

Trends in the education and practice of alternative medicine clinicians. [[Related Titles](#)]

Health Aff (Millwood) 1996 Fall;15(3):226-38 (ISSN: 0278-2715)

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This study projects that the per capita supply of alternative medicine clinicians (chiropractors, naturopaths, and practitioners of oriental medicine) will grow by 88 percent between 1994 and 2010, while physician supply will grow by 16 percent. This increase is associated with growth in the number and size of alternative medicine colleges and in the opportunities these graduates have for licensure and practice. This study calls for an assessment of the education and regulation of clinicians across the range of disciplines who will be providing patient care in the twenty-first century.

Long-term trends in the use of complementary and alternative medical therapies in the United States. [[Related Titles](#)]

Ann Intern Med 2001 Aug 21;135(4):262-8 (ISSN: 0003-4819)

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BACKGROUND: Although recent research has shown that many people in the United States use complementary and alternative medical (CAM) therapies, little is known about time trends in use. **OBJECTIVE:** To present data on time trends in CAM therapy use in the United States over the past half-century. **DESIGN:** Nationally representative telephone survey of 2055 respondents that obtained information on current use, lifetime use, and age at first use for 20 CAM therapies. **SETTING:** The 48 contiguous U.S. states. **PARTICIPANTS:** Household residents 18 years of age and older. **MEASUREMENT:** Retrospective self-reports of age at first use for each of 20 CAM therapies. **RESULTS:** Previously reported analyses of these data showed that more than one third of the U.S. population was currently using CAM therapy in the year of the interview (1997). Subsequent analyses of lifetime use and age at onset showed that 67.6% of respondents had used at least one CAM therapy in their lifetime. Lifetime use steadily increased with age across three age cohorts: Approximately 3 of every 10 respondents in the pre-baby boom cohort, 5 of 10 in the baby boom cohort, and 7 of 10 in the post-baby boom cohort reported using some type of CAM therapy by age 33 years. Of respondents who ever used a CAM therapy, nearly half continued to use many years later. A wide range of individual CAM therapies increased in use over time, and the growth was similar across all major sociodemographic sectors of the study sample. **CONCLUSIONS:** Use of CAM therapies by a large proportion of the study sample is the result of a secular trend that began at least a half century ago. This trend suggests a continuing demand for CAM therapies that will affect health care delivery for the foreseeable future.

Trends in alternative medicine use in the United States, 1990-1997: results of a follow-up national survey. [[Related Titles](#)]

JAMA 1998 Nov 11;280(18):1569-75 (ISSN: 0098-7484)

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CONTEXT: A prior national survey documented the high prevalence and costs of alternative medicine use in the United States in 1990. **OBJECTIVE:** To document trends in alternative medicine use in the United States between 1990 and 1997. **DESIGN:** Nationally representative random household telephone surveys using comparable key questions were conducted in 1991 and 1997 measuring utilization in 1990 and 1997, respectively. **PARTICIPANTS:** A total of 1539 adults in 1991 and 2055 in 1997. **MAIN OUTCOMES MEASURES:** Prevalence, estimated costs, and disclosure of alternative therapies to physicians. **RESULTS:** Use of at least 1 of 16 alternative therapies during the previous year increased from 33.8% in 1990 to 42.1% in 1997 ($P < \text{or} = .001$). The therapies increasing the most included herbal medicine, massage, megavitamins, self-help groups, folk remedies, energy healing, and homeopathy. The probability of users visiting an alternative medicine practitioner increased from 36.3% to 46.3% ($P = .002$). In both surveys alternative therapies were used most frequently for chronic conditions, including back problems, anxiety, depression, and headaches. There was no significant change in disclosure rates between the 2 survey years; 39.8% of alternative therapies were disclosed to physicians in 1990 vs 38.5% in 1997. The percentage of users paying entirely out-of-pocket for services provided by alternative medicine practitioners did not change significantly between 1990 (64.0%) and 1997 (58.3%) ($P = .36$). Extrapolations to the US population suggest a 47.3% increase in total visits to alternative medicine practitioners, from 427 million in 1990 to 629 million in 1997, thereby exceeding total visits to all US primary care physicians. An estimated 15 million adults in 1997 took prescription medications concurrently with herbal remedies and/or high-dose vitamins (18.4% of all prescription users). Estimated expenditures for alternative medicine professional services increased 45.2% between 1990 and 1997 and were conservatively estimated at \$21.2 billion in 1997, with at least \$12.2 billion paid out-of-pocket. This exceeds the 1997 out-of-pocket expenditures for all US hospitalizations. Total 1997 out-of-pocket expenditures relating to alternative therapies were conservatively estimated at \$27.0 billion, which is comparable with the projected 1997 out-of-pocket expenditures for all US physician services. **CONCLUSIONS:** Alternative medicine use and expenditures increased substantially between 1990 and 1997, attributable primarily to an increase in the proportion of the population seeking alternative therapies, rather than increased visits per patient. : **JAMA. 2000 Feb 16; 283(7):884-6**

