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Awareness and Usage of Alternative Medicine in the Elderly Black Population

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**AWARENESS AND USAGE
OF ALTERNATIVE MEDICINE
IN THE ELDERLY BLACK POPULATION**

Debora Martin Burks, B. A.



An Abstract Presented to the Faculty of the
Graduate School of Lindenwood University in Partial
Fulfillment of the Requirement for the
Degree of Master of Art

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ABSTRACT

Alternative medicine covers a broad range of healing philosophies, approaches and therapies. When these therapies are used alone they are referred to as 'alternative'. When they are used with conventional therapies or other alternative therapies then they are referred to as complimentary.

Alternative medicine also embraces health beliefs and practices that fall outside of orthodox medicine. They offer the opportunity for an individual or case manager to explore alternative forms of healing when conventional treatment alone is not effective. Research has shown an increased interest in alternative medicine for the treatment of chronic illness.

The overall goal of this project was to develop a tool that case managers could use in the elderly black community to determine interest, usage and perception of effectiveness of alternative medicine. Diseases prevalent in the black elderly were targeted in the survey along with treatments options found through the research process.

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1998

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DEDICATION

Special thanks to my sons, Eric and Rufus and
My parents Charles and Yvonne
For believing in me.

To my Faculty Advisor and Professors for
motivating me to do my best and providing encouragement.

To the pioneers that blazed the trail before us.

To my mentor and friend Dana Hardy.

To seniors and caregivers everywhere.

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CHAPTER 1

INTRODUCTION

Taking prescription drugs is the most common, acceptable way to treat chronic illness in the United States and referred to as orthodox or conventional medicine. It is common practice for doctors to prescribe drugs to treat symptoms rather than finding or preventing the underlying cause of illness. Drug therapy over an extended period of time causes side affects and becomes ineffective.

Alternative medicine is becoming a popular choice for people in today's society. However the definition of alternative medicine is often unclear. "Alternative medicine is the term used to describe those health beliefs and practices that lie outside the boundaries of the orthodox system dominated by Western science and technology." (Rumsey and Otteson 233) The terms alternative medicine and alternative therapies are used interchangeably and includes vitamins, herbal products, chiropractic services and massage therapy. They are perceived as effective in restoring health, relieving chronic pain, and reducing stress.

Complimentary medicine combines orthodox medicine with alternative medicine. Recent research showed that alternative and complimentary medicine is being used for the treatment of chronic and terminal illness when orthodox medicine alone is no longer effective. This has enhanced the effects of orthodox medicine and resulted in positive results.

Various professionals providing case management to the elderly in a community setting have a unique opportunity to provide information regarding alternative medicine.

Case managers facilitate and educate the client and family in the development of a care plan. Care plans identify supportive services that allow the elderly person to remain at home as long as possible rather than be transferred to a nursing home. It is the client and family decision on which supportive services to use and the doctor's decision on the best medical approach. Older adults trust people in authoritative positions. Therefore, the case manager would encourage the client to discuss alternative therapies with the physician before incorporate them into a health care plan. The case manager's role is to facilitate, educate, coordinate and monitor services provided.

The goal of this project is provide information on alternative and complimentary medicine to case managers that may be presented and considered by the elderly black clients in the development of health care plans. A survey was developed to serve as a tool to determine interest, usage, and perception of effectiveness of alternative medicine.

CHAPTER 2

LITERATURE REVIEW

An abundance of research has been conducted on alternative therapies. Findings showed that significant numbers of elderly are utilizing alternative medicine when conventional medicine alone is not effective. Because of the widespread use of alternative therapies across the United States, Congress decided that an evaluation of the effectiveness of alternative medical treatments was needed. The Office of Alternative Medicine (OAM) was established by Congress under the National Institutes of Health appropriations' bill in 1992 to fulfill this mission. (U.S. National Institute of Health 1) In order to accomplish this task, OAM established the following categories for alternative and complementary medical practices. Moreover, a definition could not be obtained when this researcher contacted the OAM by phone. Therefore, several dictionaries were used for clarification.

Alternative Systems of Medical Practice

Alternative refers to methods that are not based on established scientific knowledge that have equal value for a particular purpose. Systems are "groups of similar functions." Medical "pertains to medicine" and practice is a "professional diagnosis and treatment of disease." (Webster's Medical Dictionary 619, 607, 614). Therefore, alternative systems of medical practice are health care approaches that are not based on established scientific knowledge and are utilized for the diagnosis and treatment of disease. This category also includes folk medicine, that is "traditional medicine as practiced non-professionally by people isolated from modern medical services and involving especially the use of vegetable remedies on an empirical (experimental/practical experience) basis."

(Webster's 9th New Collegiate Dictionary 479) An example of folk medicine is Shamanism. The OAM examples of alternative systems of medical practices are: acupuncture, anthroposophically extended medicine, ayurveda, community-based health care practices, environmental medicine, homeopathic medicine, Latin American rural practices, Native American practices, natural products, naturopathic medicine, past life therapy, Shamanism, Tibetan medicine, and traditional Oriental medicine. For the purpose of this paper homeopathic medicine and acupuncture will be the discussed as examples of alternative systems of medical practice.

Bioelectromagnetic Applications

According to the New World Dictionary: bio refers to "life, of living things, biological;" bioelectric has "to do with electrical energy in living tissues;" and electromagnetic involves "electricity and magnetism." (142, 450) Thus, bioelectromagnetic applications are the act of applying electricity and/or magnetism to the electrical energy in living tissues. Examples given by OAM are blue light treatment and artificial lighting; electroacupuncture; electromagnetic fields; electrostimulation/neuromagnetic stimulation devices; and magnetoresonance spectroscopy. For the purpose of this paper electromagnetic fields will be discussed as an example of this category.

Diet, Nutrition, Lifestyle Changes

This category is self-explanatory. Diet refers to nutritional intake and lifestyle refers to "the consistent, integrated way of an individual as typified by his manner, attitudes and possessions." Change refers to "putting in place of something else, substituting, or replacing." (New World Dictionary 816, 237) The OAM examples of this category are

changes in lifestyle, diet, Gerson therapy, macrobiotics, megavitamins, and nutritional supplements. Since most people know what diet, nutrition and lifestyle changes are, vitamins/nutritional supplements will be the example discussed from this group.

Herbal Medicine

Webster's New Collegiate Dictionary defines a herb as "a plant or plant part valued for its medicinal, savory, or aromatic qualities." (565) The OAM provided the following examples of herbs used in alternative medicine: echinacea (purple coneflower), ginger rhizome, ginkgo biloba extract, ginseng root, wild chrysanthemum flower, witch hazel, and yellowdock. This category will be discussed in general.

Manual Healing

Manual "pertains to the hands" and healing is the "process of making well." (Webster's Medical Dictionary 607, 602) Therefore, manual healing means to make well by using the hands. The OAM provided the following examples: acupuncture, Alexander technique, aromatherapy, biofield therapeutics, chiropractic medicine, Feldenkrais method, massage therapy, osteopathy, reflexology, rolfing, therapeutic touch, Trager method, and zone therapy. Chiropractic medicine, aromatherapy, massage therapy and therapeutic touch will be the examples discussed in this category.

