

**EVALUATION OF THE PREVALENCE AND ATTITUDE OF
COMPLEMENTARY ALTERNATIVE MEDICINE USE AMONG
PATIENTS WITH DIABETES MELLITUS IN RVPGH-NAKURU**

BY

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ABSTRACT

Diabetes mellitus is a syndrome characterized by chronic hyperglycemia and relative insulin deficiency resistance or both. Commonly used CAM therapies among diabetic patients in Africa include **herbal medicines, nutritional products, spiritual healing and relaxation techniques**. These CAM therapies are extensively used by patients as adjuvant or as replacement treatment to the conventional prescribed drugs. CAM use in Africa is amplified by the presence of traditional healers, with estimates of one traditional healer present to every 200 people.. The use of CAM in Africa has been associated with **cultural beliefs, age of patient, duration of DM, degree of complications, and advice from family and friends**. Most importantly, the inaccessibility and shortcomings in conventional healthcare provision in Africa contribute to the high use of CAM.. **Limited study on the use of complementary alternative medicine (CAM) among patients with diabetes mellitus (DM), particularly in primary -care settings**. This study seeks to understand the prevalence, types, expenditures, attitudes, beliefs, and perceptions of CAM use among patients with DM both in-patient and outpatient in Rift Valley Provincial General Hospital. This is a **descriptive, cross-sectional study of the diabetic patients in the hospital**. DM patients were randomly selected and were informed of the aim and purpose of research and were interviewed. Data analysis was done using Microsoft excel and word to identify predictors of CAM use. The study was carried within the month of July, August and September 2014 in RVPGH-Nakuru. **From the analysis of the data, it was found that the use of CAM by DM patients was higher than Non CAM use at 51% and 49% respectively**. Aged patients and patients with a long history of the disease were more frequent users of CAM. Female were the most frequent users of CAM and the **mostly employed CAM are biological based products especially decoction herbal medicines**. Considerable expenditure was employed by CAM users. Most users did not share the use of CAM with the doctor. It is recommended that physicians should carry a thorough interview to patients regarding their current use of CAM before commencing orthodox treatment **and counseling done on patients, family and friends**. Also information should be provided about possible side effects and regulation on CAM use by government to prevent exposure to population. Also future studies are recommended to analyze the medicinal herbs employed by these patients since the herbs can provide lead compounds for drug discovery.