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Knowledge, Attitudes, and use of Complementary and Alternative Medicine (CAM) Among Nurses, Nursing Assistants, and Unit Secretaries
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Background
• In 2017, a caregiver satisfaction survey was done showing 77% of staff on Telemetry Oncology agree that, “The stress levels at work are usually manageable.”
  • 5% lower than in 2016
  • 83% of staff selected stress/burnout as their primary reason for leaving the workplace within the next 12 months.
Complimentary & Alternative Medicine (CAM)
“is a group of diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine” (NIH, 2017)

Methods
• An exploratory descriptive structured survey was conducted in a 300-bed community hospital
• The survey had previously been used in nurses from another country and permission was received to use and modify
• The survey was emailed to registered nurses, nursing assistants, and unit secretaries. The survey was open for one month (06/2018 – 07/2018)
• Demographic information was collected in addition to personal and professional use of CAM (type and frequency), knowledge and attitudes.
• Data analysis was completed by August 2018

Demographics
135 Participants
Job Role: RN 78.4% (105), Nursing Assistant 13.4% (18), Secretary 8.2% (11)
Shift: Day 56.3% (76), Night 40.7% (55), Swing 3% (4)
Gender: Female 94.8% (128)
Education: Bachelor 15.7% (21)
Years of Experience
0-5 years 43%
1-5 years 15%
6-10 years 13%
11-15 years 11%
16-20 years 12%
21+ years 15%
Departments
Telemetry Oncology 12.3%
Women’s Health (L&D, Post Partum) 12.3%
Children (NICU & Peds) 6.2%
ICU 1.7%
PACU 0.0%
PACU/OPD, PACU, 105, GJ 0.0%
1 Surgical (Orthopedic) 0.0%
ED and Cath Lab 0.0%

Results
• 135 Participants
• Units with < 5 responses were combined with other similar units
• Overall, 69.2 % of the 133 participants have positive attitude towards CAM
• Among the three groups, RNs had the highest percentage of positive attitude towards CAM (76%)

Discussion
• This lead to a better understanding of the nursing staff’s attitude, knowledge and use
• Provides a baseline for implementing targeted CAM techniques to potentially help reduce stress and burnout for nursing caregivers
• Limitation: Participants may not answer questions truthfully, Cannot determine cause and effect and this study was heavily promoted by email. Those who do not regularly check their email, may not have participated.

References