Mind/Body Control

One of the meanings of mind refers to "what one thinks" (New World Dictionary 904). The body refers to the "physical man" (Webster's Medical Dictionary 594) and control is to "exercise authority over, direct or command." (New World Dictionary 309) Therefore, mind/body control is exercising control over the body with the mind. Examples given by OAM are: art therapy, biofeedback, counseling, dance therapy,

guided imagery, humor therapy, hypnotherapy, meditation, music therapy, prayer therapies, psychotherapy, relaxation techniques, support groups, and yoga. For the purpose of this paper this category will be discussed in general along with prayer therapy.

Pharmacological and Biological Treatments

The New World Dictionary defines pharmacological as the “science dealing with the effect of drugs on living organisms”. (1066) Biologicals according to Webster’s Medical Dictionary are the “medical preparations used in the treatment or prevention of diseases.” (594) Examples given by OAM are anti-oxidizing agents, cell treatment, chelation therapy, metabolic therapy, and oxidizing agents (e.g. ozone, hydrogen peroxide). Since this category is more technical it will not be discussed in detail. Instead two examples of cell treatment will be given.

Alternative Systems of Medical Practice

Homeopathic Medicine

Homeopathic medicine is a 200-year-old alternative system of medical practice that is making a comeback. It seeks to rally the body’s defense by using infinitesimal doses of natural substances that in large amounts cause symptoms similar to those afflicting the patient. Dr. Samuel Hahnemann, a German physician, devised this approach in the late 18th century. He was disturbed by mainstream medicine’s reliance on harsh measures such as bleeding, blistering and purging. Seeking a gentle approach, Hahnemann proposed his “Law of Similars”, which held that substances producing the same symptoms as those of the disease could help the body fight that disease. Thus the name, Homeopathy, splices the Greek words Homios (similar) and Pathos (suffering) or (like cures like) (American Health 54). Dr. Hahnemann concluded that diseases represent a

disturbance in the body's ability to heal itself (a disturbance of "vital force") and that only a small stimulus is needed to begin the healing response. (Zwicky, et al 85)

Homeopathy's new found success dismays many physicians, scientists and consumer advocates who regard the potions as ineffective at best and dangerous if they keep the patient from seeking established treatments for serious ailments. The "Law of Similars" is apparent in the concept of immunization. However, skeptics claim it is a superficial resemblance to the modern medicine immunization concept. They acknowledge that the homeopathic dilutions are so weak that the active ingredients can not do any harm. However, they do not understand how there are enough active ingredients to do any good. A compelling fact is that 30% of the positive reaction to *all* drugs (prescription, homeopathic, herbal) is attributed to the patient's faith in their power. This is called the placebo effect. (Time 47) Some published studies have concluded that homeopathic remedies are more effective than placebos. (Zwicky, et al 86) Furthermore, homeopathic remedies were given legal status in 1938 by the Federal Food, Drug and Cosmetic Act that was pushed through Congress by a Senator who was a homeopathic physician. He introduced the provision of the law that recognized the Homeopathic Pharmacopeia of the United States, which lists traditional homeopathic remedies.

Legally the products may be listed in the Homeopathic Pharmacopeia dispensed only by licensed physicians who are graduates of homeopathic or medical schools. However, many homeopathic products are marketed through the mail illegally. A few are sold over the counter (e.g., natural yeast infection cures) because they were "grandfathered" i.e., marketed before passage of Kefauver-Harris amendment to the 1962 Federal Food, Drug

and Cosmetic Act that requires proof of safety and *effectiveness* before a drug can be marketed. (Cornacchia and Barrett 133-134)

In 1988, the FDA issued guidelines stating that homeopathic drugs cannot be offered without prescriptions to people with serious conditions such as cancer, AIDS or any other diagnosis requiring treatment by a licensed practitioner. (Zwicky, et al 86)

Modern day homeopathy is a scientific system of health care that activates the body's own healing process to work gently and naturally. It is a natural pharmaceutical science that uses very small doses of substances from all realms of nature (e.g., botanical or mineral sources). Homeopathic medicine activates the body's nervous system to initiate the healing process on the physical, mental and emotional levels. As noted previously, homeopathy relies on the scientific principle "let likes be treated by likes". In pharmacology, it is "The Law of Similars." Hippocrates declared, "The physician is the servant of nature," and "the ideal doctor works as an artist to enable nature to cure the patient." Homeopathic remedies are natural alternatives that "promote healing in a safe, non-toxic environment and are among the safest preparation known to medical science." (REXALL) Robert L. Chapman, assistant professor of pharmaceutical sciences at Midwest University, Chicago College of Pharmacy, said homeopathic remedies are "not a fad. They will compete for the home health care dollars and more and more payers will start looking at mechanisms for reimbursing [for them]." The major criticism is that they offer "no scientific evidence for mechanism of effect," according to Chapman. However, they do offer "an opportunity to practice holistic care to promote wellness," said Chapman. (Cardinale 61)

Acupuncture

Acupuncture is a part of Chinese medicine and states that the body's vital energy "Ch'I" or "Qi" circulates through "meridians" along the surface of the body. It is believed that illness and disease result from imbalances or interruptions of "Ch'I", which can be corrected by acupuncture. The Chinese practice of acupuncture uses both needles and herbs to restore the body to a state of health. Acupuncture is a treatment of meridians (nerve pathways) running through the body that unifies all systems. The needles are used to either stimulate or calm a particular point to correct an imbalance in a meridian. (Johnson 28) Low-frequency current may be applied to produce greater stimulation.

Acupuncture was introduced in the U. S. in 1825, but there was little interest until President Richard Nixon's visit to China in 1972. In 1990, the U. S. Secretary of Education recognized the National Accreditation Commission for Schools and Colleges of Acupuncture and Oriental Medicine as an accrediting agency. Acupuncture is still considered "investigational" by the FDA. However it is currently practiced in all fifty states. (Zwickey, et al 39)

Bioelectromagnetic Applications

Electromagnetic Fields

The human body is an energy system, according to quantum physics, thus one can use various energy vibrations to interact with it. According to Ted Andrews in "The Healer's Manual: A Beginner's Guide to Vibrational Therapies", *disease* stems from metaphysical causes - blocked emotions and thoughts that deplete the physical energies and make one more susceptible to illness.

