



Complementary and Alternative Medicine Use in Modern Obstetrics: A survey of CAOG members

The National Center for Complementary and Alternative Medicine (NCCAM) defines complementary and alternative medicine as an array of health care approaches with a history of use or origins outside of mainstream medicine such as:

Natural Products

- Botanicals
- Herbs
- Probiotics
- Vitamins and minerals

Mind and body practices

- Acupuncture
- Acupressure
- Aromatherapy
- Healing touch
- Hypnotherapy
- Massage therapy
- Meditation
- Movement therapies
- Qi gong
- Relaxation techniques
- Spinal manipulation
- Tai chi
- Yoga

Other Approaches

- Ayurvedic medicine
- Homeopathy
- Naturopathy
- Traditional healers

Thank you for participating in this research study. Please complete this voluntary survey if you have not completed this online prior to today and return to registration desk upon completion.

The survey should take approximately 5-10 minutes to complete.



DEMOGRAPHICS

What is your sex? (circle one)

Male

Female

What is your current status? (check one):

Medical Student

OBGYN Resident

MFM Fellow

REI Fellow

Gyn Onc Fellow

Urogyn Fellow

Board certified General OB/GYN

Board certified Reproductive Endocrinologist

Board certified Gynecology Oncologist

Board certified Urogynecologist

Board certified Maternal- Fetal Medicine Specialist

Other _____

Please specify the total number of years you have

practiced obstetrics after completion of residency. _____ years

What is your ethnicity?

Caucasian African American Hispanic Asian Multi-racial Other:_____

In what state(s) do you currently practice obstetrics? [Please write the full name of the state(s)]

Do you currently have midwives integrated into your obstetric practice?

Yes

No

PERSONAL COMPLEMENTARY AND ALTERNATIVE MEDICINE (CAM) USE

Have you personally used any Complementary and Alternative Medicine for your own health in the past 5 years?

No

Yes, please specify: _____

If female, did you ever use Complementary and Alternative Medicine during a pregnancy?

Male/ Never been pregnant

No

Yes, please specify: _____

Have you received any training beyond medical school or residency on the use of Complementary and Alternative Medicine (ie. Yoga, acupuncture, acupressure, hypnotherapy etc.)?

No

Yes, please specify: _____

Do you routinely query your pregnant patients about their use of CAM during the pregnancy?

No

Yes

Have you ever prescribed, referred or advised the use of any Complementary and Alternative Medicine to your pregnant patients?

No

Please indicate the reason for **not** using CAM (check all that apply):

- Not enough evidence on the efficacy of CAM during pregnancy
- Not enough evidence on the safety of CAM during pregnancy
- No training in the use of CAM during pregnancy
- Bad patient experience with previous CAM use during pregnancy
- Conventional medicine is sufficient for the management of pregnancy
- Other (please specify): _____

Yes

What sources of information do you use to find out about CAM use in pregnancy? (check all that apply):

- ACOG resources
- Peer reviewed journal articles
- Professional colleagues
- Personal experience
- Others (please specify): _____
- Family and friends
- CAM providers
- Magazines/Television
- Internet (non-medical sites)

EFFECTIVENESS OF COMPLEMENTARY AND ALTERNATIVE MEDICINE IN PREGNANCY

For each modality of CAM, please indicate how **effective** you believe each modality is for your pregnant patients.

MODALITY	HIGHLY EFFECTIVE	MODERATELY EFFECTIVE	OCCASIONALLY EFFECTIVE	NOT EFFECTIVE	HARMFUL	NOT FAMILIAR WITH MODALITY
Acupuncture	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acupressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Aromatherapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Biofeedback	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Black cohosh	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chiropractic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ginger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Homeopathy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hypnosis/Guided imagery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Massage therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meditation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Music therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reflexology	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Traditional Chinese medicine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (specify) :	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

USE OF COMPLEMENTARY AND ALTERNATIVE MEDICINE IN PREGNANCY

Please indicate your level of agreement for each of the following statements.

	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
Acupuncture can treat nausea in pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acupuncture can reduce low back pain during pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acupuncture can be used for induction of labor.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acupuncture can decrease the length of labor.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acupressure can treat nausea in pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fish oil supplements containing omega 3 fatty acids can lower the risk of preterm birth.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ginger (1 gm/day) can treat nausea in pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heavy licorice consumption (>500 mg/kg) can double the risk of preterm birth.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hypnosis during labor is an effective method to reduce the need for anesthesia /pain relief during labor.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hypnosis with tocolytic therapy is more beneficial in reducing preterm birth than tocolytics alone.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Massage therapy during labor can reduce labor pain.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Massage therapy during labor can reduce the length of labor.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moxibustion can turn a breech baby to a vertex position.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moxibustion can cause fetal distress.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoga can reduce low back pain in pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoga can improve sleep during pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoga can reduce pain during labor.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

USE OF COMPLEMENTARY AND ALTERNATIVE MEDICINE IN PREGNANCY

Please indicate your level of agreement for each of the following statements.

	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
Clinical care should integrate the best conventional and CAM practices.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Irrespective of personal beliefs, health care professionals should have knowledge about commonly used CAM methods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
While a few CAM approaches may have limited health benefits, they have no true impact on treatment of symptoms, conditions and/or diseases of pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is value in Complementary and Alternative Medicine use in pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health care professional should receive formal training in medical school about CAM methods that can be used during pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

This study is being conducted by:
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Thank you for your participation! 😊