E-Poster

EP-165

Complementary and Alternative Medicine in Degenerative Diseases: Impact on Pain and Functional Outcomes

Topic: Pain

Soumaya Elarem, Ikram Haddada, Aymen Haj Salah, Mouna Sghir, Wassia Kessomtini

PMR, Hopital Taher Sfar Mahdia, Mahdia, Tunisia

BACKGROUND

Complementary and alternative medicine (CAM) is an approach to health care based in treatments different from those of conventional medicine. The use of CAM has grown significantly in recent years. The aim of this study was to evaluate tendancy of use of alternative medicine and its effectiveness on pain, functional status on patients suffering from degenerative diseases (common low back pain, cervicarthrosis and gonarthrosis)

METHODS

This was a descriptive cross-sectional study including patients followed in our consultation for degenerative diseases (gonarthrosis, low back pain and cervicarthrosis). Patients were asked about the use of CAM, types of therapies used, the reasons for using these medicines and factors associated with their use.

RESULTS

Eighty four patients were included in this study, 55.9% of them had used CAM at least once in their lives, 47.4% reported starting the use of CAM before the declaration of their illness. Sixty three percent of patients reported using CAM for pain relief, while 36.8% hoped for a cure. Regarding types of CAM, 52.6% of patients used cupping (El hijama), 47.4% used essential oils, 9% took herbal medicine and 5% opted for acupuncture. Not all patients informed their doctor about their use of CAM, 94.7% of the patients thought that CAM could not have any adverse effects and the majority thought that CAM was effective.

CONCLUSION

In our study, the prevalence of CAM use remains high, with different types used, namely cupping and essential oil therapy.

Statement of Disclosures

None

Corresponding Author:
Soumaya Elarem
PMR, Hopital Taher Sfar Mahdia, Mahdia, Tunisia
Email: soumayaelarem@yahoo.fr

Doi: 10.5606/archisprm.2026.EP-165