There are a variety of energy fields that surround and emanate from the physical to include: light, electrical, heat and thermal, sound, magnetic and electromagnetic. These fields along with the body comprise the aura and energy system of the body. (Andrews 42) The stronger and more vibrant the "aura", the healthier a person is said to be. Imbalance may occur within a person's energy field from poor diet, lack of exercise, lack of fresh air, lack of rest, stress, alcohol, drugs, tobacco, negative habits and thoughts. (46)

The human energy field may transmit healing vibrations to nerve pathways in the body. Vibrational healing may be obtained through the *Chakras* system. Chakra is a Sanskrit word meaning, "Wheel." It refers to a spinning vortex of energy that can be found emanating from predominate positions around the body. According to Andrews, the chakras mediate all energy within, coming into, and going out of the body. They help distribute energy for our physical, emotional, mental, and spiritual functions. The seven major chakras are: crown (pineal), brow (pituitary), throat (thyroid), heart (thymus), solar plexus (adrenals), spleen (adrenals/spleen & liver), and root or base (gonads & ovaries). They are points of greater electromagnetic activity within the auric field. The hands and feet are other points of great activity. Vibrations can be absorbed or projected through the chakras, transmitted into the vertebrae of the spine and transferred along nerve pathways (energy pathways-meridians) to the organs. (47-49) Electromagnetic products are available through companies such as Nikken and are designed to reduce pain and return balance to the auric field. For example, the Kenko Creator is a product purported to return balance through the spinal contacts of the chakras by a simple massage technique.

Diet, Nutrition, Lifestyle Changes

Vitamins/Nutritional Supplements

An U. S. Department of Agriculture survey found that most Americans consume less than two thirds of the Recommended Dietary Allowances (RDA) for at least one nutrient. (47) Bonnie Liebman, Director of Nutrition, Center for Science in the Public Interest, Washington, D. C., recommends, "If you don't get it from food, take a supplement." (Harper's Bazaar 46) A 1994, Consumer Report tested 86 supplements and most of them passed. Some of the mega-vitamins fell short of claims. To ensure that vitamin products meet the manufacturers claim, consumers should look for the U. S. Pharmacopoeia [USP] logo. The USP is an independent regulatory group that sets voluntary standards for vitamins and manufacturers. Supplements are not necessarily safe just because they are sold in Health Food Stores. Julie Boring, SC.D Associate Professor of Prevention Medicine at Harvard Medical School, says, "We have had very little experience with mega doses of supplements for long periods. When we state that certain supplements are safe, we don't mean for extended lengths of time." (47) Nutrition experts claim that too much of a good thing can be bad.

The elderly are more likely to get insufficient nutrients from food due to health challenges, dental problems, and the loss of interest in eating. Dr. James Goodwin, asserts, "Studies in nursing homes show that when half the residents take multivitamins and the other half take placebos, the group on the vitamins always do better."

(Bricklin 3)

The Natural Healing Annual recommends vitamins for health and healing. "There is recent evidence that physically healthy people over 60 can be measurably keener of mind

than their peers if they maintain sufficient dietary levels of vitamins B12, C, folate and riboflavin." (2) Studies showed that B6 may relieve asthma, reduce hyperactivity in children, ease PMS, help prevent recurrence of bladder cancer, decrease depression, reverse nerve disorder (carpal tunnel syndrome) and help impede the development of atherosclerosis. It was noted that very large doses of B6 can be dangerous and it is recommended that one does not exceed 50 milligrams daily unless directed by a physician. (10-12)

There are many books that recommend good nutrition and exercise as an approach to health and well being. This is the most recommended approach by The Department of Health and many Health Maintenance Organizations (HMOs). Exercise is an intricate part of any preventive health program. Although this advice is common knowledge, the average American is physically inactive.

Nutrition has been shown to be helpful in the treatment of arthritis. However, most physicians routinely order prescription medicine instead. Dr. Margaret Flynn, a certified medical nutritionist, at the University of Missouri Columbia, has found that taking a daily supplement of folic acid and cobalamin (two common B vitamins) can relieve the pain and tenderness of osteoarthritis. Prescription drugs for arthritis (nonsteroidal anti-inflammatory drugs) and corticosteroid injections relieve the pain and swelling but their side effects can be dangerous and even fatal. They can cause or contribute to ulcers, colitis, kidney failure and other diseases. The B vitamins are cheaper and have no side effects. However, it is recommended that a doctor supervise the treatment. The cost may be cheaper if high dosage is prescribed and purchased under a discount drug program

(e.g. HMOs). This will increase the chances that one obtains the right dosage, at the right strength, for the right price. (Caswood 22)

Ideally all needed nutrients can be obtained from food. Furthermore, the Consumer Health Guide to Intelligent Decisions stressed the danger of excess vitamins and minerals. Nevertheless, it also said, "Supplements are useful for individuals who are unable or unwilling to consume an adequate diet." (Cornacchia and Barrett 277)

Herbal Medicine

People are looking for alternative remedies to prescription drugs for health and well being. One source they have found is herbal medicine. They are considered to be food rather than medicine because they are all natural and pure. Herbal medicine practices go back to Juda-Christianity and the Biblical Tree of Life that is said to possess the ability to sustain eternal life. Herbs have been long honored in medicine and pharmacology. Willow bark yielded salicin the origin of aspirin. Foxglove is the source of digitalis and resperine was derived from snakeroot. Herbs continue to be a source for new drugs such as the cancer remedy Taxol from pacific yew trees. (Zwickey, et al 74) Medicine derived from herbs must be standardized to assure that patients get the same amount of active ingredients every time because raw, crude herbs can vary in strength. Herbal remedies tend to have greater physiological response as the dosage is increased. Standardization has not occurred because the Federal Drug Administration (FDA) has allowed herbal products to be marketed as "food" as long as no therapeutic claim is directly made.

Dr. John H. Renner, of the National Council Against Health Fraud asserts, "Some alternative remedies have proved harmful, even fatal." (Business Week 58) Chances for

harm are increased when people switch from one type of supplement to the other and take mega doses without knowing if the ingredients are compatible with one another. Just as in food, one may have an allergic reaction to an ingredient. There is also the potential danger of overdosage with herbs just as there is with prescription drugs. Therefore, it is wise to stay with one line of products at a time and to know all the ingredients, recommended dosage and the intended purpose. When herbs are taken appropriately, the body starts to be cleansed and the body's defenses are realigned to be in tune with nature according to modern day herbalists.

There are advantages and disadvantages to using prescription medication as opposed to herbal remedies. Most traditional drugs have side effects over extended periods of time and may be fatal if larger quantities than prescribed are taken or improperly mixed. However, traditional drugs are marketed for specific health problems; therefore, they are subject to intense scrutiny by the FDA. In contrast, dietary supplements are not regulated as long as they do not promise a cure for a specific ailment. The language used may suggest cures without actually promising anything (e.g., favorably influences mental and physical excitability).

In Germany, herbal medicine is regulated providing consumers helpful information. The German Federal Institute for Drugs and Medical Devices evaluates the safety and effectiveness of herbal medicine and has published over 400 monographs covering more than 300 herbs and herb combinations. Some of the herbs that have proven to be effective in Germany are Ginkgo Biloba prescribed for circulatory stimulation; Hawthorn, prescribed for cardiac conditions; St. John's Wort for depression; Bilberry for decreasing capillary fragility and bleeding during surgery; and Saw Palmetto for prostate problems.

Intravenous extracts of Milk Thistle are used to prevent liver damage from ingestion of toxic chemicals. (Davant III, 114)

Herbs have been used for “cures” throughout history. As Hippocrates, 460-400 B. C., wisely professed, “Let food be your medicine and medicine be your food.”

