Dear Faculty:

We would be grateful for your responses to this survey of your knowledge, attitudes and practices with regard to what has been called complementary and alternative medicine (CAM) or integrative health care. As stated in a recent NIH document, “CAM practices are those healthcare and medical practices that are not currently an integral part of conventional medicine.” There is increasing interest in CAM among patients, health professionals, faculty in health professions schools, and students. In response to public interest, NIH now includes a National Center for Complementary and Alternative Medicine. Our Academic Health Center (AHC) is the recipient of a NIH CAM education grant. We need to know your current knowledge, attitudes, and practices with regard to CAM to help us plan and evaluate our education programs in the AHC.

Health Professions School: _____ Dental _____ Medical _____ Nursing _____ Pharmacy _____ Vet Med

Your Gender: _____ Male _____ Female

Your Age: _____ Years (write in number)

Your Years as a Faculty Member: _____ Years (write in number)

Department(s)/Specialty: ______________

Ethnic/Racial Background

_____ Asian/Pacific Islander _____ American Indian/Alaskan Native _____ Black/African American

_____ Hispanic _____ Multi racial _____ White/Not Hispanic _____ Other

1. General Attitudes Toward Complementary and Alternative Medicine (CAM):

For each of the following statements, indicate how closely it represents your general feelings about CAM.

1=Very Strongly Agree  2=Strongly Agree  3=Agree  4=Disagree  5=Strongly Disagree  6=Very Strongly Disagree
X=Neutral

_____ Clinical care should integrate the best of conventional and CAM practices.

_____ CAM includes ideas and methods from which conventional medicine could benefit.

_____ While we need to be cautious in our claims, a number of CAM approaches hold promise for treatment of symptoms, conditions and/or diseases.

_____ The results of CAM are in most cases due to a placebo effect.

_____ CAM therapies not tested in a scientific manner should be discouraged.

_____ While a few CAM approaches may have limited health benefits, they have no true impact on treatment of symptoms, conditions and/or diseases.

_____ CAM is a threat to public health.

_____ I hope to have some CAM practices available to patients in my practice or referral network.

_____ Health professionals should be able to advise their patients about commonly used CAM methods.

_____ CAM practices should be included in my School’s curriculum.

_____ Knowledge about CAM is important to me as a faculty member.

2. Barriers to use of CAM practices in Western medical settings include: Use Scale Above

_____ Lack of evidence for practices  _____ Institutional concerns about legal issues

_____ Unavailability of credentialed providers  _____ Lack of staff training

_____ Lack of reimbursement  _____ Lack of appropriate equipment

_____ Too time consuming  _____ Other ______________

3. What primary worldview or framework guides your personal health views? Check One.

_____ a. Western biomedicine

_____ b. Another health tradition, e.g. traditional Chinese Medicine

_____ Combination of a & b

_____ Other (specify) ______________
4. CAM Approaches – “Alternative” or Mainstream?

Historically, some “alternative” approaches reach a point where they are considered “orthodox” or mainstream. For each of the modalities listed below, indicate how you think of each therapy at the present time.

1=Clearly Mainstream  
2=Neither Clearly Mainstream or Alternative  
3=Clearly Alternative  
X=No Opinion

____ Acupuncture  
____ Aromatherapy  
____ Bioelectromagnetic therapies, e.g., magnets  
____ Biofeedback  
____ Chiropractic  
____ Herbal medicine  
____ Homeopathy  
____ Hypnosis/guided imagery  
____ Massage  
____ Music  
____ Nutritional supplements  
____ Prayer/spiritual healing  
____ Meditation  
____ Rolfing (structural reintegration)  
____ Therapeutic/healing touch

5. Effectiveness: What is your view about the effectiveness of each of the following CAM modalities?

1=Highly Effective  
2=Moderately Effective  
3=Seldom Effective  
4=Not Effective  
5=Harmful  
X=No Opinion

____ Acupuncture  
____ Aromatherapy  
____ Bioelectromagnetic therapies, e.g., magnets  
____ Biofeedback  
____ Chiropractic  
____ Herbal medicine  
____ Homeopathy  
____ Hypnosis/guided imagery  
____ Massage  
____ Music  
____ Nutritional supplements  
____ Prayer/spiritual healing  
____ Meditation  
____ Rolfing (structural reintegration)  
____ Therapeutic/healing touch

