

ABSTRACT

UTILIZATION OF ACUPUNCTURE IN THE TREATMENT OF ADULT PATIENTS

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Background: Diploma thesis was created on the basis of searching for new treatment possibilities based on rediscovered old traditional eastern medicine. The thesis considers alternative treatments, specifically acupuncture, and its application in the Czech Republic from the patient's perspective and provides an overview of basic knowledge about acupuncture.

Aim: The main objective of this study was to find out, what is the therapeutic use of acupuncture in adult patients. Aim of subtask was to evaluate overall opinion and attitude of patients to the entire area of complementary and alternative medicine.

Methods: The survey was focused on patients, who are using acupuncture for treatment regardless of gender, age and education. For data collection was chosen method questionnaire survey. The first questionnaire that was related to acupuncture was filled by 162 respondents. The survey, which was devoted to the alternative medicine, was attended by 132 patients. The obtained data was subjected to frequency analysis and further calculation of confidence intervals.

Results: The analysis of the data shows great interest of patients about acupuncture and other branches of complementary and alternative medicine (CAM). Patients are treated with acupuncture most frequently with one health problem (64.8%), mainly on the advice of their physician (27.3%). Another reason for the acupuncture treatment

is patient's dissatisfaction with conventional medicine (16.9%) and then attempt to amplify the effects of the previous treatment (10.4%). In Czech Republic are cured with help of acupuncture predominantly musculoskeletal disorders (25.0%), nervous system (23.6%) and various difficulties accompanied by pain (18.1%). Furthermore, the results indicate preference of separate acupuncture treatment (42.4%). Acupuncture in combination then occurs with conventional treatment, homeopathy or with traditional Chinese herbal medicine. High percentages of respondents have positive experience with the effects of acupuncture. Conversely minimum number of respondents met with side effects such as dizziness, bruising or minor bleeding.

Conclusion: The overall attitude of patients treated with acupuncture to the alternative and complementary medicine is positive. Patients who were cured by acupuncture, observed on each other improvement or palliation of difficulties. The research shows, that although acupuncture is not completely scientifically sound within the meaning of EBM (Evidence Based Medicine) and some skeptics consider its effects only as the placebo effect, has its justification in the comprehensive care of the patient's health. Due to the limiting factors of this work, are the above conclusions only illustrative and thus I recommend further research in this area.