Manual Healing

Chiropractic Medicine

Chiropractic services are based on the theory that disease is caused by interference with body’s “Innate Intelligence”, in other words, misaligned spinal bones. The founder of this alternative treatment is Daniel David, “magnetic healer” who practiced in Davenport, Iowa. His claim to fame came in 1985, when he restored hearing to a deaf janitor by “adjusting” a bump on his spine. The word chiropractic comes from the Greek words “cheir” (hand) and “praktikos” (practice). Spinal misalignments today are referred to as “subluxations” and these “off-centerings” or fixations of the vertebrae can disturb nerve functions and thus lower the body’s resistance to germs causing or aggravating diseases. “Recent research reports that spinal manipulation may be effective for the treatment of low back pain.” Chiropractors are licensed to practice in all fifty states and most of their schools are accredited. (Zwickey, et al 47-48)

Massage Therapy/Therapeutic Touch

A licensed massage therapist (a masseuse) is required to have a certificate from a state approved training program (500 hours of instruction), a certificate in American Red Cross First Aid and CPR. In addition, they must complete 16 hours of continuing education every two years. (Johnson 28) A masseuse uses the external manipulation of pressure to soft tissue for therapeutic purposes. Massage therapy may hasten and

improve the convalescence after surgery. It may relax muscle tension, improve circulation and enhance vitality. Massage has a psychological value that promotes healing and comfort. Although, the "United States is the only developed country that does not consider massage as an official part of its health care system." (Butler, et al 333)

Delores Krieger, Ph.D., RN, Professor of Nursing developed Therapeutic Touch at New York University, during the 1970s. "Its proponents claim that it is possible to use one's hands to detect when one is ill, pinpoint areas of pain, reduce anxiety and stimulate the sick person's recuperative powers." It produces changes in the body's "energy field." Reiki is a similar practice of healing that involves transferring "universal life energy" from practitioner to patient and it has been used in Oriental countries for thousands of years. (Zwicky, et al 306) High levels of toxins build up in patients with chronic illness according to Deepak Chopra, M. D. He believes people with chronic illness need daily massages because toxic chemicals are absorbed through the skin. Touch healing releases these toxins according to Deepak Chopra, and he recommended sesame oil massages as a preventive measure.

Therapeutic touching is also used for pain control. Examples of this usage was illustrated in the Community Leaders Assisting the Insured of Missouri (CLAIM), quarterly training session held August 28, 1997, which featured a panel on Hospice Benefits. The salient point was when medical science can no longer add days to one's life, hospice can add more life to each day. The patient's desires are respected whether it is to be as coherent as possible, to be drugged or to use touch therapy as a means of pain control.

Aromatherapy

Aromatherapy is “the therapeutic use of the essential oils of plants.” These oils are concentrated extracts from flowers, leaves, stalks, fruits and roots. They represent the “life force” or “soul” of the plant. They are administered in small quantities through massage, inhalation, creams and lotions. Some of the claims are that inhaling the scents “revitalized the cells”, and produced a “strong energizing effect on the sympathetic nervous system.” They are mainly used to induce relaxation. (Zwicky, et al)

Oils and incenses have been used to counter the effects of disease and illness on the physical, emotional, mental and spiritual level. Some oils kill bacteria and organisms encountered in the air, on the walls or in the human body. “The aroma permeates the body primarily through the olfactory nerves, connecting to the brow chakra and the pituitary gland – the controlling gland of the endocrine system.” Incense can be used to cleanse the auras and open or stimulate meridian activity and elevate spiritual consciousness. Learning to use oils and incense can help create an energy field around a person that is strong and vibrant. One can use them to restore health and balance and awaken to awareness of innate ability. (Andrews 193-197)

Aromatherapy is one way to cope with stress that is important because stress is a contributing cause of illness and death in the 21st century.

Mind/Body Control

Christian Science was founded in 1866 by Mary Baker Eddy, follower of “magnetic healer,” Phineas Parkhurst Quimby, who promoted mind cure approaches in the late 19th century. They contend that illness is an illusion caused by faulty beliefs and that prayer heals by replacing bad thoughts with good ones. (Zwickey, et al 58)

According to John-Roger and Peter McWilliams in You Can't Afford the Luxury of a Negative Thought, stress: the "precursor of all life threatening illness is negative thinking" that manifest as disease in the body. (5) The body expresses negative thoughts in a variety of physical ways that may cause life-threatening illness. The negative thoughts produce conditions in mind, body and emotions that make it possible for infections to take root because the immune system is weakened. (29-30) Emotional healing is initiated by the act of forgiveness (toward self or others) and the release of pain associated with negative memories. The cure to disease in the body is to think positive thoughts and eliminate negative thinking.

Prayer Therapies

A May 1995, Journal of the American Medical Association news item reported a renewed interest in spirituality's role in health. In a review of 27 studies, one researcher reported that in 22 of the cases, religion had a positive effect on health. Findings showed that no particular religion had a monopoly on the effectiveness of prayer. The essential element appeared to be love. When there was a deep sense of caring, love, compassion and empathy between the prayer and the patient, the sense of oneness and unity had positive results. Surgery has the highest success rate for managing life threatening illness. However, studies show that prayer increases the healing rate after surgery. Perhaps using both simultaneously would be even more successful. (Dossey 52)

Pharmacological and Biological Treatments

Examples of Cell Treatment

The University of Heidelberg published some remarkable results related to the use of a Chinese herbal extract that they called Herba Epimediia glycoside icariin. In test-tube

experiments, the herb stimulated healthy cells to produce an anticancer substance called tumor necrosis factor-alpha. An appropriate dose could some day prove useful against cancer. (Podolsky 71)

Rexall Showcase International has a selection of natural, standardized, vitamin-enriched products that are targeted at specific health problems. Rexall's Cellular Essential was designed to supply optimal nutrition directly to the cellular system to enhance the body's ongoing cellular repair functions and promote cardiovascular health. Cellular Essentials was designed in close conjunction with Dr. Matthias Rath, holder of the world's first patented technology for reducing heart disease without surgery. (REXALL 4-6)

Case Management

Managed care is a system of cost containment programs that consist of mechanism utilized to control, direct and approve access to supported services and cost within the health care system. Case management is a process within the managed care strategy to identify high risk, high cost patients and ensure intervention through client assessment, treatment plans, and supported services. Case managers may be found in hospitals, rehabilitation facilities, home health agencies and state agencies such as the Division of Aging. Case managers are coordinators of home care services and facilitators between client, doctor and health insurance companies. They educate the patient and family on the disability or disease and the wide range of services that can be delivered at home to meet the health need. (Mullahy 4-9)

Case managers must be aware of research and support for alternative medicine; especially those used in the home care environment. A good resource is "Herbs of

Choice: The Therapeutic Use of Phytomedicinals,” by Varro E. Tyler, Ph.D. It is available through Pharmaceutical Products Press or by calling 800-342-9678. Another source is the “Botanical Safety Handbook” published by the American Herbal Products Association. It contains labeling recommendations for 700 herbs commonly used in the United States.

Case managers working with the elderly population are involved with clients having multiple health problems. The doctor is responsible for the medical decisions for a patient’s treatment plan and the case manager recommends alternative treatment facilities and options for community services (e.g. home health services and homemaker services). (88) Together they create an integrated care plan.

