E-Poster

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Use of Acupuncture in Patients in a Physical Medicine Department: Prevalence and Associated Demographic, Clinical and Social Factors

Topic: Integrative Medicine

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BACKGROUND

To study the frequency of use of acupuncture (ACP) in Tunisian patients followed by a physical medicine department and the associated demographic, clinical and social factors.

METHODS

A cross-sectional study on the use of ACP was carried out in patients in a PRM department. Basic demographic, psychosocial factors and clinical information were obtained by questionnaire. The evaluation of the pain was by the visual analog scale and anxiety and depression was evaluated by the Hospital anxiety and depression scale HAD.

RESULTS

Seventy patients were studied (70% women, age 45 ± 11 years). The underlying diseases were: Low back pain(LBP) (40%), knee osteoarthritis (KOA) (30%), shoulder pain (sp) (5%), Facial nerve palsy (FNP) (20%). The mean disease duration was 45 months. It was the first experience with ACP treatment for all patients. The average of the VAS was 6 ± 2 and HAD depression was 10 ± 3 and HAD A was 11 ± 2. 72% of patients found that the ACP somehow effective in alleviating their symptoms. The symptomatology improved for most patients: the average of VAS fell from 6 to 3 and the greatest improvement was observed for the KOA, and HAD depression and anxiety fell respectively from 10 to 5 and from 11 to 7. 90% of patients was satisfied with their experience and 10% have not appreciate the ACP treatment. There was a correlation between the improvement of VAS and the duration of the disease and the age.

CONCLUSION

The use of acupuncture has been used for several years in different countries. In Tunisia, the practice of acupuncture is a new approach and the acceptance of this technique by practitioners and patients can help to improve management, especially for chronic pathologies.

Statement of Disclosures

None

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