



Review

Nurses' attitudes towards complementary therapies: A systematic review and meta-synthesis[☆]Helen Hall^{a,b,*}, Matthew Leach^{a,c}, Caragh Brosnan^{a,d}, Melissa Collins^e^a Australian Research Centre in Complementary and Integrative Medicine (ARCCIM), University of Technology Sydney, Sydney, Australia^b Faculty of Medicine, Nursing and Health Sciences, School of Nursing & Midwifery Monash University, Frankston, Australia^c School of Nursing and Midwifery, University of South Australia, Australia^d School of Humanities and Social Science, University of Newcastle, Australia^e Endeavour College of Natural Health, Australia

ARTICLE INFO

Article history:

Received 12 October 2016

Received in revised form 11 January 2017

Accepted 22 January 2017

Keywords:

Complementary medicine

Complementary therapies

Complementary and alternative medicine

Meta-synthesis

Systematic review

Nurse

ABSTRACT

Background: The use of complementary therapies is becoming increasingly prevalent. This has important implications for nurses in terms of patient care and safety.

Objective: The aim of this meta-synthesis is to review critically, appraise and synthesize the existing qualitative research to develop a new, more substantial interpretation of nurses' attitudes regarding the, use of complementary therapies by patients.

Data sources: A search of relevant articles published in English between, January 2000 and December 2015 was conducted using the following, electronic databases; MEDLINE, CINAHL and AMED. Reference lists of selected papers and grey literature were also interrogated for pertinent, studies.

Design: This review is reported according to the Enhancing Transparency in Reporting the Synthesis of Qualitative Research (ENTREQ) guidelines. Data were extracted and analysed using a thematic synthesis process.

Results: Fifteen articles were included in this review. Five analytical themes emerged from the data relating to nurses' attitude towards complementary therapies: the strengths and weaknesses of conventional medicine; Complementary therapies as a way to enhance nursing practice; patient empowerment and patient-centeredness; cultural barriers and enablers to integration; and structural barriers and enablers to integration.

Discussion: Nurses' support for complementary therapies is not an attempt to challenge mainstream medicine but rather an endeavour to improve the quality of care available to patients. There are, however, a number of barriers to nurses' support including institutional culture and clinical context, as well as time and knowledge limitations.

Conclusion: Some nurses promote complementary therapies as an opportunity to personalise care and practice in a humanistic way. Yet, nurses have very limited education in this field and a lack of professional frameworks to assist them. The nursing profession needs to consider how to address current deficiencies in meeting the growing use of complementary therapies by patients.

© 2017 Elsevier Ltd. All rights reserved.

What is already known about the topic?

- Many patients use complementary therapies.
- Nurses are often enthusiastic supporters of complementary therapies.

- There is limited understanding of nurses' attitudes regarding patients use of these therapies.

What this paper adds

- Nurses' support for complementary therapies is not an attempt to challenge mainstream medicine but rather an endeavour to improve the quality of care available to patients.
- Nurses who are supportive of complementary therapies often face a number of barriers including institutional culture, time and resource pressures and limited knowledge and skills.
- Nurses desire more education about complementary therapies.

[☆] Sources of support that require acknowledgment: Endeavour College of Natural Health.

* Corresponding author at: Faculty of Medicine, Nursing and Health Sciences, School of Nursing & Midwifery, Monash University, Peninsula Campus, McMahons Road, Frankston, Victoria, 3199, Australia.

E-mail address: Helen.Hall@monash.edu (H. Hall).

1. Introduction

Complementary therapies are a diverse range of health-related practices and products that have a history of use outside of conventional biomedical use (NCCIH, 2016). Complementary therapies usually fall under one of two major categories: natural products (such as herbal medicine or dietary supplements), and mind and body practices (such as acupuncture, chiropractic, massage, meditation or yoga). Despite the availability and benefits of modern biomedicine, complementary therapies are growing in popularity. A review of international research found 9.8–76% of the general population utilised complementary therapies in the previous 12 months, and 1.8–48.7% had visited a practitioner (Harris et al., 2012).