Critical Health Concerns

The leading causes of death for people 65 and over are: heart diseases; cancer; cerebrovascular diseases (strokes); chronic obstructive pulmonary diseases (i.e., asthma, emphysema, bronchitis); pneumonia and influenza (flu); diabetes mellitus; accidents; arteriosclerosis (hardening of the arteries); kidney dysfunction; septicemia (blood poisoning); chronic liver diseases; hypertension; suicide and ulcers. (Skala 272)

Several of these diseases and treatment alternatives will be discussed in detail.

Arthritis

Arthritis is a broad term for inflammation and degeneration of body joints. Half of all people age 65 or older have arthritis. It can effect any joint in the body and cause pain and loss of movement. Its symptoms are inflammation with swelling, warmth, redness and pain. The three most common types among the elderly are osteoarthritis, rheumatoid arthritis and gout. (Saxon and Etten 55)

Osteoarthritis (OA) is the most common type of arthritis in older people and is commonly called degenerative joint disease. Symptoms can range from occasional stiffness and joint pain to acute pain and disability. It often affects the hands and the large weight-bearing joints such as the knees, ankles, and hips. Scientists think that OA in the hands or hip may run in families and being overweight has been linked to OA of the knees. Also, injuries or overuse have been linked to knee, hip and elbow joint OA. Primary treatment is directed at reducing pain and inflammation, keeping joints moving safely and avoiding further damage to joints. Special exercise, weight control, and the use of heat and cold are helpful. Sometimes surgery is necessary. The National Institute of Aging says that certain activities such as daily walking and swimming strengthen muscles around the joints. Rest is also important for joints affected by arthritis.

Rheumatoid arthritis (RA) can be one of the more disabling forms of arthritis and varies in severity. The cause is unknown. However, scientists believe it may result from a breakdown in the immune system. Those with certain inherited genetic traits are at higher risk. Signs of RA include morning stiffness, swelling in three or more joints, swelling of the hands and wrists, and swelling of the same joints on both sides of the body (for example both knees). It can start at any age. Doing a routine of stretching exercises before getting out of bed helps relieve the stiffness.

Gout often occurs in young men; however, later in life it may affect both sexes equally. It affects joints in the toes, ankles, knees, elbows, wrists, and hands. Swelling may cause the skin to pull tightly around the joint and the area may be red or purple and very tender. Acute attacks are very painful. Medication can stop attacks as well as

prevent future attacks and damage to joints. While taking the medicines, one can eat a normal diet; however, alcoholic drinks should be limited.

Treatment for gout includes aspirin and nonsteroidal anti-inflammatory drugs such as ibuprofen. Applying heat or cold relieves pain temporarily. Also, weight control keeps unnecessary stress off joints so that they do not become further damaged. It is interesting to note that arthritis symptoms may go away by themselves and return at a later date.

Alternative medicine is widely used among the chronically ill, particularly those with arthritis and back pain. (Davant III 114) The Columbia University College of Physicians and Surgeons Complete Home Medical Guide warns that alternative therapies are not recommended as the primary treatment for arthritis because this disease requires careful medical monitoring. However, it states that home remedies and alternative therapies may be helpful as additional treatment, especially for inflammatory types of arthritis such as rheumatoid, ankylosing spondylitis, and lupus. Alternative therapies for arthritis include:

Fatty Acid Supplements. Recent research suggests that high doses of omega-6 an essential fatty acid known as gamma linolenic acid (GLA) can help reduce joint inflammation. Benefits may be enhanced by further supplementation with omega-3 fatty acids, which is found in cold-water fish and are also available in health food stores.

Dietary Modifications. Eliminating certain foods from the diet may decrease arthritis flare-ups. Identifying what one has been eating when experiencing discomfort will provide useful information. Eliminating those foods may decrease pain.

Relaxation Techniques. Physical and emotional stress triggers acute episodes of inflammatory arthritis. Therefore regular use of progressive relaxation, self-hypnosis, and visualization techniques help reduce the frequency and severity of the flare-ups.

Self-Help Devices. Use of assistive devices can help conserve energy or protect joints from stress. e.g., reaching pincers help in retrieving objects.

Support Groups. The Arthritis Foundation and some hospitals sponsor support groups to discuss techniques for coping with the disease. (Jaffe 651)

According to research published in the Annals of Rheumatic Disease, Arthritis & Rheumatism, and the Annals of Internal Medicine, diets rich in vitamins C, D, E and beta carotene may protect against the progression of knee osteoarthritis. However, the most recommended solution to reduce pain and slow the progression of the disease is weight loss. (John Hopkins News Dec. 12, 1997)

Cancer

“Cancer is the most feared and most treatable of the chronic diseases.” (Skala 273) If it is detected early and treated, half of the cases will go into complete remission. Regular doctor visits and awareness of the symptoms are critical. The National Foundation for Cancer Research identified the following symptoms:

Lung Cancer: persistent cough, coughing up blood, shortness of breath.

Breast Cancer: lump in the breast, changes in breast shape, nipple discharge.

Colon and Rectum Cancer: change in bowel habits, bleeding from the rectum, blood in the stool.

Prostrate Cancer: frequent or difficult urination, blood in the urine, frequent lower back pain with the above symptoms.

Diabetes: excessive thirst, and often hunger, frequent urination, unexplained weight loss, fatigue (run down feeling), blurred vision, itchy skin, slow-healing cuts and bruises, nausea and vomiting, tingling or numbness in the hands or feet.

Uterus, Ovary and Cervix Cancer: bleeding after menopause, unusual vagina discharge, enlargement of the abdomen, pain during intercourse.

Skin Cancer: a sore that does not heal, change in shape, size or color of a wart or mole, sudden appearance of a mole. (275)

A technology assessment panel at the National Institute of Health has concluded that hypnosis, biofeedback and meditation are effective in the relief of cancer pain. Hypnosis appears to work the best and behavior therapy also seems to have positive results. The UCLA School of Medicine in Archives of General Psychiatry conducted a six month study and found that malignant melanoma patients trained in relaxation techniques showed significant increases in the number and activity of cancer slaying natural killer cells. The six-year follow-up found higher mortality among the untrained group. (Podolsky 71)

A study from Johns Hopkins indicates that antioxidants in vitamins and some foods are helpful in the fight against cancer. Dr. Kaikobad Irani, Johns Hopkins Cardiologist found that antioxidants block the messages that some cancer cells use to replicate. (Hopkins News Mar. 20, 1997) Pain may be managed by combining narcotic pain relievers such as morphine with hypnosis and acupuncture. Even some advanced cancer patients do not have to suffer in pain or be concerned about becoming addicted to

narcotic pain drugs. Matt Loscalzo, Johns Hopkins Director of Oncology Social Work, asserts, "We have overwhelming data that says if a person uses these narcotic analgesics for the treatment of cancer pain, addiction is never a problem." The body processes narcotics differently when used for medical reasons. (Hopkins News Aug. 5, 1997)

Diabetes

When a person eats sugar and starches, the body changes it into blood sugar or glucose. Insulin is a hormone that regulates the blood sugar (glucose) the cells and tissues. Diabetes is a disease of the pancreas that results in an insufficient production of insulin or production of insulin that is not fully effective. This leads to increasing amounts of sugar in the blood. Excess glucose in the blood takes water out of tissues. This leads to increased urination, excessive thirst, dehydration and coma. Long-term complications include stroke, dulling of sensation in feet and hands, blindness, kidney failure, and susceptibility to infections that may lead to gangrene and loss of a limb. (Rumsey and Otteson 168) There are two major types of diabetes: type 1, insulin-dependent diabetes, the more severe form, and type 2, non-insulin dependent diabetes. Type 2 is the most common form of diabetes among older people usually kept under control through diet and exercise. Other treatments are being explored by the Medical College of Ohio having received a grant from OAM to perform research in the area of biofeedback and relaxation as treatment for diabetics (see appendix A).

