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Utilization Pattern of Complementary Therapy in Hypertension, Diabetes and Chronic Arthritis Patients Visited to Local Health Center

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= A B S T R A C T =

Objectives: The objective of this study is to investigate the use rate and some aspect of complementary therapies used by patients with chronic illness(hypertension, diabetic mellitus and chronic arthritis).

Methods: 600 patients visiting the health center for one month(Jan. 2001) were interviewed on their complementary therapies used by the subjects for the previous year.

Results: About fourteen-eight percent of the respondents used therapies; 35% of patients with hypertension, 44.6% of patients with diabetic mellitus and 62.9% of patients with chronic arthritis, which shows the highest rate among patients with three chronic disease. The use rate of complementary therapies indicates few meaningful differences according to the general characteristics of the interviewees.

Hypertension patients used herb medication(31.0%) acupuncture(29.6%) and most of all the other therapies. Diabetic patients used dietary therapy(57.5%) and herb medication(35.1%). Chronic arthritis patients used acupuncture(85%) and herb medication(34.7%). 36.8% of all the patients who used complementary therapies tried more than two therapies. 18.3% of hypertension patients, 24.1% of diabetic patients and 55.9% of chronic arthritis patients used more than two therapies.

Acupuncture(47%) was used most frequently, followed by herb medications(26.3%), health assistance utensils(21.8%). oriental therapy(21.8%), physical therapy(9.5%), health assistance food(8.4%), herb(7.7%), Korea hand acupuncture(3.2%), abdomen respiration(1.1%), and pore therapy(0.7%).

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Oriental clinic was visited most frequently(42.8%), which was used to cure diseases(61.8%), and to relieve symptoms(26.0%). (p<0.001) The cost spent on complementary therapies last year was 90,000 won(40.3%) and there are some cases of more than 500,000 won(31.2%).

Most of the patients(56.1%) were satisfied with the complementary therapies, with 6% of them having side effects. 74% of the patients used complementary therapies answered that they would continue them and 56.1% of them also answered that they would continue them and 56.1% of them also answered that they would advise other patients to do them. Advantages(compared with those of orthodox medical treatment) are psychological comfort(28.1%), body protection(26.0%), effectiveness(20.0%). 34% of the patients using complementary therapies wanted to have informational orientation on complementary therapies.

These findings reveal that a considerable number of patients with chronic illness(47.5%) tried a variety of complementary therapies. Though 6% of the patients using therapies had side effects, most of the subjects seemed satisfied with them and they are supposed to continue them.

Conclusions: In conclusion, health center personnels and medical doctors should pay more attention to the complementary therapies used by patients with chronic illness.

They also have to try their best to advise more scientific and informative complementary programs with less side effects and more help to improve their conditions.

KEY WORDS: Health center, Complementary therapy, Chronic disease patients

[2].
 (complementary medicine &
 therapy)
 (orthodox medicine) (non-
 orthodox medicine)
 가
 [1] 가 [3].
 (Office of Alternative Medicine
 ‘
 가
 가
 가 가
 ,
 ,
 ,

61%가 [5], 375%가 [11].

가

(complementary), (alternative), (unproven), (holistic), (integrative), (questionable), (traditional) / [12]

가 (, 1999), 가 가 가가 [4], 가 [13]. 가 [5]. 가 가 가 가 가 가 가 [11]. 34%[6], 49%[7], 20-49%[8]가 [14, 15] 가 50%[9]가 86%[10]가 가 가

2001 1
 , ,
 . 200
 , 가 203
 , 가 195 , 가 202
 600
 765 26.1%,
 339 59.0%, 386
 51.8%
 가 ,
 1 (,)
 , , , , , ,)
 .
 , (NIH) -
 , , , , ,
 , , , , , 7가
 (Gordon, 1996). NIH 7
 가
 , -
 (, 1999; , 1998)
 가 .
 1) : ,
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 2) : , , ,
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3) : , ,
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 4) :
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 5) : , , , , , (,) ,
 / / , , , , , 가
 / , , , .
 6) : , , , ,
 , / .
 600 가 37.8%, 가 62.2%
 , 60-69 가 41.8% 가 ,
 , 60-69 가 70
 가 , 45.7%,
 27.3% , 51.0%,
 20.2% . 가 100
 가 46.5% ,
 1 -5 가 35.0% 가 ,
 10 가 37.4% 32.2% 가
 (1).
 12
 47.5% ,
 35.0%, 44.6%, 62.9%
 가 (p<0.01).
 6.4%, 10.8%, 35.1%
 2가
 17.5%가 2가
 10.5% 가 ,
 9.3%, 5.3% . 3.7%
 , 10%가 (2).

1.

