

BÖLÜM 20 ◀

GELENEKSEL VE TAMAMLAYICI TEDAVİLERDE HEMŞİRENİN YASAL SORUMLULUKLARI VE ETİK

Şükrü ÖZEN¹

GELENEKSEL VE TAMAMLAYICI TEDAVİ

Geleneksel ve tamamlayıcı tıp uygulamaları uzun süredir kullanılmakta ancak son yıllarda kullanımı artmıştır. Modern tıp uygulamalarının yerine kullanılmasına ilişkili endişelerden dolayı isimlendirmede değişiklikler olmuştur. Ülkemizde olduğu gibi çoğunlukla geleneksel ve tamamlayıcı tıp olarak isimlendirilmektedir. Daha önce alternatif tıp olarak isimlendirilmiş olsa da bunun modern tıba alternatif olarak algılanması ve pratikte çeşitli sorunlar doğurma riskinden dolayı bu isimlendirme tercih edilmemektedir. Zamanla, tedavi edilemeyen hastalığı olan bireylerin farklı arayışlar içine girmesi, baş edilemeyen semptomların olması ve medyada görünürlüğün artması ile birlikte geleneksel ve tamamlayıcı tıp uygulamalarına talep artırmıştır.

Amerika'da geleneksel ve tamamlayıcı tıp uygulamaları farklı oranlarda kullanılmaktadır. Bu yöntemlerin kullanılması kronik hastalık varlığı, yapılan işlemin maliyeti, sigorta tarafından karşılanıp karşılanmadığı gibi faktörlere göre değişkenlik göstermektedir. Özellikle yapılan işlemin sigorta tarafından karşılanması veya ücretin düşük olması, bu tür bir tedaviye talebi

¹ Dr. Öğr. Üyesi, Bingöl Üniversitesi, Sağlık Bilimleri Fakültesi, Hemşirelik Bölümü/İç Hastalıkları Hemşireliği AD., sozen@bingol.edu.tr

vermeme ve yarar sağlama ilkesine uyması gerekmektedir (53,55). Bununla birlikte, talep edilen yöntemin hastanın acısını hafifletmesi ve konuya ilişkin yeterli bilimsel kanıtın olması gerekir (56,57)

KAYNAKLAR

1. Ford K, & Whiting, SJ. Vitamin and Mineral Supplement Use by Community-Dwelling Adults Living in Canada and the United States: A Scoping Review. *Journal of dietary supplements*. 2018; 15(4):419–430. <https://doi.org/10.1080/19390211.2017.1350247>
2. Fan AY, Wang DD, Ouyang H, et al. Acupuncture price in forty-one metropolitan regions in the United States: An out-of-pocket cost analysis based on OkCoplay.com. *Journal of integrative medicine*. 2019; 17(5):315–320. <https://doi.org/10.1016/j.joim.2019.06.003>
3. Bridgett R, Klose P, Duffield R, et al. Effects of Cupping Therapy in Amateur and Professional Athletes: Systematic Review of Randomized Controlled Trials. *Journal of alternative and complementary medicine*. 2018; 24(3):208–219. <https://doi.org/10.1089/acm.2017.0191>
4. Perlman A, Fogerite SG, Glass O, et al. Efficacy and Safety of Massage for Osteoarthritis of the Knee: a Randomized Clinical Trial. *Journal of general internal medicine*. 2019; 34(3): 379–386. <https://doi.org/10.1007/s11606-018-4763-5>
5. Harbell MW, Barendrick LN, Mi L, et al. Patient Attitudes Toward Acupuncture in the Perioperative Setting. *Journal of integrative and complementary medicine*. 2022;28(4):349–354. <https://doi.org/10.1089/jicm.2021.0311>
6. Cheng FK. The use of acupuncture in patients with Parkinson's disease. *Geriatric nursing*. 2017;38(4):302–314. <https://doi.org/10.1016/j.gerinurse.2016.11.010>
7. Ventola CL. Current Issues Regarding Complementary and Alternative Medicine (CAM) in the United States: Part 3: Policies and Practices Regarding Dietary Supplements In Health Care Facilities. P & T: a peer-reviewed. *Journal for formulary management*. 2010; 35(10):570–576.
8. National Center For Complementary and Integrative Health. Complementary versus alternative. <https://www.nccih.nih.gov/health/complementary-alternative-or-integrative-health-whats-in-a-name>. Erişim Tarihi 2.01.2023
9. World Health Organisation. WHO Traditional medicine strategy 2014-2023. https://apps.who.int/iris/bitstream/handle/10665/92455/9789241506090_eng.pdf Erişim Tarihi: 2.01.2023
10. Kramlich D. Introduction to complementary, alternative, and traditional therapies. *Critical care nurse*. 2014;34(6):50–57. <https://doi.org/10.4037/ccn2014807>
11. Kramlich D. Strategies for Acute and Critical Care Nurses Implementing Complementary Therapies Requested by Patients and Their Families. *Critical care nurse*; 2016;36(6):52–58. <https://doi.org/10.4037/ccn2016974>
12. Matsutomo T. Potential benefits of garlic and other dietary supplements for the management of hypertension. *Experimental and therapeutic medicine*. 2020;19(2):1479–1484. <https://doi.org/10.3892/etm.2019.8375>
13. Carvalho GCN, Lira-Neto JCG, Araújo MFM, et al. Freitas, R. W. J. F., Zanetti, M. L., & Damasceno, M. M. C. Effectiveness of ginger in reducing metabolic levels in people with diabetes: a randomized clinical trial. *Revista latino-americana de enfermagem*. 2020;28:e3369. <https://doi.org/10.1590/1518-8345.3870.3369>
14. Celepli S, Çolak B, Aydemir Sezer Ü, et al. The effects of Capparis ovata seed oil on the healing of traumatic skin wounds. Capparis ovata tohumu yağının travmatik cilt yarala-