Given the popularity of complementary therapies amongst the general population, most health professionals are likely to be exposed to patients that use them. However, many people self-prescribe with little or no input from qualified health providers and furthermore, often they do not disclose their use (Thomson et al., 2012). Patients may not reveal their use of complementary therapies due to a concern that they will encounter a negative attitude, a belief that the practitioner does not need to know or simply that they were not specifically asked (Jou and Johnson, 2016; Robinson and McGrail, 2004). Non-disclosure results in the health provider lacking the necessary information to assist the patient to formulate an appropriate, well-informed clinical decision. Despite a widely held assumption that complementary therapies are 'natural' and therefore safe, there are a number of associated risks (Hall et al., 2010). In particular, there is concern that some oral supplements may interact with pharmaceuticals (Alsanad et al., 2014). Alternatively, complementary therapies may also offer benefits to some patients. For example mindfulness training has been found to be a helpful intervention for some people suffering with anxiety and depression (Khoury et al., 2013).

Nurses represent the largest health workforce, and play a pivotal role in patient care, education, advocacy and decision making. As such, they are well-positioned to communicate with patients about their use of complementary therapies. Further, nurses may be more approachable and able to engage in more meaningful conversations with patients due to their general acceptability of these therapies. Indeed, a recent scoping review of quantitative studies revealed that most (66.4%) nurses demonstrate a positive attitude towards complementary therapies and more than half (53.7%) integrate them into their professional practice, despite a lack of formal training (Chang and Chang, 2015).

Understanding nurses' attitude towards complementary therapies is important because it is likely to influence patients' decision regarding these therapies. While the definition for attitude varies, it is generally understood as a multifaceted concept which refers to an individual's perceptions and may have a significant impact on their behaviour (Kaus, 1995). A synthesis of the current qualitative research evidence exploring this phenomenon will help in developing a new, more substantial interpretation of this issue.

2. Methods

The aim of this meta-synthesis is to review, critically appraise and synthesize the research to develop a new, more substantial interpretation of nurses' attitudes regarding complementary therapies. Although there are a variety of approaches, the fundamental purpose of meta-synthesis is to generate new interpretations from combining qualitative research studies, while still preserving the integrity of the primary data (Downe, 2008).

This review is reported according to the Enhancing Transparency in Reporting the Synthesis of Qualitative Research (ENTREQ)

guidelines (Tong et al., 2012). As such, the authors developed a protocol as a template for conducting the review according to the following:

2.1. Inclusion and exclusion criteria

Published qualitative empirical studies reporting on nurses' attitudes towards complementary therapies were included in this review. Nurses could be employed at any level, in any clinical setting, in any country. For this review, we considered complementary therapies as a broad umbrella term rather than focusing on specific products or practices. Studies involving multiple professional groups were excluded due to the potential difficulty in extracting and interpreting data specific to nursing.

2.2. Search strategy

A comprehensive search of relevant articles published in English between January 2000 and December 2015 was conducted using the following electronic databases; MEDLINE, CINAHL and AMED (Allied and Complementary Medicine Database). A list of the terms used in the search are presented in Table 1. Reference lists of included articles were also hand searched for suitable publications, and open grey.edu, greylit.com and Google Scholar interrogated for pertinent grey literature.

2.3. Study selection methods

Once duplicates were removed, studies found as a result of the search strategy were screened for inclusion by two independent reviewers (HH & MC), using a template developed for the purposes of this review. Initially, titles and abstracts were screened according to the inclusion criteria. Following this, the full text of records that appear to meet the inclusion criteria were obtained and independently assessed for eligibility.

2.4. Quality appraisal

Eligible papers were appraised by two reviewers (HH & MC), independently, using the Critical Appraisal Skills Programme (CASP), qualitative checklist. The checklist comprised ten items, which evaluate the appropriateness of the study aims, methodology, research design, recruitment strategy, data collection, researcher-participant relationship, ethical considerations, data analysis, statement of findings and value of research. Each item was scored as follows: 'yes' (appropriate) scored 1 point, 'maybe' scored 0.5 points, and 'no' (inappropriate) scored 0 points. Any study receiving a total score less than 6 was to be excluded from the review, as the lack of methodological rigor was considered to undermine the credibility of the findings. However, all eligible papers were included in this review.

Table 1
Search Terms.

Population	Context	Outcome
Nurse*	Complementary medicine Complementary therapy Alternative medicine Alternative therapy Natural medicine Natural therapy Herb Mind body Acupuncture	Attitude Perception Decision making Behaviour Communication Experiences Belief

Download English Version:

<https://daneshyari.com/en/article/5121010>

Download Persian Version:

<https://daneshyari.com/article/5121010>

[Daneshyari.com](https://daneshyari.com)