**Complementary and alternative medicine (CAM) usage in Turkish pediatric cancer patients**

**Ass. Prof. Hatice Başkale, PhD, RN\***

**\*Pamukkale University Faculty of Health Sciences, Kinikli, DENİZLİ/TURKEY**

**Aim:** The aim of this study is to understand what the CAM usage situation is in Turkish studies as a developing country and which CAM methods are preferred for pediatric cancer patients.

**Methods:** Turkish studies implemented in Turkey about CAM usage among pediatric cancer patients were examined. Two databases Google academic scholar and [Turkish Academic Network And Information Center](http://ulakbim.tubitak.gov.tr/en) were examined with the “Complementary and alternative medicine, pediatric cancer and pediatric oncology” key words. Only studies which were implemented in Turkey and Turkish patients were taken for the analysis between 2000s and 2015s. Reviews and studies from different cultures were eliminated. Only seven studies investigated CAM for pediatric cancer patients in Turkey were assigned. Formun Üstü

**Results:** Frequency of CAM usage was between 42.2% and 77% among Turkish pediatric cancer patients. The most commonly used modality was herbal products such as herbal tea and herbal meal, biologically based therapies (stinging nettle-Urtica dioica, plant essence, honey of Anzer). The other methods were imagery, massage and religious therapy. Religious strategies included religion’s man prayer, votive offering and tomb visit. Whole of the studies found that patients used such CAM methods as complementary to, but not instead of, conventional therapy. Families reported their children were benefiting from CAM methods. Families were guide by the people around them for the use of CAM. Families use CAM to decrease the symptoms of cancer and side effects of the treatment, anxiety and pain arising from diagnostic procedures. Samples from whole studies reported most of the families didn’t share the use of CAM methods with their doctors/other healthcare personnel.

**Conclusions:** Nurses should have knowledge about CAM usage and methods.

**Clinical implications:** Nurses should remain informed about the benefits and adverse effects of CAM therapies to discuss treatment options with patients and their families and to monitor treatment efficacy.