

Chronic disease and complementary alternative medicine in adults attending a primary care clinic in Western Nigeria.

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Background: With the increasing attention on use of complementary and alternative medicine (CAM) worldwide, most studies relating to CAM emanated from the developed world. Studies conducted in the developing world are important to provide templates for further studies and practice guidelines.

Aim: This study investigated the use of CAM as well as factors associated with CAM use in a primary care setting in Western Nigeria.

Setting: This study involved as systematic sample of consenting adult patients attending the family medicine clinic of Federal Medical Center, Abeokuta, Western Nigeria.

Methods: A structured, pre-tested questionnaire and patient medical records were used to collect information on CAM use and chronic diseases in this cross sectional study.

Results: 287 participants (39.72% males and 60.28% females, 70 with and 217 without chronic disease) were included. Ages ranged from 19 – 81 years. Participants with chronic diseases were significantly older than those without ($p=0.001$). Prevalence of CAM use was 69.7% (95%CI 64.3 – 75.0). The most common CAM type used was biology based products, followed by the mind – body modality. Presence of chronic disease was significantly associated with the use of CAM (OR 2.13, 95%CI 1.02 – 4.43, $p = 0.043$). CAM use was higher in females (OR 4.54, 95% CI 2.38-8.69), unskilled workers (OR 9.24, 95% CI 2.38-32.00) and Moslem religion (OR 4.02, 95% CI 1.42-11.40). vi

Conclusion: CAM use is high in this population and especially amongst those with chronic diseases. There is need to the conduct of safety and efficacy studies on CAM, possibly using qualitative methodology.