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## Case report for alternative medicine use in pregnancy

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The purpose of the study was to investigate the reasons why pregnant women use alternative medicines in pregnancy. It was a cross-sectional study that involved some participants drawn from nurses in Kumba. One hundred questionnaires were administered excluding the fifty-five nurses that were in the study. As a facilitator for easy delivery 27.4% was given as a factor and again, participants gave the reason that it is cheap, accessible and as a culture measured 21.9% was all given as reasons why pregnant women use alternative medicine in pregnancy. Irrespective of the disadvantages of herbal medicine, participants during the Alma-Ata primary health care delivery declaration of 1978, called for health for “all by the year 2000”, World Health Organization (WHO) acknowledges the importance of herbal medicine. There has recently been an upsurge of interest in the role of traditional medicines on the part of the World Health Organization and health services authorities of many developing countries. This interest arises from the fact that alternative medicines not only have important cultural roles but may have beneficial medicinal effects and be more cost-effective than modern pharmaceutical agents. In this study the ingestion of herbal medicines during pregnancy is reported to be high; herbal ingestion rates of 68% were documented. From the findings, pregnant women as well as their husbands should be aware of the risk factors and complications of herbal products when ingested in pregnancy. Men should educate their wives on the adverse effects of herbal products, nurses should always carry out a thorough assessment of pregnant women during ANC in order to illicit or diagnose the use of herbal medicines and directions of public and private hospitals; should set up refresher courses about the ill effects of the use of herbal medications by pregnant women so that they can be more apt to manage this condition physically, psychologically and spiritually.

### Biography

Achafac Annette Atemkeng has completed her Higher National Diploma in Nursing HND at the age of 30 years from the Higher Institute of Applied Medical Sciences and Bachelor of Technology in Nursing at the Higher Institute of Applied Medical Sciences affiliated to the University of Buea. She is currently working as an intern at the Cameroon Bioethics Initiative, Younde Cameroon. She has written two research papers during her stay and studies at the institution of which one is the use of alternative medicine in pregnancy carried out in one of our health district of Cameroon specifically in a town call Kumba at the South West Region.

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