- rının iyileşmesi üzerine etkisi. *Ulusal travma ve acil cerrahi dergisi = Turkish journal of trauma & emergency surgery: TJTES*. 2022; 28(9):1205–1213. <https://doi.org/10.14744/tjtes.2021.31526>
15. Zhu Y, Wang R, Tang X, et al. The effect of music, massage, yoga and exercise on antenatal depression: A meta-analysis. *Journal of affective disorders*. 2021;292:592–602. <https://doi.org/10.1016/j.jad.2021.05.122>
 16. Liu K, Chen Y, Wu D, et al. Effects of progressive muscle relaxation on anxiety and sleep quality in patients with COVID-19. *Complementary therapies in clinical practice*. 2020; 9:101-132. <https://doi.org/10.1016/j.ctcp.2020.101132>
 17. Gok Metin Z, Karadas C, Izgu N, et al. Effects of progressive muscle relaxation and mindfulness meditation on fatigue, coping styles, and quality of life in early breast cancer patients: An assessor blinded, three-arm, randomized controlled trial. *European journal of oncology nursing : the official journal of European Oncology Nursing Society*. 2019;42:116–125. <https://doi.org/10.1016/j.ejon.2019.09.003>
 18. De Paolis G, Naccarato A, Cibelli F, et al. The effectiveness of progressive muscle relaxation and interactive guided imagery as a pain-reducing intervention in advanced cancer patients: A multicentre randomised controlled non-pharmacological trial. *Complementary therapies in clinical practice*. 2019;34:280–287. <https://doi.org/10.1016/j.ctcp.2018.12.014>
 19. Todd AJ, Carroll MT, Robinson A, et al. Adverse Events Due to Chiropractic and Other Manual Therapies for Infants and Children: A Review of the Literature. *Journal of manipulative and physiological therapeutics*. 2015;38(9):699–712. <https://doi.org/10.1016/j.jmpt.2014.09.008>
 20. Riva JJ, Muller GD, Hornich AA, et al. Chiropractors and collaborative care: An overview illustrated with a case report. *The Journal of the Canadian Chiropractic Association*. 2010;54(3):147–154.
 21. Birimoglu Okuyan, C., & Bilgili, N. (2019). Effect of abdominal massage on constipation and quality of life in older adults: A randomized controlled trial. *Complementary therapies in medicine*. 2019;47:102219. <https://doi.org/10.1016/j.ctim.2019.102219>
 22. Rafii F, Ameri F, Haghani H, et al. & Ghobadi, A. The effect of aromatherapy massage with lavender and chamomile oil on anxiety and sleep quality of patients with burns. *Burns : journal of the International Society for Burn Injuries*. 2020;46(1):164–171. <https://doi.org/10.1016/j.burns.2019.02.017>
 23. Li M, Wang W, Gao W, et al. & Yang, D. Comparison of Acupuncture and Sham Acupuncture in Migraine Treatment: An Overview of Systematic Reviews. *The neurologist*. 2022;27(3): 111–118. <https://doi.org/10.1097/NRL.0000000000000386>
 24. Schroeder S, Burnis J, Denton A, et al. Effectiveness of Acupuncture Therapy on Stress in a Large Urban College Population. *Journal of acupuncture and meridian studies*. 2017;10(3):165–170. <https://doi.org/10.1016/j.jams.2017.01.002>
 25. Zhi WI, Ingram E, Li SQ, et al., Acupuncture for Bortezomib-Induced Peripheral Neuropathy: Not Just for Pain. *Integrative cancer therapies*. 2018;17(4):1079–1086. <https://doi.org/10.1177/1534735418788667>
 26. Alp FY, & Yucel SC. The Effect of Therapeutic Touch on the Comfort and Anxiety of Nursing Home Residents. *Journal of religion and health*. 2021;60(3):2037–2050. <https://doi.org/10.1007/s10943-020-01025-4>
 27. Özcan Yüce U, & Taşçı S. Effect of Reiki on the stress level of caregivers of patients with cancer: Qualitative and single-blind randomized controlled trial. *Complementary therapies in medicine*. 2021; 58:102708. <https://doi.org/10.1016/j.ctim.2021.102708>
 28. Utli H, & Yağmur Y. The effects of Reiki and back massage on women's pain and vital signs post-abdominal hysterectomy: A randomized controlled trial: The Effects of Reiki and Back Massage on Women's Pain and Vital Signs. *Explore*. 2022;18(4):467–474. <https://doi.org/10.1016/j.explore.2021.07.004>