Current trends in the integration and reimbursement of complementary and alternative medicine by managed care organizations (MCOs) and insurance providers: 1998 update and cohort analysis. [\[Related Titles\]](#)

Am J Health Promot 1999 Nov-Dec;14(2):125-33 (ISSN: 0890-1171)

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OBJECTIVES: To assess the status of managed care and insurance coverage of complementary and alternative medicine (CAM) and the integration of such services into conventional medicine. **METHODS:** A literature review and information search was conducted to determine which insurers had special policies for CAM. Telephone interviews were conducted with a definitive sample of 9 out of 10 new MCOs or insurers identified in 1998 and a cohort of eight MCOs and insurers who responded both to the original survey in 1997 and again in 1998 to determine trends. **RESULTS:** This study constitutes the results of the second year of a 3-year ongoing survey. For 1998, 10 MCOs and insurance carriers initiated CAM coverage. Survey results are analyzed for these 10 new providers as well as the results of a cohort of eight insurers surveyed in both 1997 and 1998 to determine current trends. A majority of the insurers interviewed offer some coverage for the following: nutrition counseling, biofeedback, psychotherapy, acupuncture, preventive medicine, chiropractic, osteopathy, and physical therapy. All new MCOs and insurers said that market demand was their primary motivation for covering CAM. Factors determining whether insurers would offer coverage for additional therapies included

potential cost-effectiveness, consumer interest, demonstrable clinical efficacy, and state mandates. Among the most common obstacles listed to incorporating CAM into mainstream health care were lack of research on efficacy, economics, ignorance about CAM, provider competition and division, and lack of standards of practice.

CONCLUSIONS: Consumer demand for CAM is motivating more MCOs and insurance companies to assess the benefits of incorporating CAM. Outcomes studies for both conventional and CAM therapies are needed to help create a health care system based upon treatments that work, whether they are conventional, complementary, or alternative.

Complementary medicine. What physicians think of it: a meta-analysis. [[Related Titles](#)]

Arch Intern Med 1995 Dec 11-25;155(22):2405-8 (ISSN: 0003-9926)

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BACKGROUND: Complementary (or alternative) medicine has become a prevalent phenomenon in most industrialized countries. At present the evidence from randomized controlled trials investigating its effectiveness is fragmentary and therefore inconclusive.

OBJECTIVE: To assess whether physicians perceive complementary medicine as useful and/or effective. **METHOD:** A literature search was performed to retrieve all relevant articles. Twelve surveys addressing this question were found and analyzed by evaluating perceived usefulness and/or effectiveness. **RESULTS:** The results show a remarkable variability between surveys. On average physicians perceive complementary medicine as moderately effective--the rating was 46 +/- 18 on a scale of 0 to 100 points. Young physicians seem to judge complementary medicine more optimistically than their more seasoned colleagues. There is no trend to suggest that complementary medicine is increasingly perceived as useful and/or effective. The data do not answer the question whether physicians view complementary medicine as a nonspecific powerful placebo or as specifically effective. **CONCLUSION:** Complementary medicine may be useful; however, the notion urgently needs to be tested in randomized controlled trials. : Arch Intern Med. 1995 Dec 11-25; 155(22):2385