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COMPLEMENTARY AND ALTERNATIVE MEDICINE AND ITS IMPACT ON OCCUPATIONAL THERAPY

Category: Contemporary Practice Issues

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The overall purpose of this workshop is to present how occupational therapists throughout the world are using complementary and alternative medicine in everyday practice. In 2013, complementary and alternative medicine (CAM) is defined by the National Center for Complementary and Alternative Medicine (NCCAM), as a group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine and allied health. The American Occupational Therapy Association in a position paper in 2012 stated that CAM may be used by occupational therapists as part of a comprehensive approach to enhance engagement in occupation, promote health and participate in life tasks. While Complementary and alternative medicine (CAM) is a growing movement throughout the world. There is a need to apply evidence-based practice to CAM. For many there are key questions that are yet to be answered through well-designed scientific studies—questions such as whether the interventions are safe and whether they are effective and work for the diseases or medical conditions for which they are intended. The main learning objectives of this workshop are to: 1. Define Complementary and Alternative Medicine (CAM) 2. Describe six principles underlying CAM 3. Discuss the origins of CAM And 4. Discuss the major CAMs used in occupational therapy and recent research evidence applying for example yoga, tai chi, and relaxation therapy. The presenter will demonstrate specific techniques. Maximum number of participants 15.