

UNIVERSITI TEKNOLOGI MARA

**THE PUBLIC USE OF COMPLEMENTARY AND
ALTERNATIVE MEDICINE (CAM)
IN KLANG VALLEY**

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In the name of Allah, Most Gracious and Most Merciful

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ABSTRACT

This research project aims to examine the prevalence and identify factors, which predict the pattern use of complementary and alternative medicine (CAM) among public in Klang area. The information gathered regarding patterns, behaviors and experiences were included in this research. Using a cross sectional study, data were collected via self administered surveys approach using the structured Holistic Complementary and Alternative Medicine Questionnaire (H CAMQ). H CAMQ was completed by 169 respondents, or 134 (73.3%) respondents reported they have experienced using alternative medicine before and 35 (20.7%) said they never had experienced using any of 10 common alternative therapies listed in the questionnaire. This study revealed the gender, age, ethnicity, education, marital status and household income factors found not to influence the use of CAM. While the following variables emerged as predictors of CAM use: poorer health status, experienced health related problem, dissatisfaction with conventional medicine, people who hold the holistic philosophical view on CAM or health and people who have trust on safety and efficacy of CAM. Respondent's personal attributes and opinions influence their likelihood of using CAM. These findings are important because by understanding the reasons use of alternative medicine it perhaps that it would help the healthcare providers understand the patterns and reasons for the patients to seek for complementary medicine. Knowledge of the predictors of CAM use may benefit health care providers to determine patients at risks, so that additional advice on safe use of CAM could be provided

CHAPTER 1

INTRODUCTION

1.1 Introduction

The public may define “complementary and alternative medicine” (CAM) as treatments that additional to, adjunct to, substitute to, or supplementary to, conventional or modern medicine. However, it has been defined by World Health Organization (WHO) as a broad set of healthcare practices that are not part of that country’s own tradition and are not integrated into the dominant healthcare system (WHO, 2009). There are many types of alternative medicine therapies been practice throughout the world, it consist of;

1. Acupuncture
2. Chiropractic
3. Herbal medicine
4. Hypnosis
5. Homeopathic medicine
6. Megavitamin therapy
7. Massage
8. Prayer
9. Lifestyle exercise
9. Biofeedback
10. Energy healing
11. Relaxation techniques
12. Imagery
13. Spiritual healing
14. Lifestyle diets
15. Self help group
16. Folk remedies