

Chapter 15 Conventional and Complementary Medicine

Hlth 2 Health and Wellness
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Learning Objectives

1. Define the following terms: over-the-counter medication, generic drug, complementary and alternative medicine (CAM), conventional medicine, medical doctor, doctor of osteopathic medicine, pharmaceuticals, podiatrist, optometrist, dentist, allied health care providers, nurse practitioner*, physician's assistant*, false positive, false negative, antibiotic, acupuncture, managed-care plan, health maintenance organization (HMO), preferred provider organization (PPO), Medicare, Medicaid.
2. Explain the self-care decision making process and discuss options for self-treatment.
3. Describe the basic premises, practices, and providers of conventional and complementary/alternative medicine.
4. Explain how to communicate effectively with a health care provider and how to evaluate different forms of treatment.
5. Identify and discuss what information is contained on a typical label for over-the-counter and prescription medicines.
6. Identify where health provider information may be obtained online from the State of California, and list the information that is publicly available on every licensed health professional in the State of California.*

Definitions

over-the-counter medication- a medication or product that can be purchased by the consumer without a prescription
generic drug- a drug that is not registered or protected by a trademark; a drug that does not have a brand name
complementary and alternative medicine (CAM)- therapies or practices that are not part of conventional or mainstream health care and medical practice as taught in most US medical schools
conventional medicine- a system of medicine based on the application of the scientific method; also called standard Western medicine
medical doctor- an independent practitioner who holds a doctor of medicine degree from an accredited medical school
doctor of osteopathic medicine- a medical practitioner who has graduated from an osteopathic medical school; practice emphasizes musculoskeletal problems and manipulative therapy
pharmaceuticals- medical drugs, both prescription and over-the-counter (OTC)
podiatrist- foot doctor
optometrist- eye doctor who holds a doctor of optometry, trained to examine the eyes, detect eye diseases, and prescribe corrective lens
dentist- doctor who specializes in the prevention and treatment of diseases and injuries of the teeth, mouth, and jaws

Definitions (look up on your own)

allied health care providers
nurse practitioner
physician's assistant
false positive
false negative
antibiotic
acupuncture
managed-care plan
health maintenance organization (HMO)
preferred provider organization (PPO)
Medicare
Medicaid

Self-Care

People are responsible for their own health. Doctors, nurses, professors, public health professionals, and others are not responsible for your health..... You are responsible.

Most illnesses and injuries are not genetic, and are caused by the individual engaging in behaviors that make them at high risk for disease, disability, or death.

Professional Medical and Health Care: Choices and Change

- Complementary and alternative medicine (CAM)
- Conventional medicine (standard Western medicine or biomedicine)

Providers of Conventional Medicine

- Medical doctors (M.D.)
- Doctors of osteopathic medicine (D.O.)
- Podiatrists (D.P.M.)
- Optometrists (O.D.)
- Dentists (D.D.S.) or (D.M.D.)
- Allied health care providers
 - Registered nurses (R.N.), licensed vocational nurses (L.V.N.), physical and occupational therapists, social workers, registered dietitians (R.D.), physician assistants (P.A.), nurse practitioners, and certified nurse midwives

Choosing a Primary Care Physician

- Is the physician covered by your health plan and accepting new patients?
- What are the office hours? What do patients do if they have an emergency?
- Which hospitals does the physician use?
- How many other physicians are available to "cover" and who are they?
- How long does it usually take to get a routine appointment?
- Does the office send reminders about preventative tests?
- Does the medical professional give advice over the phone for common problems?

Getting the most out of your medical care

- Negotiate your treatment plan with your physician (drugs, lab tests, surgery, etc.)
- You are the consumer, and you can always dictate how much you are willing to spend on your medical care
- If a drug or lab test is too expensive, ask for a cheaper drug
- Get a second opinion for major medical or surgical treatment
- If the physician is not comfortable with you getting a second opinion, find another provider

Guidelines for a Physician Visit

- Present concerns at the very beginning of visit
- Be specific and concise (prepare a list)
- Be open in sharing thoughts, feelings, and fears
- Ask questions whenever something is unclear
- Alert your physician to any other conditions that might affect treatment
- Share in decisions
- Clarify or briefly repeat instructions and make sure you understand your next steps

Complementary and Alternative Medicine (CAM)

- Alternative Medial Systems
 - Traditional Chinese Medicine (TCM)
 - Homeopathy
- Mind-body interventions
- Biological-based therapies
- Manipulative and body-based methods
- Energy therapies

Why Do Consumers Use Complementary Medicine

- Theme one: Belief in the benevolent power of nature
- Theme two: Connection to vital energy of life-supporting cosmic forces
- Theme three: "Science", though not in the Western sense
- Theme four: A quest for health helps patients find meaning, purpose, and connection with the universe

Go to the Emergency Room In Cases of:

- Major trauma or injury
- Uncontrollable bleeding or internal bleeding
- Intolerable or uncontrollable pain or severe chest pain
- Severe shortness of breath
- Persistent abdominal pain, especially with nausea and vomiting
- Poisoning or drug overdose
- Loss of consciousness or seizure
- Stupor, drowsiness, or disorientation
- Severe or worsening reaction to a sting, bite, or to a medication