Hypertension

High blood pressure tends to develop in middle age but may occur in younger people that are obese and do not exercise. Contributing factors include excessive or unrelieved stress, obesity, smoking, heredity, kidney disease, and cardiovascular disease. Techniques

that relieve stress by allowing one to control physical reactions to pressures may help to reduce hypertension. Biofeedback is a technique that uses signals (clicking tone or flashing light) to teach a person to control high blood pressure, hyperactive stomach, chronic headaches and irregular heart beat. Transcendental meditation and self-hypnosis are other techniques to relieve stress and produce changes in blood pressure levels.

(Rumsey and Otteson 89)

The Influence of Health Insurance on Treatment Choice

One major barrier to using alternative medicine is cost. The majority of health insurance companies do not cover alternative therapies. This trend is changing according to a health insurance survey conducted in 1995 by Business and Health, a magazine for the managed-care industry. Their finding was that 12% of the executive companies provided insurance for alternative therapies such as acupuncture, massage therapy or chiropractic treatment. Also, 18% of the respondents predicted that their companies will cover alternative therapies by 1997. The Health Maintenance Organizations (HMO) are starting to enter the alternative arena. The Oxford Health Plans Inc. of Norwalk, Conn. (an HMO) has a network of chiropractic, acupuncture and naturopathic providers. Those enrolled may purchase yoga lessons, massage and nutrition services, herbs, vitamins and other supplements at a discount. The state of Washington enacted a law that mandates that every health insurance company must cover the services of alternative therapies including acupuncturists, midwives, chiropractors, naturopaths, massage therapists, nutritionists and dieticians. The law requires the alternative practitioner to be licensed and certified by the state and that the treatment be appropriate for the condition.

(Sullivan 68)

A trend that will probably effect how insurance carriers view claims involving alternative medicine is that alternative medicine is being taught in at least 40 medical schools including Harvard. An increasing number of health insurance companies are already covering some alternative treatments:

1. Kaiser Permanente, CA, covers acupuncture for pain management.
2. Harvard Pilgrim Health Care pays for chiropractic care.
3. Mutual of Omaha reimburses for diet and yoga based therapy.
4. Blue Cross of Washington and Alaska provides partial reimbursement for chiropractors, naturopaths, acupuncturists, and massage therapists.
5. Oxford Health Plans approves payment to credentialed alternative providers.

(Davant III 114)

6. Duke Comprehensive Cancer Center in Durham treats cancer patients with guided imagery, meditation, biofeedback and prayer.
7. Memorial Sloan-Kettering Cancer Center in New York teaches patients the Japanese tea ceremony to reduce anxiety and obtain balance in their lives.
8. Columbia Presbyterian Medical Center in New York offers hypnosis, reflexology (massaging specific energy channels on the foot), therapeutic touch, yoga and acupressure (acupuncture without needles). (Podolsky 71)

Research has shown an increased interest in alternative medicine for the treatment of chronic illness. To evaluate the perception of effectiveness of alternative medicine in the elderly black population a survey was developed and a black senior citizen apartment complex selected. The researcher expected to find a lot of home remedies including vitamins, dietary supplements and herbs among the older seniors. Chiropractic services

were expected to be used by the younger seniors. Neither group was expected to know about or use the more exotic therapies due to cost and lack of information. Diseases prevalent in the black elderly were targeted in the survey along with treatments options found through the research process. The overall goal was to develop a tool that case managers could use in the elderly black community to determine interest, usage and perception of effectiveness of alternative medicine.

CHAPTER 3

METHOD AND PROCEDURE

The survey questionnaire was developed and administered to determine what alternative therapies are being used in a small segment of the elderly black community. (Appendix B)

The questionnaire was given to the residents at an U. S. Housing and Urban Development (HUD) 202 housing facility for low-income senior citizens. The facility housed 72 low income black residents between the ages of 62-95. The facility is located in St. Louis City. The majority of the residents are on Medicare and Medicaid and receives Section 8 subsidy.

The Service Coordinator requested permission from the facility administrator to conduct the survey. Permission was granted and volunteers were solicited to participate. Specific days and times were established for volunteers to take the survey. Permission was received from each participant to use the information obtained to support this project before the surveys were given. The survey was given in the Service Coordinator's office and home visits were made when requested. The Service Coordinator talked each participant through the survey. Participants were reassured that they would remain anonymous. (see Appendix B)

The survey listed three critical health concerns for blacks 65 and over. Participants were asked to identify from a list which alternative therapies they have used. They were also encouraged to add items that were not listed. They were asked to identify any other health challenges for which they have used alternative medicine

for treatment. The perception of effectiveness of alternative therapies based on personal experience was documented.

CHAPTER 4

SURVEY RESULTS

Twenty-two African American people participated in the survey, ranging in age from 62-95. Two of the respondents were males and twenty were female. The sample group of participants reflected the demographics of the apartment complex. The average age of the resident in the complex is 72. Religion is prevalent among this group. The sponsor of the senior citizen housing complex is a religious organization and many of the tenants are members of the church. Many of the residents finished high school and some of the residents attended college or took correspondence courses.

For the purpose of this research, the age groups were separated into four categories. There were seven participants in the age range of 62 - 69; six were female and one male. The average educational level of this age group was 10th grade. Four of the participants had arthritis and high blood pressure. One of the four also had thyroid problems. One individual had an after life experience that had a profound effect on her outlook on life, health, and well being. One person had arthritis only, another had chronic asthma and the last person had no chronic illness.

All seven prayed for religious reasons as well as for improvement of health condition. Prayer is a part of their lifestyle. Six of the seven combined prayer with meditation or positive affirmations; therefore, prayer, meditation and affirmations are grouped together as one category. Four individuals took vitamins for overall health and one of the four also implemented an exercise program (walking). The other three individuals did not take vitamins; however, two of the three adhered to a special diet

and one of the two also exercised. All those who used vitamins paid for them with no insurance reimbursement. Six of the seven either have had a massage or give themselves a massage. Four of the six use massages for relaxation and the other two uses massage therapy for arthritic relief. The only male has chronic asthma and practiced visualization/self hypnosis and participates in a support group at a VA hospital. Two of the seven have used chiropractic services following a car accident. Table 1 depicts the demographic profile of the 62-69 year old age group.

