

## **P48 Traditional Medical and Alternative Therapy**

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**Introduction:** We have observed that patients use traditional and alternative therapies. However there is no data published to confirm or dispute this observation. Our objective is to find out the frequency of traditional and alternative therapies and the spectrum of therapies used. **Methods:** We conducted a pilot study by providing questionnaires to patients regarding traditional medicine usage in a specialist respiratory clinic over a period of 2 months. **Results:** A total of 40 respondents: 62.5% female; race (%): Caucasians (43), Chinese (35), Indian (15), others (7); age group (%): >70 years old (2.5), 51 to 70 years (25), 31 to 50 years (67.5), 21-30 years (2.5), <21 years (2.5). Educational background (%): tertiary and above (87.5), secondary (12.5). Use of therapies: 70% used traditional medical and alternative therapies, of which 52.5% used more than 1 form, 27.5% used more than 2 forms. Spectrum of therapies used (%): yoga (43), Chinese massage (43), acupuncture (43), homeopathy (36), traditional Chinese medicine (36), ayurveda (14), jamu (11), taichi (7), acupressure (4). Spectrum of illnesses: sinus relief, breathing difficulty, muscle aches, headache, general wellbeing improvement. The majority (96%) did not experience any unwanted side effects. Overall, respondents' opinion was that 72% felt that traditional therapies were effective. **Conclusion:** The use of traditional therapy is common (70%). The majority (87.5%) of respondents had tertiary education. A wide spectrum of traditional therapies was used. The majority felt these therapies were effective. Minimal negative side effects were experienced.