: (%)

	94(46.3)	72(36.9)	61(30.2)	227(37.8)
	109(53.7)	123(63.1)	141(69.8)	373(62.2)
49	8(3.9)	10(5.1)	3(1.5)	21(3.5)
50-59	50(24.6)	44(22.6)	25(12.4)	119(19.8)
60-69	84(41.4)	84(43.1)	83(41.1)	251(41.8)
70	61(30.0)	57(29.2)	91(45.0)	209(34.8)
	28(13.8)	49(25.1)	87(43.1)	164(27.3)
	100(49.3)	87(44.6)	87(43.1)	274(45.7)
	46(22.7)	39(20.0)	19(9.4)	104(17.3)
	29(14.3)	20(10.3)	9(4.5)	58(9.7)
	38(18.7)	43(22.1)	40(19.8)	121(20.2)
	27(13.3)	24(12.3)	24(11.9)	75(12.5)
가	37(18.2)	37(19.0)	24(11.9)	98(16.3)
	101(49.8)	91(46.7)	114(56.4)	306(51.0)
100	63(31.0)	83(42.6)	133(65.8)	279(46.5)
100-200	116(57.1)	91(46.7)	58(28.7)	265(44.0)
200	24(11.8)	21(10.8)	11(5.4)	56(9.3)
1	23(11.3)	19(25.0)	34(16.8)	76(12.7)
1-5	71(35.0)	50(25.6)	52(25.7)	173(28.8)
5-10	49(24.1)	53(27.2)	51(25.2)	153(25.5)
10	60(29.6)	73(37.4)	65(32.2)	198(33.0)
	203(100.0)	195(100.0)	202(100.0)	600(100.0)

가 12, 43.2% 가 , 1-5
 35.0% 가 31.9%, 22.2% 가 . 38.0% , 1
 62.4% 가 , 70 가 30.0% 가 가
 41.0% 가 , 50-59 가 32.0% 가
 가 . 가 (3).

2. 1 : (%)

9(4.4)	1(0.5)	14(6.9)	14(6.9)	19(9.4)	1(0.5)	13(6.4)	71(35.0)	132(65.0)
4(2.1)	1(0.5)	14(7.2)	6(3.1)	41(21.0)	-	21(10.8)	87(44.6)	108(55.4)
43(21.3)	4(2.0)	4(2.0)	2(1.0)	3(1.5)	-	71(35.1)	127(62.9)	75(37.1)
56(9.3)	6(1.0)	32(5.3)	22(3.7)	63(10.5)	1(0.2)	105(17.5)	285(47.5)	315(52.5)

3. 1 : (%)

		30(31.9)	64(68.1)	94(100.0)
		41(37.6)	68(62.4)	129(100.0)
49		3(37.5)	5(62.5)	8(100.0)
50-59		16(32.0)	34(68.0)	50(100.0)
60-69		27(32.1)	57(67.9)	84(100.0)
70		25(41.0)	36(59.0)	61(100.0)
		12(42.9)	16(57.1)	28(100.0)
		36(36.0)	64(64.0)	100(100.0)
		15(32.6)	31(67.4)	46(100.0)
		8(27.6)	21(72.4)	29(100.0)
		12(31.6)	26(68.4)	38(100.0)
		6(22.2)	21(77.8)	27(100.0)
가		16(43.2)	21(56.8)	37(100.0)
		37(36.6)	64(63.4)	101(100.0)
100		22(34.9)	41(65.1)	63(100.0)
100- 200		41(35.3)	75(64.7)	116(100.0)
200		8(33.3)	16(66.7)	24(100.0)
1		7(30.4)	16(69.6)	23(100.0)
1 - 5		27(38.0)	44(62.0)	71(100.0)
5- 10		17(34.7)	32(65.3)	49(100.0)
10		20(33.3)	40(66.7)	60(100.0)
		71(35.0)	132(65.0)	203(100.0)

12 (P<0.05),
 44.6% 가 44.4%, 47.3% 가 ,
 44.7% 가 , 60-69 37.5% 가 . 1-5
 가 46.4% 가 , 49 30.0% 가 56.0% , 10
 가 37.0% 가 ,
 (4).