29. Utli H, Dinç M, & Utli MDA. The effect of acupressure or reiki interventions on the levels of pain and fatigue of cancer patients receiving palliative care: A randomized controlled study. *Explore*. 2023;19(1):91–99. <https://doi.org/10.1016/j.explore.2022.11.007>
30. Sarman A, & Uzuntarla Y. Attitudes of healthcare workers towards complementary and alternative medicine practices: A cross-sectional study in Turkey. *European Journal of Integrative Medicine*. 2022;49:102096.
31. World Health Organisation. WHO Global report on traditional and complementary medicine 2019. <https://apps.who.int/iris/bitstream/handle/10665/312342/9789241515436-eng.pdf?sequence=1&isAllowed=y> Erişim Tarihi: 03.01.2023
32. Collage & Association of Registered Nurses of Alberta. Complementary and Alternative Health Care and Natural Health Products Standards <https://cnps.ca/wp-content/uploads/2020/03/complementary-and-alternative-health-care-and-natural-health-products-1.pdf> Erişim Tarihi: 03.01.2023
33. Wode K, Henriksson R, Sharp L, et al. Cancer patients' use of complementary and alternative medicine in Sweden: a cross-sectional study. *BMC complementary and alternative medicine*. 2019;19(1):62. <https://doi.org/10.1186/s12906-019-2452-5>
34. Bahall M. Prevalence, patterns, and perceived value of complementary and alternative medicine among cancer patients: a cross-sectional, descriptive study. *BMC complementary and alternative medicine*. 2017;17(1):345. <https://doi.org/10.1186/s12906-017-1853-6>
35. Nejat N, Rahbarian A, Mehrabi F, et al. Complementary and alternative medicine application in cancer patients in Iran. *Journal of cancer research and clinical oncology*. 2022;1–7. Advance online publication. <https://doi.org/10.1007/s00432-022-04317-2>
36. Cancer Research UK. About complementary and alternative therapy research. <https://www.cancerresearchuk.org/about-cancer/treatment/complementary-alternative-therapies/research/about> Erişim Tarihi: 03.01.2023
37. Sağlık Hizmetleri Genel Müdürlüğü. Yönetmelikler. <https://shgmetatdb.saglik.gov.tr/TR-82168/yonetmelikler.html> Erişim Tarihi 04.01.2023
38. Öztürk YE, Dömbekci HA, & Seda ÜNAL. Geleneksel tamamlayıcı ve alternatif tıp kullanımı. *Bütünleyici ve Anadolu Tıbbı Dergisi*. 2020;1(3):23-35.
39. World Health Organisation. WHO global report on traditional and complementary medicine 2019. <https://apps.who.int/iris/handle/10665/312342> Erişim Tarihi 05.01.2023
40. Türkiye İlaç ve Tıbbi Cihaz Kurumu. Geleneksel Bitkisel Tıbbi Ürünler Ruhsatlandırma Yönetmeliği. <https://www.resmigazete.gov.tr/eskiler/2023/02/20230203-5.htm> Erişim Tarihi: 6.02.2023
41. Krause B, Lavretsky H, & Dunn LB. Ethical Challenges in Complementary and Alternative Medicine. *Focus (American Psychiatric Publishing)*. 2018;16(1):63–66. <https://doi.org/10.1176/appi.focus.20170054>
42. Adeniyi O, Washington L, Glenn CJ, et al. The use of complementary and alternative medicine among hypertensive and type 2 diabetic patients in Western Jamaica: A mixed methods study. *PloS one*; 2021;16(2):e0245163. <https://doi.org/10.1371/journal.pone.0245163>
43. Basri NF, Ramli AS, Mohamad M, et al. Traditional and complementary medicine (TCM) usage and its association with Patient Assessment of Chronic Illness Care (PACIC) among individuals with metabolic syndrome in primary care. *BMC complementary medicine and therapies*. 2022;22(1):14. <https://doi.org/10.1186/s12906-021-03493-x>
44. Owusu S, Gaye YE, Hall S, et al. Factors associated with the use of complementary and alternative therapies among patients with hypertension and type 2 diabetes mellitus in Western Jamaica: a cross-sectional study. *BMC complementary medicine and therapies*. 2020;20(1):314. <https://doi.org/10.1186/s12906-020-03109-w>

