

### Background

- CAM refers to various modalities used together with conventional medicine (National Center for Complementary and Integrative Health, 2021).
- 1 out of 2 adults have tried some form of alternative medicine (Funk et al., 2017).
- The International Complementary and Alternative Medicine Questionnaire (I-CAM-Q) survey identifies CAM usage (Quandt et al., 2009).
- Improving communication is essential to reduce drug-herb interactions (Stub et al., 2020).
- Nationally, only 33% of CAM users disclose usage to providers (Foley et al., 2019).
- Previous studies note patients' willingness and desire for transparent conversations about CAM usage (Stub et al., 2020; Foley et al., 2019; Jou & Johnson, 2016).
- The top reason for nondisclosure is that the provider does not ask (Stub et al., 2020; Foley et al., 2019; Jou & Johnson, 2016).

### Purpose

- Utilize I-CAM-Q as a communication tool to bridge the communication gap.
- Increase patient-provider interactions about CAM usage.
- Improve communication about CAM use.
- Reduce the risk of negative outcomes from CAM usage.

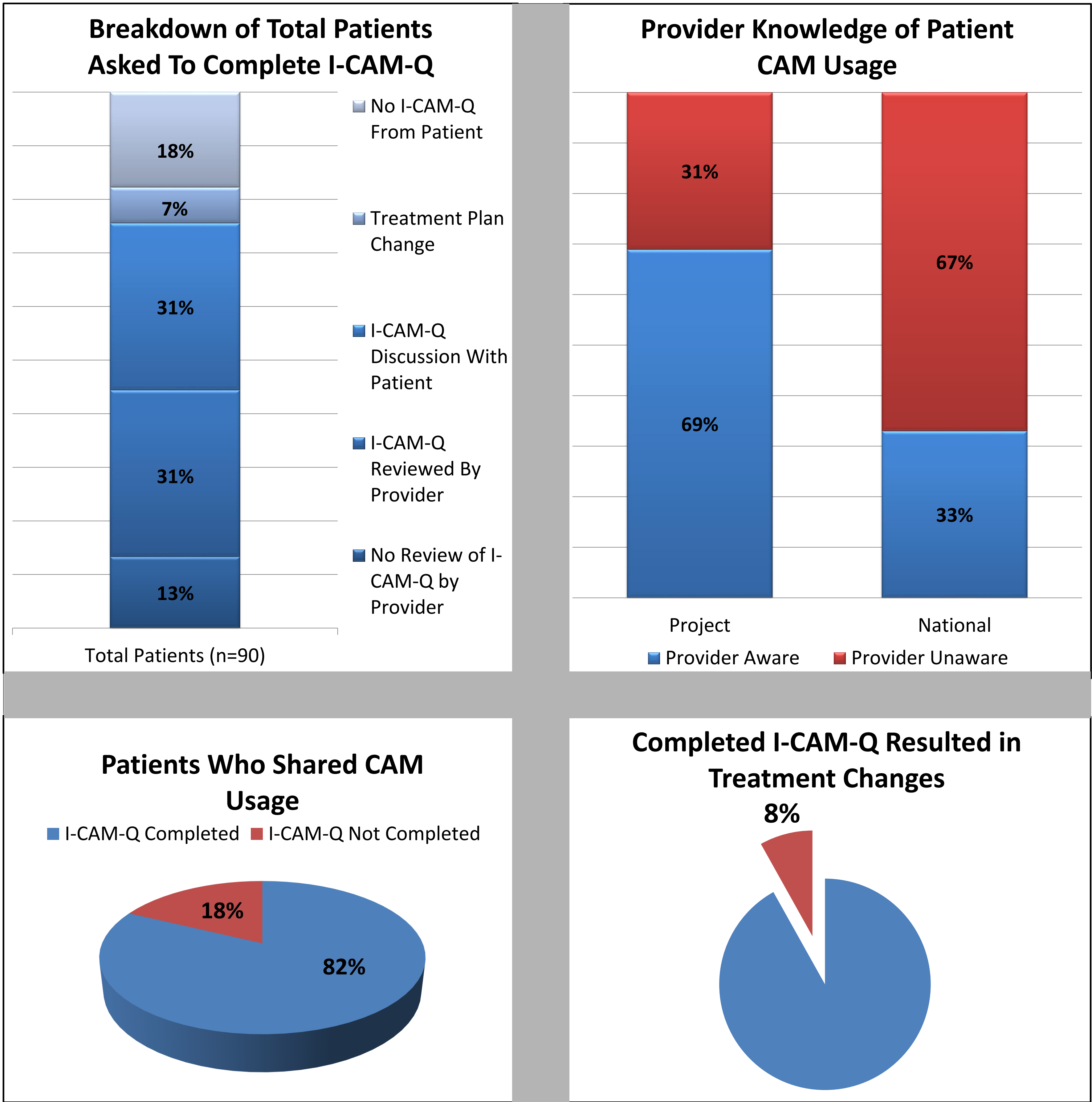
### Method

- Primary care family practice setting.
- Focused on provider actions regarding I-CAM-Q information.
- I-CAM-Q tool identified CAM usage.
- Modified I-CAM-Q included a "For Office Use" section.
- I-CAM-Q included with new patient information packet, which new patients voluntarily completed.
- Data Collected
  - Number of new patients
  - Surveys completed
  - Surveys reviewed by providers
  - Discussion following survey review
  - Changes made as a result of discussion
- Data collected evaluated effectiveness of I-CAM-Q to improve communication.

### Discussion

- Provider knowledge of CAM usage (69%), including all patients who completed an I-CAM-Q, is higher than the national average (33%).
- 82% of patients shared CAM usage by completing the I-CAM-Q, indicating the willingness of patients to share CAM usage.
- Completion of the I-CAM-Q resulted in treatment changes in 8% of patients

### Results



### Conclusion

- The I-CAM-Q is an effective communication tool for CAM usage.
- Providers were more aware of CAM usage by their patients than the national average.
- Increased communication about CAM resulted in treatment changes.
- Recommendations
  - Develop and explore other tools for patients to communicate CAM usage.
  - Repeat project in various settings, i.e., rural and urban.
  - Expand project to more providers, patients for longer duration.
  - Increase scope of project to include patient population and data provided in I-CAM-Q.
  - Add a data point to better understand the reason questionnaires are not reviewed by the provider.
  - Continue use of a CAM communication tool by providers.