



# Taibah University Journal of Taibah University Medical Sciences

www.sciencedirect.com



Educational Article

## Satisfaction, self-use and perception of medical students in Majmaah University, Kingdom of Saudi Arabia, towards Complementary and Alternative Medicine



Mohammed A. Al Mansour, MD<sup>a,\*</sup>, Elsadig Y. Mohamed, MD<sup>b</sup>,  
Sawsan M. Abdalla, MD<sup>b</sup>, Khalid A. Medani, MD<sup>b</sup>, Waqas S. Mahmoud, BSc<sup>c</sup> and  
Syed A. Meraj, MD<sup>b</sup>

<sup>a</sup> Department of Family Medicine, College of Medicine, Majmaah University, Majmaah, Kingdom of Saudi Arabia

<sup>b</sup> Department of Public Health & Community Medicine, College of Medicine, Majmaah University, Kingdom of Saudi Arabia

<sup>c</sup> Biostatistics, Department of Public Health & Community Medicine, College of Medicine, Majmaah University, Kingdom of Saudi Arabia

Received 24 December 2014; revised 26 January 2015; accepted 26 January 2015; Available online 23 February 2015

### المخلص

**أهداف البحث:** يتنامى الطب التكميلي والبدل في نظام الرعاية الصحية بصورة مضطردة. هنالك القليل من الأبحاث في المملكة العربية السعودية التي تناولت رضا، واستخدام وإدراك طلاب الطب لتخصص الطب التكميلي والبدل. تهدف هذه الدراسة إلى تقييم مستوى رضا طلاب كلية الطب وإدراكهم لدراسة الطب التكميلي والبدل وتحديد مدى استخدامهم الذاتي له.

**طرق البحث:** أجريت هذه الدراسة الوصفية على الدفعتين الأولى والثانية من دفعات طلاب كلية الطب، جامعة المجمعة، في المملكة العربية السعودية. شمل حجم العينة التعداد الكلي للدفتين الذين درسوا منهج الطب التكميلي والبدل. وقد جمعت البيانات عن طريق الاستبانة وحلت بواسطة الحزمة الإحصائية للدراسات الاجتماعية.

**النتائج:** كان ٣٠ طالبا (٤٣٪) راضين عن دراسة الطب التكميلي والبدل كجزء من المنهج الطبي. بينما كان بقية الطلاب غير راضين (٣٢٪) أو محايدين (٢٥٪). كما بلغ الاستخدام الذاتي للطب التكميلي بالنسبة للطلاب كما يلي: الصلاة ٤٦ (٦٦.٧٪)، ومنتجات الأعشاب ٤٢ (٦٠.٩٪)، والتدليك ٣٢ (٤٦.٤٪). وأظهرت الدراسة أن ٤٣ طالبا (٦٢٪) لديهم تصور إيجابي نحو ممارسة الطب التكميلي والبدل في المستقبل.

**الاستنتاجات:** أظهرت هذه الدراسة أن الرضا العام منخفض بين طلاب الطب لدراسة الطب التكميلي والبدل كجزء من المنهج الطبي، وكان الاستخدام الذاتي الأكثر شيوعا لممارسات الطب التكميلي والبدل من قبل طلاب الطب هو الصلاة، ومنتجات الأعشاب، والتدليك، والمكملات الغذائية، والوخز بالإبر.

**الكلمات المفتاحية:** رضا؛ الاستخدام الذاتي؛ إدراك؛ الطب التكميلي؛ الطب البديل

### Abstract

**Objectives:** Complementary and Alternative Medicine (CAM) is a growing industry in the health care system, and the use of CAM is rapidly evolving. In the Kingdom of Saudi Arabia (KSA), little research has addressed the satisfaction, use and perception of medical students towards CAM. The objectives of the current study were to assess the level of medical students' satisfaction and perception towards studying CAM and to determine their self-use of different modalities of CAM.

**Methods:** This descriptive study was conducted by administering a questionnaire to the first and second batches of the medical students studying the CAM module at the College of Medicine, Majmaah University KSA. The instrument used in this study was a validated self-administered questionnaire, and the retrieved data were analysed using SPSS.

**Results:** Thirty students (43%) were satisfied with studying CAM as a part of the medical curriculum. The

\* Corresponding address: Assistant Professor of Family Medicine, Department of Family Medicine, Majmaah University, Majmaah, Kingdom of Saudi Arabia.

E-mail: [abu.amerah@hotmail.com](mailto:abu.amerah@hotmail.com) (M.A. Al Mansour)

Peer review under responsibility of Taibah University.



Production and hosting by Elsevier

rest of the students were either dissatisfied (32%) or neutral (25%). The most important CAM modalities self-used by the medical students were prayers (46 students or 66.7%), herbal products (42 students or 60.9%) and massage (32 students or 46.4%). Forty-three students (62%) showed a positive perception towards practicing CAM in the future.

