Integrated healthcare gaining ground

Integrated healthcare is slowly gaining ground in the city as more patients are opting for complementary and alternative medicine (CAM). Integrated healthcare, which combines both conventional and CAM treatment, is being recommended wherever patient-centred care, particularly for those who are affected with chronic non-communicable diseases such as osteoarthritis and diabetes, is sought. The need for the integrated healthcare was highlighted at a symposium organised by Trimed, a chain of integrative healthcare centres, here on Friday.

Citing various studies, Ravinder Mamtani, professor and associate dean, Weill Cornell Medical College, Qatar, said CAM had gained acceptance globally. It is more of a consumer-driven movement now with patients opting for it rather than physicians referring them for such treatment. About 60 per cent of the people undergoing CAM treatment do not inform their physicians. It is essential to integrate healthcare to improve the quality of life for patients.

Jayashree Gopal, senior consultant endocrinologist, Apollo Hospitals, underlined the need to change lifestyle to overcome non-communicable diseases such as hypertension and diabetes. Besides physical activity and changing food patterns, sleep deprivation was another reason for growing incidence of such diseases.

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