Verify if a professional has a license to practice in California

You can check professional credentials online:

M.D.: <http://www.medbd.ca.gov/Lookup.htm>

OD: <http://www.docboard.org/docfinder.html>

RN:

[http://www2.dca.ca.gov/pls/wllpub/wllqrvna\\$icev2.startup?p_qte_code=RN&p_qte_pgm_code=7800](http://www2.dca.ca.gov/pls/wllpub/wllqrvna$icev2.startup?p_qte_code=RN&p_qte_pgm_code=7800)

DDS:

[http://www2.dca.ca.gov/pls/wllpub/wllqrvna\\$icev2.startup?p_qte_code=DDS&p_qte_pgm_code=3610](http://www2.dca.ca.gov/pls/wllpub/wllqrvna$icev2.startup?p_qte_code=DDS&p_qte_pgm_code=3610)

Self-Treatment: Many Options

- Watchful waiting
- Nondrug options
- Self-medication
- The home pharmacy


Self-Medication with OTC Drugs

- Read labels and follow directions carefully
- Do not exceed recommended dosages
- Use caution when using more than 1 drug at the same time
- Choose medications with 1 active ingredient, if possible
- Buy generic drugs when possible
- Don't take drugs from unlabeled containers or in the dark
- If at risk, consult a physician before self-medicating
- Store medications in a safe place away from children
- Check expiration dates on all medications
- Take special caution with aspirin

Reading, Understanding OTC Drug Labels

| | | |
|---|---|---|
| Active ingredients listed with quantity per dose | Drug Facts Active ingredients (in each 5 mL) Purpose Etoposide tablets 2 mg..... Anticancer Divalproex ER 150 mg..... Cough suppressant Pseudoephedrine HCl 30 mg..... Nasal decongestant | Purpose of each ingredient |
| Use of product | Use top orally as directed: • swallow • tiny bits • nasal congestion • cough | |
| Absolute contraindications for use | Warnings Do not use if you are now taking a prescription monoamine oxidase inhibitor (MAOI) for any drug for depression, Parkinson's or emotional conditions, or Parkinson's disease, or for 2 weeks after stopping the MAOI drug. If you do not know if your prescription drug contains an MAOI, ask doctor or pharmacist before taking this product. | |
| Warnings for people with certain conditions or symptoms | Ask a doctor before use if you have: • heart disease • diabetes • thyroid disease • high blood pressure • asthma, chronic bronchitis, or emphysema | Warnings about drug-drug or drug-food interactions |
| Side effects that could occur and substances to avoid | Ask a doctor or pharmacist before use if you are taking sedatives or tranquilizers: • drowsiness may occur • avoid alcoholic drinks • dizziness, vertigo, and lightheadedness may increase • be careful when driving a motor vehicle or operating machinery • drowsiness may occur especially in children | Serious reactions that would require people to stop using the product |
| Warnings related to pregnancy, breastfeeding, and accidental overdose | Stop use and ask a doctor if: • cough lasts more than 7 days, comes back, or occurs with fever, rash, or headache • you get nervous, dizzy, or sleepless • you have trouble breathing, or you have a severe allergic reaction • you are pregnant or breastfeeding, ask a health professional before use. • keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away. | Dosage and when, how, and how often to take the product |
| Additional information | Directions • take every 4 to 6 hours not more than 4 doses in 24 hours • adults and children 12 years and over: 1-2 tablets • children 6 years to under 12 years: 1 tablet • children under 6 years: ask a doctor | Phone number to call with questions or comments |
| Inactive ingredients | Other information store at 20°C (68°F to 77°F) Inactive ingredients: dink acid, FD&C blue #1, glycerin, propylene glycol, purified water, saccharin, sodium, sodium benzoate, sodium | |
| Questions or comments? | 133-898-1288 | |

Reading and Understanding Prescription Drug Labels

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|--|---|
| Pharmacy information |  MEDICAL CENTER PHARMACY 2000 Independence Way, Washington, DC 20012 555-1111 Refill 555-4321 |
| Prescribing physician | Dr. KENDRA BRAUER |
| Prescription number | Rx #371811 |
| Person for whom medication is prescribed | 3/23/01 WATSON, TIMOTHY B. |
| Directions for taking the drug | TAKE 1 TABLET TWICE A DAY |
| Generic name of drug | DICLOFENAC SODIUM 75 MG TABLETS (GENERIC FOR VOLTAREN) |
| Brand name equivalent | |
| Quantity of drug in package | QTY: 60 TABS |
| Number of refills remaining | REFILLS LEFT: 2 |
| Amount of medication per unit | DISCARD AFTER: 1/03 |
| Expiration date | |

Special prescriptions or warning about taking this medication

-  **DO NOT DRINK ALCOHOLIC BEVERAGES** when taking this medication
-  **YOU SHOULD AVOID PROLONGED OR EXCESSIVE EXPOSURE TO DIRECT AND/OR ARTIFICIAL SUNLIGHT WHILE TAKING THIS MEDICATION**
-  **DO NOT TAKE ASPIRIN WITHOUT KNOWLEDGE AND CONSENT OF YOUR PHYSICIAN**
-  **May Cause DROWSINESS**