**Conclusion:** This study has shown that there is an overall low satisfaction among the medical students regarding CAM as a part of the medical curriculum. The most common self-use CAM modalities by the medical students were prayers, herbal products, massage, nutritional supplements and acupuncture.

**Keywords:** Complementary and Alternative Medicine; Perception; Satisfaction; Self-use

© 2015 The Authors.

Production and hosting by Elsevier Ltd on behalf of Taibah University. This is an open access article under the CC BY-NC-ND license (<http://creativecommons.org/licenses/by-nc-nd/4.0/>).

## Introduction

Complementary and alternative medicine (CAM) is a group of diverse medical and health care interventions, practices, products or disciplines that are not generally considered part of conventional medicine.<sup>1</sup> Scientific literature indicates an increased interest in complementary and alternative medicine (CAM) among the general public and a tendency towards increased use, especially in patients with chronic diseases.<sup>2</sup> Complementary and alternative medicine (CAM) is a growing industry in the health care system, and the use of CAM in health care is rapidly evolving. The National Center for Complementary and Alternative Medicine in the USA (NCCAM) defines CAM as a group of diverse medical and health care systems, practices and products that are not generally considered part of conventional medicine.<sup>3</sup> A national survey in the United States in 1993 stated that one in three adults use some sort of CAM.<sup>4</sup> More recently, the Centers for Disease Control and Prevention's National Center for Health Statistics reported that 62% of 31,044 adults surveyed used some form of CAM in the previous 12 months.<sup>2</sup>

A study conducted in Malaysia showed that there was a high prevalence of CAM use by the population, particularly the use of herb-based therapies for health issues.<sup>5</sup>

A study conducted in Ajman, United Arab Emirates, showed that approximately one-third of the seekers of modern medicine care also use CAM, mostly without physician advice.<sup>6</sup> CAM is used widely for treatment of chronic diseases in many parts of the world. In a study conducted in the Muscat region of Oman, almost half of the patients used CAM therapies for diabetes mellitus, and they had a strong faith in its effectiveness in treating patients.<sup>7</sup>

Attitudes and perceptions of medical students towards CAM in many countries were generally positive, and many stated that CAM includes ideas and methods from which

Western medicine could benefit. The lack of evidence supporting CAM practices was considered to be the major barrier toward more students using CAM and advising their patients to use CAM in the future.<sup>8–10</sup> Involving CAM in the medical student curricula is a growing concern worldwide; in a study conducted in Washington, more than 75% of medical students stated that CAM should be included in the medical curricula, and 79% agreed that clinical care should integrate conventional medicine and CAM practices. With gradual scientific development and increased popularity, there appears to be a need for coordinated policy in integrating CAM into all medical curricula by taking the expectations and feedback of medical students into consideration in setting educational standards. In the United States of America, many CAM-based therapies, such as dietary supplements, massage, herbs and homoeopathic medicines, were used by medical students. Significant gender differences in attitude were observed, with male students having more conservative attitudes toward CAM use; however, a high percentage of students desired more training in CAM.<sup>10</sup>

In the Kingdom of Saudi Arabia, little research has addressed the satisfaction, use and perceptions of medical students towards complementary and alternative medicine. In the kingdom, there is no CAM-specialized track or post-graduate education in any health college. Eleven (12.2%) colleges offer CAM courses in their curricula. Fifteen (16.7%) colleges teach topics related to CAM in different study subjects. Five (5.6%) colleges conducted continuous medical education (CME) activities related to CAM. Among faculty members, there were only 16 CAM specialists working in seven colleges and 84 interested staff members working in 20 colleges.<sup>11</sup>

In a study conducted in KSA among pharmacists, 72.6% were satisfied with CAM and 79.4% indicated that they would recommend CAM to family and friends. Eighty-one per cent of pharmacists felt that they had inadequate skills and knowledge to counsel patients and 90.5% felt the professional curricula should have more components on CAM.<sup>12</sup> Introduction of CAM in the curricula of medical colleges is new in the Kingdom of Saudi Arabia, so knowledge about students' perception and satisfaction regarding CAM is important for planning and setting priorities and strategies.

The objectives of the study were to determine the level of medical students' satisfaction with studying CAM, to assess their perceptions towards studying CAM and to determine their self-use of different CAM modalities.

## Materials and Methods

The study used a descriptive institutional-based design. The population was the first and the second batches of medical students in the College of Medicine, Majmaah University, in the Kingdom of Saudi Arabia. Majmaah, which is located in the centre of the kingdom, is one of Riyadh region's provinces and lies 180 km from the capital Riyadh.<sup>13</sup> The college of Medicine was established in 2010 and adopted an innovative outcome-based curriculum in medical education.<sup>14</sup> The college introduced CAM as a core module in the curriculum for semester six students. The course is introductory and is intended to provide an

Download English Version:

<https://daneshyari.com/en/article/3484465>

Download Persian Version:

<https://daneshyari.com/article/3484465>

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