4. 1 : (%)

	32(44.4)	40(55.6)	72(100.0)
	55(44.7)	68(55.3)	68(100.0)
49	3(30.0)	7(70.0)	10(100.0)
50-59	20(45.5)	24(54.5)	44(100.0)
60-69	39(46.4)	45(53.6)	84(100.0)
70	25(43.9)	32(56.1)	57(100.0)
*			
	28(57.1)	21(42.9)	49(100.0)
	37(42.5)	50(57.5)	87(100.0)
	18(46.2)	21(53.8)	39(100.0)
	4(20.0)	16(80.0)	20(100.0)
	21(48.8)	22(51.2)	43(100.0)
	9(37.5)	15(62.5)	24(100.0)
가	14(37.8)	23(62.2)	37(100.0)
	43(47.3)	48(52.7)	91(100.0)
100	45(54.2)	38(45.8)	93(100.0)
100-200	39(42.9)	52(57.1)	91(100.0)
200	3(14.3)	18(85.7)	21(100.0)
1	9(47.4)	10(52.6)	19(100.0)
1 -5	28(56.0)	22(44.0)	50(100.0)
5- 10	23(43.4)	30(56.6)	53(100.0)
10	27(37.0)	46(63.0)	73(100.0)
	87(44.6)	108(55.4)	195(100.0)

* p<0.05 by χ^2 -test.

12 가 75.0% 가 , 50.0%
 62.9% 가 57.4%, 가 . 5-10
 65.2% 가 , 49 76.5% , 1
 66.7% 가 , 60-69 가 59.0% 가 가 52.9% 가 , 가
 . 68.4% 가
 , 55.6% 가 . (5).

5. 1 : (%)

	35(57.4)	26(42.6)	61(100.0)
	92(65.2)	49(34.8)	141(100.0)
49	2(66.7)	1(33.3)	3(100.0)
50-59	16(64.0)	9(36.0)	25(100.0)
60-69	49(59.0)	34(41.0)	83(100.0)
70	60(65.9)	31(34.1)	91(100.0)
	55(63.2)	32(36.8)	87(100.0)
	54(62.1)	33(37.9)	87(100.0)
	13(68.4)	6(31.6)	19(100.0)
	5(55.6)	4(44.4)	9(100.0)
	30(75.0)	10(25.0)	40(100.0)
	12(50.0)	12(50.0)	24(100.0)
가	18(75.0)	6(25.0)	24(100.0)
	67(58.8)	47(41.2)	114(100.0)
100	81(60.9)	52(39.1)	133(100.0)
100-200	38(65.5)	20(34.5)	58(100.0)
200	8(72.7)	3(27.3)	11
1	18(52.9)	16(47.1)	34(100.0)
1 -5	29(55.8)	23(44.2)	52(100.0)
5-10	39(76.5)	12(23.5)	51(100.0)
10	41(63.1)	24(36.9)	65(100.0)
	127(62.9)	75(37.1)	202(100.0)

가 가 16.1%
 31.0%, 50.2% , 23%가
 21.8%, 29.8%가 . , 6.8% , 85.0%
 12.0%가 , 34.7% , 25.2%
 31.0% 가 , 19.0%가
 29.6%가 , 28.2%, 11.8%가 . ,
 22.9%, 5.6% 4.2% 가 ,
 57.5%가 , 35.6% 가 (6).

6. : %

	(71)	(87)	(127)	(285)
**	29.6	13.8	79.5	47.0
	-	2.3	5.5	3.2
	5.6	4.6	15.0	9.5
/ /	-	1.1	1.6	1.1
	-	1.1	2.4	1.4
**	28.2	16.1	32.3	26.3
	2.8	19.5	2.4	7.7
	22.5	16.1	25.2	21.8
**	18.3	41.4	9.4	21.4
	9.9	16.1	2.4	8.4
**	4.2	-	-	1.1
	-	2.3	-	0.7
**	2가	15.5	18.4	36.2
	3가	2.8	3.4	19.7
	4가	-	2.3	-
				25.6
				10.5
				0.7

** p<0.01 by ²-test.

가 가 50 9
 42.8% , 28.1% 가 , 41.8% 가 ,
 8.2% , 12.3% 가 43.2% 44.6% 가
 (21.1%) , (35.2%) 가
 (47.1%) 가 , ' ' 56.1% ,
 가 13.8% ' 32.6% , ' 11.2% ,
 (66.9%) , (63.4%) (60.6%)가
 (23.6%) (21.3%) (43.9%) , 가
 12.3%가 , 12.6% 가 . 6.0%가
 (7). 2.8% 5.7%
 61.8%가 ,
 26.0% , 8.4%가 , 3.9%가 74.0%가 ,
 가 79.3% , 56.1%가 (9).
 52.8% ,
 35.2%가 56.3% , '가 28.1%(32.0%, 26.1%)
 9 가 40.3% , 10 -29 가 , ' ' 26.0%(
 12.3%, 30 -49 16.2%, 50 31.1% 13.4%, 23.4%) (10).

