

ORIGINAL PAPER

Views of Turkish Nurses and Physicians about Complementary and Alternative Therapies

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Abstract

Objectives: To determine the knowledge and views of the physicians and nurses related to the complementary and alternative therapies (CAT) in a training medical center.

Design: This descriptive analytical study was carry out through interviews using a questionnaire that prepared by the compilation from the literature for data collection. Using a simple random sampling method the total sample consisted of 289 individuals (126 nurses and 163 physicians).

Setting: In and outpatient units of Gulhane Military Medical Faculty (GMMF) Training Hospital, Ankara, Turkey.

Main outcome measures: We measured nurses and physicians' knowledge of, their experience with, their views towards and utilization of CAT.

Results: This study included 126 female nurses and 163 physicians (92% male). The majority of nurses (97.6%) and physicians (95.7%) reported that they had not received any training about CAT. It was identified that 50% of the nurses and 27% of the physicians had previously used CAT for themselves ($p < 0.05$). Results of our study identified that the nurses and the physicians mostly responded with "have no idea" to the questions about the effect, reliability and usage of CAT methods, and there were no statistically significant differences.

Conclusions: Results of our study showed that the nurses and the physicians working at a medical centre in Turkey had only limited knowledge about CAT but had positive attitudes about their wish to make use of CAT methods.

Key Words: Complementary therapy, alternative therapy, nurse and physician, knowledge, views