Title: Prevalence of Integrative/Alternative Medication use Among Primary Care Patients

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Context: Integrative medicine provides a patient-centered approach to improving and enhancing the therapeutic methods of treating primary care problems. Often, many patients are utilizing such alternative methods due to their own cultural beliefs and backgrounds.

Objective: This study is to determine the prevalence of integrative/alternative medicine amongst our primary care patients and whether any associations are present between specific regions or cultures as well as educational level.

Human Subjects Review: IRB approved as an exempt study

Design: Cross Sectional Survey

Setting: Ambulatory primary care practice. Eligibility criteria 18 years and older. Inclusion criteria includes ability to read and write English and Spanish. Exclusion criteria patients under the age of 18 and patients without capacity to consent will be excluded from survey. Numbers of participants: 500

Anticipated Results: Anticipate that patients are utilizing integrative medicine practices and are willing to include these practices in their formal treatment plans in the future. Anticipate that there are associations between engagement in alternative/integrative practices and patient ethnicity/nationality as well as educational level.

Conclusions: This study is in progress. The knowledge gained from the study will be used to educate physicians to support culturally-informed patient care. We will also the information from this study to devise patient education materials and develop integrative therapeutic plans.

Biography

Amanda Santa Maria has completed her MD at the age of 27 years from St. George's University and is currently completing her final year of Family Medicine Residency at University of Texas Southwestern were she will be graduating with a distinction in both Global Health and Complementary and Alternative Medicine. She is also a registered yoga teacher and reiki practitioner and plans to pursue fellowship in Global Health.

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