7. : %

	(71)	(87)	(127)	(285)
**	35.2	13.8	66.9	42.8
	4.2	3.4	7.1	5.3
	5.6	5.7	3.1	4.6
**	5.6	4.6	21.3	12.3
**	21.1	47.1	18.9	28.1
	2.8	5.7	7.1	5.6
	-	-	3.1	1.4
	14.1	13.8	23.6	18.2
	2.8	2.3	-	1.4
	19.7	11.5	8.7	12.3

** p<0.01 by χ^2 -test.

8. : %

	(71)	(87)	(127)	(285)
**	56.3	79.3	52.8	61.8
	35.2	14.9	28.3	26.0
	4.2	3.4	14.2	8.4
	4.2	2.3	4.7	3.9
*				
9	29.9	43.2	44.6	40.3
10-29	13.4	16.2	8.9	12.3
30-49	14.9	16.2	17.0	16.2
50	41.8	24.3	29.5	31.2

* p<0.05, ** p<0.01 by χ^2 -test.

9. : %

	(n=71)	(n=87)	(n=127)	(n=285)
*	63.4	43.7	60.6	56.1
	28.2	44.8	26.8	32.6
	8.5	11.5	12.6	11.2
	2.8	5.7	7.9	6.0
	97.2	94.3	92.1	94.0
	77.5	70.1	74.8	74.0
	22.5	29.9	25.2	26.0
	60.6	51.7	56.7	56.1
	39.4	48.3	43.3	43.9

* p<0.05 by χ^2 -test.

가 34.0%가 ‘ , 35.3% ‘ / , 가 26.4%, 가 38.6% , 30.4% ‘ 가 (11). , 25.0% . , (12).

12

10. : (%)

가	6(6.2)	18(9.6)	24(8.4)
	30(30.9)	44(23.4)	74(26.0)
가	13(13.4)	44(23.4)	57(20.0)
	5(6.2)	15(8.0)	21(7.4)
	3(3.1)	13(6.9)	16(5.6)
	31(32.0)	49(26.1)	80(28.1)
	8(8.2)	5(2.7)	13(4.6)

11.

()	227	373	600
()	60	144	204
(%)	26.4	38.6	34.0

12. : (%)

/	13(21.7)	49(40.0)	62(30.4)
	2(3.3)	6(4.2)	8(3.9)
/	2(3.3)	5(3.5)	7(3.4)
가	15(25.0)	36(25.0)	51(25.0)
	26(36.1)	46(31.9)	72(35.3)
(/ / /)	2(3.3)	2(1.4)	4(2.0)
	60(100.0)	144(100.0)	204(100.0)

가 , 가

가

가 , 가

NIH 7가

47.5%가

35.6% , Song [11] 80% [15], 가 가

Choi [15] 63.0% 285 105 (37.5%) 2
13 , 21 , 71

53.0%가 Lee [16] Song [11] 21.9% 가 가

44.6%, 62.9% 35.0%, (31.0%) 가 가 [6]

Cheong [17] 40.6%, Nam [14] 73.9% (57.5%) 가 가

가 , , , [2, 18], (41.4%) Lee Park[2]

가 가 Lee (85.0%) [2, 11] [18] 가 가

Choi [15] 50.2%가 34.0%, 29.8% 가 가

1-5 35.0% 가 , (25.8%), (17.4%) Lee Park[2] 가 (40.2%)

Lee Park[2] 10 (42.8%), (28.1%), (18.2%) Jung[5]

12.3%가 , 가

TV 가 '가 28.1%, '가 26.0%, '가 20.0% , Jung[5]

가

'(61.8%), '(26.0%)

34.0% , ' 35.5%, ' 가

Nam [14] 12 / ' 30.4%, ' 가

9 가 40.3% 가 50 ' 25.0%

31.2% Nam , , ,

[14] 5 1,800 , Choi [15] ' 가

5,000 가

가 가 가

가 가 가

(47.5%)가 1 ,

32.6%가 ' , 11.2%가 ' , 56.1%가 ' , 60% ,

Jung[5] 87% 가 , 가

가

74.0% , 56.1%가

가 , 56.1%가

가

15 (6.0%) , , 가

가 9 가 40.3% 가 , 50
 , 31.2% .
 56.1%가 ,
 . 6.0% .
 74.0%가 , 56.1%
 .
 33.5%가
 , 21.2% ,
 19.2%가 가 . 가
 34.0% .
 2001 1 3 1
 200 600 12
 . (47.5%)가 1
 1 47.5%가 ,
 , 35.0%, 60%
 44.6%, 62.9%가 가 , 가
 가 .
 ,
 (31.0%) .
 , 가
 (29.6%) ,
 (57.5%) (35.1%) ,
 (85.0%) (34.7%)
 .
 2
 36.8% , 가 18.3%, 가
 24.1%, 가 55.9% 가
 .
 가
 47.0% 가 ,
 (26.3%), (21.8%), (21.4%),
 (9.5%), (8.4%), (7.7%),
 (3.2%), (1.1%), (0.7%) .
 42.8% 가
 , 가 61.8%,
 가 26.0%

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