Table 1

ALTERNATIVE THERAPIES 62-69 AGE GROUP

Therapy							
Vitamins				4			
Massage	2						4
Chiro- practic					2		
Visuali- zation, self hypnosis			1				
Meditate Prayer Affirm				7		7	
Support Groups			1			1	
Exercise Diet	2	1					
	Arthritis	H/B Pressure	Asthma	General Health	Accident	Religion	Relax- ation

There were 8 participants (one male) in the 70-79 age group. The average grade level of this group was 11th grade. Two of the eight had arthritis, diabetes, and high blood pressure. One of the two is also blind. Two others have arthritis and high blood pressure and one is an amputee. One individual had arthritis and diabetes, another had arthritis only and the last two had high blood pressure. Four of the eight took vitamins. Two of the four purchased the vitamins over-the-counter, one had a prescription and the other received B-12 shots. It should be noted that three of the four that took vitamins commented that they seem to increase their appetites. Three of the individuals that had high blood pressure used herbs. Two adhered to diet and exercise regimen to improve their health. Three of the individuals that have arthritis use massage therapy for relief, two others used it for relaxation. All eight participants used prayer as a part of their faith and for healing. Four of the eight combined it with meditation and positive affirmations. Three individuals used visualization; two of the three belonged to a support group. One individual reported a miraculous healing through prayer and meditation. This individual had cancer of the blood and polio. She believes the Lord gave her a home remedy that healed her. The Lord told her to anoint herself with olive oil and then pour it over her rice and eat it. She then vomited blood and believed that this initiated the healing process. Table 2 depicts the demographic profile of the 70-79 year old age group.

Table 2
ALTERNATIVE THERAPIES FOR 70-79 AGE GROUP

Therapy									
Vitamins	5		1						
Herbs			2						
Home Reme.						1			
Massage	3						2		
V/Self Hypno				1	1				1
M/P/A								8	
Sup. Group				1				1	
E/Diet	2	1							
	Arthritis	Diabetes	H/B Pres.	Blind	Ampu-tee	Cancer	Relax	Religion	Weight

There were 4 participants in the 80-89 age group, all females with the average grade level of 10th grade. Three of the four had arthritis and high blood pressure. One had arthritis only. One of the four took vitamins for appetite and purchased these over-the-counter. Another one drank Ensure daily. All four soaked in the tub to relieve arthritic pain and one added green alcohol to the water. They all applied arthritic cream such as Ben Gay and none of them believe in taking any products other than what the doctor prescribes. Two of the four used massages to relax muscles

and relieve arthritic pain. One of the four has been to a chiropractor, walks for exercise and belongs to an arthritis support group. They all use prayer therapy and two of the four combines it with positive affirmations. Table 3 depicts the demographic profile of the 80-89 year old age group.

Table 3

ALTERNATIVE THERAPIES 80-89 AGE GROUP

Therapy						
Vitamins Supplem.			1		1	
Home Remedy	1					
Massage	1					1
Chiro- practic	1					
Prayer Affirm				4		
Support Group	1					
Exercise	1					
	Arthritis	H/B Pres.	General Health	Religion	Appetite	Relax

There were two participants in the 90-95 age group. One finished the 5th grade and the other finished high school. Both participants had arthritis and high blood pressure. One walks with a cane and the other with a walker. They both took over-the-counter vitamins to increase appetite and drank Ensure. They both soaked in the

tub to relieve arthritic pain and used arthritic cream such as Ben Gay. One used a home remedy consisting of mixing turpentine, alcohol, Dr. Tichenaus antiseptic mouth wash and baby oil as a rub down on a daily basis. They both had homemakers that would give them mini massages. One of the participants used herbal tea to induce sleep. Prayer and giving thanks to God for long life and healing is an intricate part of their lifestyle. Table 4 depicts the demographic profile of the 90-95 year old age group.

Table 4

ALTERNATIVE THERAPIES 90 + AGE GROUP

Therapy				
Vitamins				2
Herbs			1	
Home Remedies	1			
Massages	2			
Prayer Affirm	2			
	Arthritis	H/B Pres.	Sleep	Appetite

CHAPTER 5

CONCLUSION AND RECOMMENDATION

Research was conducted to determine the degree to which a small group of older black adults were aware of and utilized alternative medicine. A questionnaire was developed and the findings documented. The results of the survey show that this population was not aware of the sophisticated alternative therapies available. Many of the people used some sort of alternative medicine but it was not clear how effective they thought each was. However, they expressed to the interviewer an interest in learning what they could do to eliminate pain and reduce stress. Their trust and dependency on doctors, social workers and case managers to tell them what to do was apparent as well.

Alternative medicine is becoming more accepted as a treatment choice by patients, doctors, and insurance companies. Case managers have endless opportunities to educate clients on preventive medicine, key symptoms of chronic conditions and alternative medicine. Alternative medicine and complimentary therapies may reduce the onset or flare-up of chronic conditions that could consume the home care dollars. One major barrier to alternative medicine is non-coverage by some health insurance companies. That trend is changing and case managers will need to stay informed.

As the health care environment changes it will increasingly embrace alternative medicine partially because of lower cost and consumer pressure. As more licensed physicians prescribe alternative and complementary therapies, health insurance companies may start reevaluating their policy and coverage.

Many older adults are looking for solutions when prescription drugs alone are no longer effective. There are safe, effective alternative and complementary therapies that can be included in health care plans now. As elderly clients increasingly choose alternative or complimentary medicine, coordination will have to occur between practitioners. Case managers may be the best choice of care plan coordinators because of their unique relationship with clients in the home environment and their ability to relate to doctors.

As alternative medicine becomes more commonly used, more insurance companies will cover alternative medicine. For example, massage therapy can play a vital role in relaxing tension, improving circulation, and reducing pain in the arthritic and frail elderly. The United States is the only developed country that does not consider massage therapy an official part of its health care system. It is recommended that massage therapy become a standard practice in the elderly health care plan especially for those with arthritis.

It is further recommended that the older adult be encouraged to join support groups and learn techniques such as exercise, visualization, self-hypnosis, and meditation that can lower high blood pressure and reduce stress. Support groups help members to cope with difficult transitions and stressful events.

Proper nutrition is essential to the health and well being of the elderly. It is recommended that vitamins be considered in the health care plan for the elderly, and their prescribed usage be covered by health insurance. The proper use of vitamins needs to be monitored by a physician. It is important that older adults understand the significance of proper nutrition, as well as exercise to maintain optimal mobility of joints and limbs.

Exercise increases joint flexibility, strengthen the heart, helps one to feel more relaxed and sleep.

As alternative medicine becomes more commonly used, it will become more regulated which should help consumers choose and reduce fraud. Hopefully, this regulation won't become too invasive or a means by which practitioners of conventional medicine can block certain therapies through legal means just because they do not agree with them or understand it.

Case Managers should continue to work closely with the primary care physician and be an advocate for alternative and complementary therapies when appropriate.

Alternative medicine practitioners need to be more accessible to patients. Regulation should provide protection of and accountability to patients by these practitioners.

