

# 15<sup>th</sup> Euro Nursing & Medicare Summit

October 17-19, 2016 Rome, Italy

## Determination of the complementary treatment methods used by copd and asthma patients and their hopelessness levels

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**Aim:** This study was implemented in order to determine the state of COPD and asthma patients to use complementary treatment and their hopelessness levels.

**Method:** The population of this descriptive study consisted of COPD and Asthma patients who applied to the clinics of Erzurum Chest Hospital Outpatient Clinics and Kars State Hospital outpatient clinics between May and August 2013; whereas, sample of the study consisted of 163 patients, who agreed to participate in the study, among these patients. A questionnaire having questions related to descriptive characteristics of the patients and their state to use complementary treatment as well as Beck Hopelessness Scale were used to collect the data. The data were assessed by using mean, percentage, and t test on the computer environment.

**Results:** The socio-demographic data of COPD and Asthma patients, who participated in the study, were analyzed. The average age of the patients were found to be  $58.6 \pm 10.46$ . 57% of the patients were male, 44.3% were illiterate, 62. %2 were married, and 45.3% had an income less than their expenses. When examining the methods used by the patients using CAM treatment, it was found that 67.4% used methods such as “herbal tea”, 29% “massage”, 60.4% “Breathing Exercises”, 66.2% “Exercises”, 37.2 % “vitamin and mineral support”, 25.5% “herbal pills”, 87.2% “worship/praying”, 37.2% “listening to music”, and 34.8% “caves /hot springs/Turkish bath”. Most of the patients stated that the medication treatment was insufficient, most of them used their drugs irregularly, they used the complementary method to remove the problems of “coughing, phlegm, shortness of breath, fatigue and insomnia” and they reported the methods they used to the healthcare personnel. The patients reported that they benefited from the method they used and they continued to use their drugs. When examining the hopelessness levels based on state to use CAM method, it was determined that the mean score was 14.63 in patients using CAM method and 9.36 in those not using the CAM method. It was found that the difference between groups was statistically significant ( $p < 0.001$ ).

**Conclusion:** In addition to the treatment, the patients use the complementary treatments in order to decrease various symptoms. It is recommended that the nurses and physicians inquire the patients in terms of using these methods and they should inform them about how to use these methods.

### Biography:

Hatice POLAT finished PhD in Nursing from Ataturk University in the field of Internal Medicine in 2013. She received the title of Assistant Professor in the same year. She has conducted research on subject such as reflexology, COPD, cancer, nursing, complementary treatment. Currently, Ataturk University, Faculty of Health Science is Assistant Professor.

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