45. Cash E, Salmon P, Weissbecker I, et al. Mindfulness meditation alleviates fibromyalgia symptoms in women: results of a randomized clinical trial. *Annals of behavioral medicine: a publication of the Society of Behavioral Medicine*. 2015;49(3):319–330. <https://doi.org/10.1007/s12160-014-9665-0>
46. Bat N. The effects of reiki on heart rate, blood pressure, body temperature, and stress levels: A pilot randomized, double-blinded, and placebo-controlled study. *Complementary therapies in clinical practice*. 2021;43:101328. <https://doi.org/10.1016/j.ctcp.2021.101328>
47. Enioutina EY, Job KM, Krepkova LV, et al. How can we improve the safe use of herbal medicine and other natural products? A clinical pharmacologist mission. *Expert review of clinical pharmacology*. 2020;13(9):935–944. <https://doi.org/10.1080/17512433.2020.1803739>
48. Alkhamaiseh SI, & Aljofan M. Prevalence of use and reported side effects of herbal medicine among adults in Saudi Arabia. *Complementary therapies in medicine*. 2020;48:102255. <https://doi.org/10.1016/j.ctim.2019.102255>
49. Spencer CN, Lopez G, Cohen L, et al. Nurse and patient characteristics predict communication about complementary and alternative medicine. *Cancer*. 2016; 122(10), 1552–1559. <https://doi.org/10.1002/cncr.29819>
50. Kwak G, Gardner K, Bolaji B, et al. Knowledge, attitudes and practices among healthcare professionals regarding complementary alternative medicine use by patients with hypertension and type 2 diabetes mellitus in Western Jamaica. *Complementary therapies in medicine*. 2021;57:102666. <https://doi.org/10.1016/j.ctim.2021.102666>
51. Porsuk AÖ, & Cerit Ç. Views of Healthcare Professionals to Traditional and Complementary Medicine. *International Journal of Traditional and Complementary Medicine Research*. 2021;2(3):146–152.
52. Nahin RL, Barnes PM, & Stussman BJ. Expenditures on Complementary Health Approaches: United States, 2012. National health statistics reports. 2016;(95):1–11.
53. Gilmour J, Harrison C, Cohen MH, et al. Pediatric use of complementary and alternative medicine: legal, ethical, and clinical issues in decision-making. *Pediatrics*. 2011;128(4):149–154. <https://doi.org/10.1542/peds.2010-2720B>
54. Högström S, Philipson A, Ekstav L, et al. Dance and yoga reduced functional abdominal pain in young girls: A randomized controlled trial. *European journal of pain*. 2022;26(2):336–348. <https://doi.org/10.1002/ejp.1862>
55. Lei RL, Lin WC, Lin CC, et al. Effects of Acupressure on Symptoms Relief and Improving Sleep Quality in Pediatric Patients With Allergic Rhinitis. *Holistic nursing practice*. 2022; 36(3):166–174. <https://doi.org/10.1097/HNP.0000000000000377>
56. Gottsegen DN. Ethical integrative pediatric care: a new perspective. *European Journal of Integrative Medicine*. 2012; 4(1): e1–e7.
57. Onofri A, Necozone S, & Tozzi E. (2020). Complementary and alternative medicine (CAM) in headache of children and adolescents: open-label Italian study. *La Clinica terapeutica*. 2020;171(5):e393–e398. <https://doi.org/10.7417/CT.2020.2246>