Complementary and alternative medicine (update 2015)

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COMPLEMENTARY AND ALTERNATIVE MEDICINE (Update 2015)

The Canadian Medical Association (CMA) position on complementary and alternative medicine (CAM) is based on evidence-based medicine, and emerging research suggests that some CAM may be effective in the treatment of certain conditions. It is important to note that CAM should be considered as part of a holistic approach to health care, and that patients should be educated about the risks and benefits of CAM before making any decisions.

CAM includes a wide range of practices and therapies that are not currently considered part of conventional medicine. It includes practices such as acupuncture, chiropractic, herbal medicine, homeopathy, and mind-body therapies. The effectiveness of CAM is often difficult to evaluate, and there is a need for more research to determine the safety and efficacy of these therapies.

Patients who choose to use CAM should discuss their decision with their primary care physician. This discussion should include a review of the potential risks and benefits of CAM, as well as the potential interactions with other medications or therapies the patient may be taking. It is important for patients to be informed about the evidence for the effectiveness of CAM, and to understand that the effectiveness of CAM may vary depending on the specific condition being treated.

In conclusion, the use of CAM should be approached with caution, and patients should be encouraged to discuss their choice of CAM with their physician. While some CAM may be effective in the treatment of certain conditions, there is still a need for more research to determine the safety and efficacy of these therapies.