Overview

- Use of CAM – who, how and why
  - Surveys and literature
  - 2 examples
- Practice of CAM – who, how and why
  - Surveys and literature
  - A tentative suggestion
- Discussion

Use of CAM – who? how?

Healthcare system
  - Dissatisfaction with biomedical care
  - Less trust, confidence and reliance on ‘experts’
Qualities of CAM
  - Values and beliefs about health and illness
  - Shared experiences between (women) practitioner and patient
  - ‘Natural’
Changes in society
  - Wish to have more control over one’s life, including healthcare
  - Thinking about the person more ‘holistically’
  - Increased societal attention on the body and health
  - Increased societal expectation to look after one’s health

Use of CAM – why?

Users’ motivations to use CAM in relation to:

- Health and illness
  - To alleviate chronic and/or life-threatening conditions
  - To improve overall wellbeing
  - To address specific symptoms
  - To do something for oneself
- The quality of CAM
  - The positive provider-patient relationship
  - The patient-centred and holistic approach

Social science perspectives

An ethnographic study of women’s practice and use of western herbal medicine in the UK
Men’s everyday healthcare and masculinities in Denmark

Practice of CAM – who? how?

Practice of CAM – who? how? why?

A tentative suggestion

‘Just wait, now that acupuncture is evidence-based, the doctors will make it their own, and start deciding when and when not to use it.’

Johannessen B 2009:150

Practice of CAM – why?

CAM practitioners

- Wanting to ‘help’
- Attracted by CAM practices and holistic approaches to health
- Opportunity to have a career in medicine
- Fits with family commitments
- Positive personal experience of CAM treatment

BUT: self-employment and financial uncertainty can be strain

Nurses who leave mainstream health services

- Disillusionment with the health services
- Dissatisfaction with practice/work in health system
- Opportunity to develop clinical skills
- Attracted by holistic approach to health and healing
- Positive personal experience of CAM treatment

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BUT: self-employment and financial uncertainty can be strain
‘I think the division between cure and care constitutes a factor that hampers registered nurses, who as a result always remain subordinate. Now when I practice CAM, I am independent of this distinction.’

Johannessen B 2009:149

Discussion

What motivates your interest in CAM/in practicing CAM?

What are your hopes and wishes for Integrative medicine in Denmark?

References (selected)


Susy 2013


Tak for i dag