6. CAM Training: For each of the following CAM modalities, how much education/training have you received?

1=None  
2=Some, but not Sufficient to Advise Patients About Use  
3=Sufficient to Advise Patients About Use  
4=Sufficient to Personally Provide

____ Acupuncture  
____ Aromatherapy  
____ Bioelectromagnetic therapies, e.g., magnets  
____ Biofeedback  
____ Chiropractic  
____ Herbal medicine  
____ Homeopathy  
____ Hypnosis/guided imagery  
____ Massage  
____ Music  
____ Nutritional supplements  
____ Prayer/spiritual healing  
____ Meditation  
____ Rolfing (structural reintegration)  
____ Therapeutic/healing touch

7. Further CAM Training: For each of the following CAM practices, would you like further training?

1=No  
2=Some, but not Sufficient to Advise Patients About Use  
3=Sufficient to Advise Patients About Use  
4=Sufficient to Personally Provide

____ Acupuncture  
____ Aromatherapy  
____ Bioelectromagnetic therapies, e.g., magnets  
____ Biofeedback  
____ Chiropractic  
____ Herbal medicine  
____ Homeopathy  
____ Hypnosis/guided imagery  
____ Massage  
____ Music  
____ Nutritional supplements  
____ Prayer/spiritual healing  
____ Meditation  
____ Rolfing (structural reintegration)  
____ Therapeutic/healing touch
8. Personal Use: For each of the following CAM practices, have you used it personally?
1=No, Would Not Consider Using It
2=No, Would Consider Using It
3=Yes, Have Used it With Positive Outcomes
4=Yes, Have Used it With Neutral Outcomes
5=Yes, Have Used it With Negative Outcomes
   ______ Acupuncture
   ______ Aromatherapy
   ______ Bioelectromagnetic therapies, e.g., magnets
   ______ Biofeedback
   ______ Chiropractic
   ______ Herbal medicine
   ______ Homeopathy
   ______ Hypnosis/guided imagery
   ______ Massage
   ______ Music
   ______ Nutritional supplements
   ______ Prayer/spiritual healing
   ______ Meditation
   ______ Rolfing (structural reintegration)
   ______ Therapeutic/healing touch

9. CAM Approaches in Your Practice: For each of the following CAM approaches, how do you use it in your practice—personally providing it or referring patients to trained providers?
1=Would Not Recommend
2=Would Endorse, but Not Personally Provide or Refer
3=Would Provide Personally
4=Would Refer to a CAM Practitioner
X=Do not Practice
   ______ Acupuncture
   ______ Aromatherapy
   ______ Bioelectromagnetic therapies, e.g., magnets
   ______ Biofeedback
   ______ Chiropractic
   ______ Herbal medicine
   ______ Homeopathy
   ______ Hypnosis/guided imagery
   ______ Massage
   ______ Music
   ______ Nutritional supplements
   ______ Prayer/spiritual healing
   ______ Meditation
   ______ Rolfing (structural reintegration)
   ______ Therapeutic/healing touch

10. Sources of Information: What are your sources of information about CAM?
Check each of the following that applies.
   ______ Peer professionals, e.g., physicians, nurses, pharmacists
   ______ Other health care providers
   ______ Medical, nursing, pharmacy, other professional journals
   ______ Mass media—TV, radio, newspapers, magazines
   ______ Internet: WWW, List-serve
   ______ Coursework or formal training
   ______ Referral
   ______ Apprentice with healers

11. Evidence for Use of CAM Practices: How important is each of the following types of evidence to you, to consider when recommending or using a conventional or CAM treatment?
1=Essential 2=Somewhat Essential 3=Somewhat Important 4=Unimportant
   ______ Proven mechanism
   ______ Proposed mechanism of action
   ______ Randomized controlled clinical trials involving animals
   ______ Randomized controlled clinical trials involving humans
   ______ Epidemiological studies
   ______ Published case studies
   ______ Successful use in my own practice
   ______ Colleague recommendations
   ______ Personal experience
   ______ Patient reports
   ______ Clinical trials

12. ______ Do you believe your spiritual or religious beliefs influence your attitudes toward CAM?
1=Yes, Very Much 2=Yes, Somewhat 3=No X=No Opinion

13. CAM Training: Please describe any CAM training you have had.

(If necessary, use the reserve side.)

14. COMMENTS OVERALL: Any other comments you have on CAM practices or education would be welcome.