

PHYSICIAN ATTITUDES TOWARDS INTEGRATIVE MEDICINE AND SPECIFIC ALTERNATIVE THERAPIES

Abrazo Health Network Family Medicine Residency Program

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Introduction

- This study was designed to investigate physician attitudes towards integrative medicine (IM) and whether their interest in IM and previous or current educational exposure to IM influences recommendations of integrative medicine modalities in the clinical practice.
- 2.1% of adults in the USA report herbal medicine use in the past year.
- 52% of the US population reports using supplements, including vitamins, minerals, and non-vitamin/non-mineral supplement.
- Of the above 52% use of supplements other than multivitamins was reported at 34-39%.

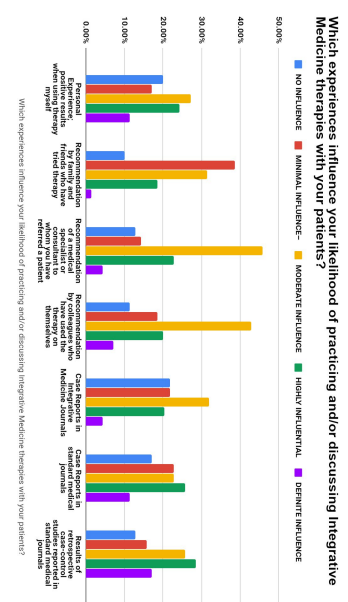
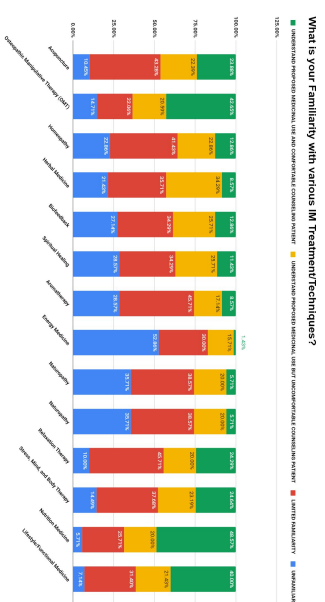
Methods

- Between 10/2018 and 2/2019, a 10-question electronic survey assessing physicians' personal attitudes, previous educational experiences, as well as a general knowledge and understanding of IM treatment modalities was administered to 21 Family Medicine residents at Abrazo Health Network and 89 practicing physicians of the Abrazo Medical Group in Phoenix, Arizona.
- The responses to questions were reviewed via aggregate data for trends.

Results

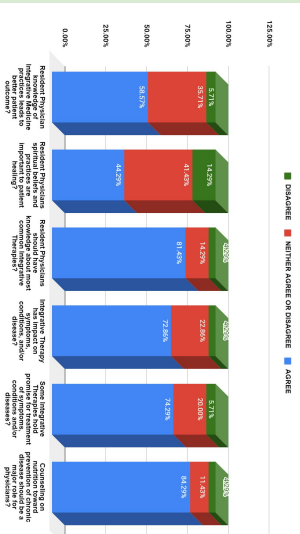
- 90% of physicians wanted to learn IM modalities, >50% of the physicians reported having been approached by patients regarding IM modalities and requested referrals.
- >70% of physicians have had no exposure to IM in medical school or residency.
- >50% of physicians state patients have initiated conversations regarding IM services.
- 45% of physicians reported feeling highly influenced to recommend IM services to patients if either a colleague or family member recommend the service.
- Almost 100% of surveyed physicians reported feeling that patient satisfaction would increase with IM services.
- 60% of physicians were of the opinion that resident education in IM would improve patient care.

Outcome

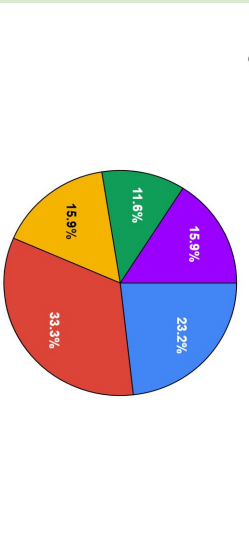


References available upon request

Do you agree or disagree with the statements listed below?



How likely is it that you would refer a patient to a Integrative Medicine Practitioner for treatment?



Discussion

- The majority of patients who use complementary and alternative medicine treatment modalities do not disclose these services to their health care providers.
- 46% of patients reported "it wasn't important for my doctor to know" and 57% state "the doctor never asked".
- Physicians must be knowledgeable regarding IM therapy and be willing to initiate the conversation regarding such therapy.
- Motivation for supplement use is often not based on scientific data. Of the patient's surveyed, 72% stated they would continue using supplements despite a government scientific study showing negative results with use.
- Cultural perspective of patient populations would be useful to understand the use of IM therapies.
- An IM program in residency offers resources for both providers and patients which could assist with cultural needs.