

9th International Conference on
Predictive, Preventive & Personalized Medicine & Molecular Diagnostics
&
3rd International Conference on **Integrative Medicine & Alternative treatments**
October 26-27, 2018 | Boston, USA

The blend of integrative medicine and alternative treatment and its impact on the well-being of the patient

Anita Eshun

AngloGold Ashanti Health Foundation, Ghana

Statement of the Problem: Health recovery rate is improved in patients who go through holistic healthcare which involves a blend between integrative and alternative medicine than those other patients whose medical practitioners rely solely on conventional medicine. There are quite a number of disease conditions which have caused many preventable deaths; if only the practitioners had taken a closer look at combining conventional medicine with alternative treatments, those precious lives would have been saved or there would have been better healing and recovery processes. Research has proven that quite a number of patients still do not seem to have a better health and well-being even though they may be religiously taking their conventional medicine. Many eventually get discouraged and default in the conventional medical treatment plan.

Methodology and Theoretical Orientation: An intersubjective study using an interactive dialogue, in-depth interviews and focus group discussions were used. An ecological framework was used to analyze the relationship between patients and their practitioners and how this relationship impacts on their health.

Findings: Most patients are gradually losing trust in the use of only conventional medicine to treat diseases most especially chronic conditions. For most of them, they believe a combination of conventional and alternative treatments produced better health outcome than when conventional medicines are used alone. A better patient and practitioner relationship produces better health outcome.

Conclusion and Significance: Effective adherence to integrative and alternative medicine will go a long way to improve health and well-being. It will improve preventive health care and reduce the occurrence of various diseases and untimely deaths.

Biography

Anita Eshun is an enthusiastic, compassionate Occupational Health Professional with incomparable knowledge in health promotion, disease prevention, professional standards of health care and safety and a track record of maintaining confidentiality and protecting sensitive data at all times. She has substantial knowledge in Public Health. She has a unique passion for ensuring good health and well-being among people and believes in doing things excellently.

anita.eshun@yahoo.com

Notes: