Use of complementary and alternative medicine and factors affecting their use among Libyan children with rheumatic diseases at Tripoli children hospital 2019

.

Abstract:

Background: complementary and alternative medicine (CAM) is defined as a group of diverse medical and health care systems, practices, and products that are not presently considered as conventional medicine.

Aim of the study: to determine the prevalence, types, and factors affecting use of complementary and alternative medicine among Libyan children with rheumatic diseases.

Methodology: descriptive cross-sectional study was conducted in rheumatology clinic at Tripoli children hospital, in which parents of children with different rheumatic diseases were interviewed by using a pre formed questionnaire at their routine visits. Data were managed and analyzed by SPSS data base (version 19).

Result: of 103 interviewed parents,71(69%) were mothers with mean age of 41.21 years, with university degree in 39% of theme, and 50% were employer.

31% were fathers with mean age of 47.7 years, 74% were employer and 38% their education was university degree. 65\103(63%) of parents living outside Tripoli.

Majority of patients were females (75%) with a mean age of 12.8 years, 95% of the patients living with both father and mother together.

63% of patients had juvenile idiopathic arthritis. Overall, 83% of patients were CAM users,77% of theme were females and 65% had been diagnosed as JIA.

the most frequently used CAM were Natural health products (69.8%) as honey and moringa. Almost all CAM users (96.5%) did not change or stop their conventional therapy neither escaped from their scheduled visits in rheumatology clinic.

conclusion & Recommendations: CAM use was common among patients following in pediatric rheumatology clinic, Natural health products were the most commonly used CAM. Very little is known about the benefits or potential harms of CAM despite its widespread use. Education and counseling programs to patients and parents about CAM use can help in management of such chronic diseases.

---

key words: complementary and alternative medicine, children, rheumatic disease.

Corresponding Author:
Fawzea Mustafa Almsagri
Clinical pharmacist, rheumatology department
Tripoli children hospital
Phone:00218911147889
E mail: fawaziaalmsakry@gmail.com