



Integrative Medicine in Pediatrics

Joy A. Weydert, MD^{a,*}, Melanie L. Brown, MD, MSE^b,
Hilary McClafferty, MD^c

^aDepartment of Pediatrics, University of Kansas Health System, 3901 Rainbow Boulevard, Kansas City, KS 66160, USA; ^bDepartment of Pediatrics, University of Minnesota Medical School, Children's Hospitals and Clinics of Minnesota, 2525 Chicago Avenue South, Suite 32-T5, Minneapolis, MN 55304, USA; ^cDepartment of Medicine, Center for Integrative Medicine, University of Arizona, PO Box 245153, Tucson, AZ 85724, USA

Keywords

- Integrative medicine • Complementary & alternative medicine (CAM)
- Mind–body therapy • Nutrition • Massage • Abdominal pain • ADHD
- Acupuncture

Key points

- Up to 75% of pediatric patients, especially those with chronic health disorders, have used some form of “complementary” medicine.
- There are increasingly more clinical trials done in children supporting the safety and effectiveness of many complementary therapies.
- Pediatricians should consider all evidence-based therapies—conventional and complementary—when considering treatment options for their patients.
- Discuss all treatment options with patients/families and partner with them to decide what is best for them.

Ask any family that comes to your office whether or not they use complementary or alternative medicine, and their initial response may be “no”. If you then ask more specifically about the use of chiropractic, vitamins, dietary supplements, breathing for relaxation, meditation, yoga, or prayer, likely many of those “nos” would change to “yeses.” The 2012 National Health Interview Survey review of use of complementary therapies in

Disclosure Statement: The authors have nothing to disclose.

*Corresponding author. 12770 Jantzen Lane, Platte City, MO 64079. E-mail address: jwey-
dert@kumc.edu

children in the previous year found approximately 12% of respondents had used some form of complementary therapy [1]. That number increases to greater than 50% in children with chronic illnesses, such as back or head pain, attention deficit hyperactivity disorder (ADHD), or upper respiratory infections, and up to 75% in adolescents who use these therapies for chronic diseases (eg, irritable bowel syndrome [IBS], juvenile idiopathic arthritis, and anxiety) or for athletic performance, weight loss, or to increase energy [2]. Although patients may not divulge the use of these therapies openly, it is vitally important to know all the therapies your patients are using. In addition, you may have a patient ask specifically about using herbal supplements for the management of chronic headaches. Rather than dismiss the inquiry, you explore the evidence with her and find there are many studies to support the use of some natural products and other nonpharmaceutical therapies that are safe and effective for the treatment of headaches (discussed elsewhere in this article).

Within the National Institutes of Health is the National Center for Complementary and Integrative Health, whose sole purpose is “to define, through rigorous scientific investigation, the usefulness and safety of complementary and integrative interventions and their roles in improving health and health care” [3]. It considers complementary therapies as those health care approaches developed outside of mainstream Western or conventional medicine. When these therapies are used in conjunction with conventional medicine, it is called “integrative medicine.” The American Academy of Pediatrics—Section on Integrative Medicine recently updated its clinical report on Pediatric Integrative Medicine to define terms, provide an overview of common complementary therapies; review the medicolegal, ethical, and research implications; and provide educational resources [4]. Box 1 reviews the basic tenants of integrative medicine.

Complementary therapies may include the use of biochemical interventions (nutrition, therapeutic diets, nutritional supplements, botanicals, aromatherapy), mind–body therapies (breathing/relaxation techniques, hypnosis, biofeedback,

Box 1: Basic tenants of integrative medicine

- Emphasizes preventative health and lifestyle.
- Supports the individual’s innate healing ability.
- Stresses the importance of the therapeutic relationship between patient/family and clinician.
- Considers all dimensions of health—body, mind, and spirit.
- Focuses on family-centered care, including cultural competency.
- Uses all appropriate evidence-based therapies both conventional and complementary.

From Maizes V, Rakel D, Niemic C. Integrative medicine and patient-centered care. Explore (NY) 2009;5(5):277; with permission.

Download English Version:

<https://daneshyari.com/en/article/8808524>

Download Persian Version:

<https://daneshyari.com/article/8808524>

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