciences
An-Najah National University

Prepared by:

Aya Egbaria- 11541910

Arwa Omary- 11541942

Noora Abu Baji- 11524430

Supervised by:

Dr. Sae'd Zyoud

Dr. Abdelkarim Barqawi

Dr. Faris Abu shamma

2020-2021

Abstract

Background

The use of complementary and alternative medicine (CAM) is on the rise; various global studies have documented the use of CAM by surgical patients in the preoperative period, with rates of herbal medications and other non-herbal treatments ranging from 12% to 69%.

Purpose

The purpose of this study is to evaluate patterns of CAM use among general surgery patients and if postoperative patient-perceived problems and actual complications may be related to some of these patterns.

Methods

From December 2020 to April 2021, a descriptive cross-sectional study was undertaken in Palestine. using face-to-face interview questionnaire. Participants were asked questions regarding socio-demographics, clinical information, CAM usage, reasons for its use, and opinions on its efficacy.

Results

Of the 300 surgical patients that were interviewed in this study, 252 (84%) reported that they had ever used CAM, while a total of 122 (48.4%) had used CAM before their surgery, 83% of the respondents used herbal methods, whereas 55% of them used non-herbal methods. CAM use among our study population was not linked to any specific sociodemographic characteristics. Collected data has shown that the most often used herbs among surgical patients are Sage (82.7%), Anise (74.3%). %. A significant correlation was found between patient's educational level ($p < 0.001$) and the number of therapies used. Health insurance status also showed a significant association to CAM use ($p = 0.004$) and the number of therapies used ($p = 0.049$).

Conclusions

Herbal methods use is common among surgical patients in Palestine, and this is consistent with the enormous increase in the use of CAM. Therefore, awareness should be raised among health care providers regarding the risks and benefits of CAM use.

