USE OF ALTERNATIVE TREATMENT IN OUTPATIENTS


BACKGROUND
Alternative treatments (AT) such as homeopathy (H) and/or medicinal herbs (MH) are used concomitantly with medical treatment by some patients to relieve and/or improve the symptoms of a disease.

PURPOSE
To analyse the concomitant use of H and MH with medical treatment in outpatients who come to Pharmaceutical care consultations (PCCs) in the Pharmacy service.

METHODS
Observational study of outpatients who came for the first time to collect medicines from the PCC during the first week of September 2014. The information was obtained during the pharmaceutical interview with the patient, using a survey that included type of AT used and the source that had recommended it.

RESULTS
42 PATIENTS: 21 MEN, 21 WOMEN
11 ADMITTED TAKING SOME TYPE OF AT:
- 8 homeopathy
- 4 medicinal herbs

31 NO AT

2 patients with anti-TNF alpha
2 patients with antiretroviral treatment
2 with oral cytostatics
1 with drugs for hepatitis virus C, 1 coagulation factor, 1 with somatotropin, 1 with epoetin beta and 1 with glatiramer

The recomendation of AT:

<table>
<thead>
<tr>
<th>Family member/friend</th>
<th>own iniciative</th>
<th>community pharmacist</th>
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<tbody>
<tr>
<td>5 patients</td>
<td>3 patients</td>
<td>3 patients</td>
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CONCLUSIONS
✓ A quarter of the patients who come to the PCC, are concomitantly using an AT with the medical treatment and mostly without medical or pharmaceutical recommendation.

✓ Therefore the safety and efficacy of medical treatments collected in the consultations should be closely monitored.