Limitations

This project was limited by a small select sample size and the time required to guide each individual through the survey. The survey was not successful in determining the perception of effectiveness of alternative medicine. However, it was a useful tool to determine interest and usage of alternative medicine.

Future Research

More in depth research is needed on education and age range as valid indicators of seniors' awareness and usage of alternative medicine. A survey could be conducted to determine degree to which case managers embrace alternative medical practices. Finally, additional research is required to help practitioners know when an alternative therapy may produce better results for their patients within specific disease processes.

APPENDIX A

The OAM awarded grants in FY93 and FY94 to the following institutions for alternative therapies for the conditions listed below by category:

1. Diet Nutrition/Lifestyle Changes:

<u>Institution</u>	<u>Therapy</u>	<u>Condition</u>
University of Minnesota	Macrobiotic diet	Cancer
University of Colorado	Antioxidant/vitamins	Melanoma and squamous cell

2. Mind Body Control:

<u>Institution</u>	<u>Therapy</u>	<u>Condition</u>
Virginia Polytechnic Institute & State Univ.	Hypnosis	Chronic low back pain
Penn State Univ.	Music therapy	Psychosocial adjustment after brain surgery
Harvard Medical School	Hypnosis	Accelerated bone fracture healing
Hahnemann University	Dance/Movement	Cystic Fibrosis
George Washington Univ.	Imagery&Relaxation	Immunity control
North West University	T'ai Chi	Mild balance disorders
Lenox Hill Hospital	Guided Imagery	Asthma
University of Texas Health Science Center	Imagery&Relaxation	Breast cancer
Medical College of Ohio	Biofeedback&Relax	Diabetes
Good Samaritan Hospital and Medical Center	Hypnotic Imagery	Breast cancer
North Charles Institute For Addictions	Hatha Yoga	Illicit drug use in methadone treatment clinic
Madign Army Hospital	Yogic Breathing	Low back & orofacial pain

Univ. of New Mexico Prayer Intervention Substance abuse

3. Herbal Medicine

<u>Institution</u>	<u>Therapy</u>	<u>Condition</u>
Southern Illinois Univ.	Ayurvedic Herbals	Parkinson's disease
Immune Enhancement Project	Acupuncture&Herbal Treatment	HIV
University of California	Classical homeopathy	Health status
Emory University	Chinese Herbal	Common warts
Columbia University	Chinese Herbs	Hot flashes
Pacific College of Oriental Medicine	Chinese Herbal Medicine	PMS
Washington Univ.	Anti-Hepatitis Plants	Therapeutic evaluation

4. Manual Healing

<u>Institution</u>	<u>Therapy</u>	<u>Condition</u>
Dartmouth-Hitchcock Medical Center	Massage Therapy	Bone marrow transplant
Medical College of Ohio	Massage Therapy	HIV-1
University of Miami School of Medicine	Massage Therapy	HIV – exposed infants
Medical University of South Carolina	Therapeutic Touch	Immune response to stress

5. Pharmacological & Biological Treatment

<u>Institution</u>	<u>Therapy</u>	<u>Condition</u>
American Health Foundation	Pancreatic Enzyme Therapy	Cancer

6. Bioelectromagnetic Applications

<u>Institution</u>	<u>Therapy</u>	<u>Condition</u>
Menninger Clinic	Energetic Therapy	Basal cell carcinoma
City of Hope National Medical Center	Electrochemical DC Current	Cancer
Baylor College of Med.	EEG Normalization	Mild head trauma
Baylor College of Med.	Transcranial Electrostimulation	Chronic pain

7. Alternative Systems

<u>Institution</u>	<u>Therapy</u>	<u>Condition</u>
University of Medicine & Dentistry of New Jersey	Qi Gong	Reflex sympathetic dystrophy (late stage)
Medical College of Virginia	Acupuncture	Attention deficit hyperactivity disorder (ADHD)
University of Maryland	Acupuncture	Post operative oral surgery pain
Georgetown University	Acumoxa	Breech births

(U.S. National Institute of Health 3-6)

APPENDIX B
WELLNESS SURVEY

I am a graduate student at Lindenwood University majoring in gerontology. I am conducting a wellness survey to support my research on alternative medicine. I request your participation and approval to use the information for my project. Your identity will remain anonymous. Thank you in advance for your participation.

Permission given: _____

WELLNESS SURVEY

1. Do you suffer from any of the following problems?

Arthritis yes no

Diabetes yes no

High Blood Pressure yes no

2. Do you take prescription medicine for one of the above conditions?

yes no

3. Do you take vitamins/nutritional supplements (i.e., One-A-Day, Ensure) for the treatment of

Arthritis yes no

Diabetes yes no

High Blood Pressure yes no

Other:

4. How long have you taken

Vitamins/nutritional supplement? months years

5. Do you notice a difference when you take vitamins/nutritional supplements? yes

no Explain

6. Do you take herbal products (i.e., St. John's Wort, ginseng, witch hazel, aloe vera) for the treatment of

Arthritis yes no

Diabetes yes no

High Blood Pressure yes no

7. How long have you taken

Herbs? _____ months _____ years

Do you notice a difference when you take herbs? ___yes ___no Explain:

8. Do you take homeopathic products (i.e., yeast-guard, orarex) for the treatment of

Arthritis _____yes _____no

Diabetes _____yes _____no

High Blood Pressure _____yes _____no

Other:

9. How long have you taken

Homeopathic products? _____ months _____ years

Do you notice a difference when you take them? ___yes ___no Explain:

10. What other home remedies have you used

For arthritis,

Specify what? _____

How long? _____ Was it effective? ___yes ___no

For diabetes,

Specify what? _____

How long? _____ Was it effective? ___yes ___no

For High Blood Pressure,

Specify what? _____

How long? _____ Was it effective? ___yes ___no

11. Have you tried:

Massages yes no For what condition _____ Effective yes no

Massage is manipulation of tissue (rubbing stroking, kneading, or tapping) with hand or instrument for remedial purposes (Webster's 9th Collegiate Dictionary)

Chiropractor yes no For what condition _____ Effective yes no

Chiropractic – a system of therapy which holds that diseases results from a lack of normal nerve functions and employs manipulations and specific adjustments of body structures as spinal column. (Webster's 9th Collegiate Dictionary)

Acupuncture yes no For what condition _____ Effective yes no

Acupuncture – Chinese practice of puncturing the body (as with needles) at specific points to cure diseases or relieve pain. (Webster)

Aromatherapy (oils, incense, pot pourri) yes no For what condition _____

Aromatherapy – therapeutic use of essential oils of plants.

Effective yes no

Visualization/Self Hypnosis yes no For what condition _____ Effective _____
yes no

Visualization – to form a mental image of something.

Self-hypnosis – the act of hypnotizing oneself (trance/sleeplike condition).

Meditation (deep reflection) yes no For what condition _____

Effective yes no

Prayer (earnest request to God) yes no For what condition _____

Effective yes no

Affirmations (positive declarations) yes no For what condition _____

Effective yes no

Support Groups yes no For what condition _____ Effective yes no

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