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## The use of complementary and alternative medicine for children by mothers of Arabic descent

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**Objective:** To describe the use of complementary and alternative medicine (CAM) for children by Saudi mothers who currently living in the United State. Consumer decision-making model was utilized to examine study variables.

**Methods:** Descriptive design used to examine mothers' decision making about CAM therapies use for children, mothers' decision-making model (MDMM) includes external influence to CAM use, mothers' decision-making process, and post-CAM use evaluation. Data were analyzed by SPSS 23 from structure questionnaire administered from 2016-2017.

**Results:** 60 mothers completed the questionnaire and mothers age is 27 years (18.3%), length of stay in the U.S is 1-5 years (16.7%), married (100%), (45%) housewives, 53.3% full-time student with the bachelor degree or higher 46.7%. The household income is \$30,000-\$49,000. The decision about CAM is influenced mainly by family members (98.3%) and friends (70%). CAM is used for health conditions such as gastrointestinal, respiratory conditions, teeth pain, general body fatigue & pain. Common CAM therapies used are anise (68.4%), caraway (33.3%), mint (26.6%), and 78.3% mind and body methods use such as massage, prayers, exercise, & reciting prayers.

**Conclusion:** The majority of mothers use herbs and dietary supplement frequently to manage child's health conditions, prevent diseases, or to maintain health. Mothers are the concern with frequency, dose, and safe dose for children and how to use these therapies for children. For these reasons, doctors should counsel as well as caution mothers about CAM therapies use and side effects, effectiveness and discuss preference to use such therapies to manage children health condition.

### Biography

Logayn Hussamaldin is a pediatric nurse practitioner. She worked as a teaching assistant at the College of Nursing of the National Guard Hospital in Jeddah, Saudi Arabia from 2010-2012. She received her MSN from Wayne State University in 2015. Currently, she is a PhD candidate at Wayne State University.

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