

# International Conference on Traditional Medicine

## Title: What complementary and alternative medicine are being used for acute respiratory tract infection in Australian children?

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### **Abstract** {Max words limit 250}

#### Purpose

Internationally acute respiratory tract infection (ARTI) is a common illness in children and sometimes with dire consequences. ARTI not only affects children's physical health status, but it also impacts on the hospital system and community healthcare providers. Some parents use complementary and alternative medicine (CAM) in their children for ARTI. The purpose of this study was to explore this knowledge gap of the CAM strategies utilised of parents when managing ARTI in their children and the influences on decision making underpinning these behaviours.

#### Method

This national study used a quantitative descriptive survey design using cross-sectional data from an anonymous online survey that explored parent's CAM usage in their children age 0-12 years with ARTI in the last 12 months, as well as decision-making behind this.

#### Results

The final sample of 246 primary carers data was predominantly female, aged 25-65 years. The most common treatment ARTI for children utilised by parents for ARTI is chest rub or herbal liniment. The principal reason for a parent to utilise CAM for ARTI was personal health philosophy. Formal education, CAM practitioners and journals influenced their decision-making. Many of the parents consulted CAM and biomedical practitioners with a desire for integrated healthcare.

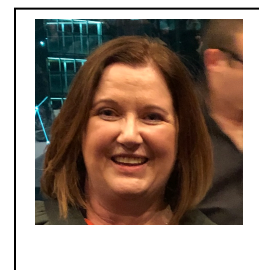
#### Conclusion

Parent home remedies dominate their choice of management strategies. This research shone a light on the concept that this group of parents are making well-informed decisions influenced by education and journals driven by their underlying personal philosophy. Finally, the parent preferred a truly integrated approach to healthcare.

### **Short Biography:** {Max words limit 100}

Sandra is a PhD. candidate at the School of Health Sciences. Her experience

as a health practitioner for more than two decades is in the fields of



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naturopathy and nursing have led her to undertake further studies and research. She was the recipient of the 2019 University of South Australia Research Excellence award, as well as other grants and scholarships. Her passion for research in Traditional, Complementary and Integrated Medicine (TCIM) has motivated her to published research articles in TCIM journals and has presented at international conferences.

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