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## Knowledge and practices of midwifery students about complementary and alternative therapies

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**Introduction:** Complementary and Alternative Therapies (CAT) extensively has been used with varying from individual to individual from country to country in the worldwide to treat or prevent various diseases for centuries. The use of CAT methods can affect the prognosis of diseases either positively or negatively. For this reason, midwiferies, which provides patient care and treatment services that prefer these methods, approaches related to information, opinions and practices are important in terms of ensuring patient safety and providing quality services with a holistic approach to illness.

**Aim:** This study was conducted to determine knowledge levels and practice situations about CAT of midwifery students.

**Method:** The study was conducted in a Health School of state university in Turkey. The sample of the study was 158 midwifery students. The data collected by using questionnaire that was developed by researchers. Descriptive statistics and chi-square test were used in the study.

**Results:** The mean age of the students was determined as  $20.54 \pm 1.62$ . It was stated that 93.3% of the students were not educated about CAT and 47.7% were not interested in CAT. 19.9% of the students stated that they used one of the CAT and 91.1% stated that they used plants as CAT. 59.1% of the students stated that CAT was as effective as medical treatment and 71.4% of them should not be used without consulting a doctor. The students had no knowledge about CAT methods 88.6% ayurveda, 80% reiki, 79.7% reflexology, 78.8% acupressure, 74.6% taichi, 68.7% fengshui, 65.4% homeopathy, 64.1% osteopathy, 61.2% aromatherapy, 59.0% therapeutic touch, 57.5% ozone therapy, and 53.7% treatment with colors. It was determined that CAT usage rates were statistically significantly higher than students thought medical treatment would be better by CAT and CAT prepared the body for defense ( $p=0.013$ ). The using of CAT was statistically significantly higher of students who thought that more scientific evidence had to be obtained before CAT were used ( $p=0.006$ ).

**Conclusion:** According to the results of this study, the majority of midwifery students generally unaware of CAT methods and they think that scientific evidence needs to be established before these methods can be used therapeutically. In line with the results of this study, it is recommended that addition of CAT methods and practices to the midwifery curriculum and that be supported for use by midwifery students in the clinics.

### Biography

Yasemin Altinbas has completed her PhD from Ege University Institute of Health Science. She had worked in Ege University Faculty of Nursing, as a Research Assistant between 2011-2016. She is working as an Assistant Professor at Surgical Nursing Department in Adiyaman University School of Health-Turkey.

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