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Homeopathic relief of common strains, sprains and bruising

INTRODUCTION

Homeopathic medicine, a commonly practiced medical discipline of the 19th and early 20th centuries, is experiencing a strong resurgence around the globe. In December 2008, the National Center for Complementary and Alternative Medicine and the National Center for Health Statistics (part of the Centers for Disease Control and Prevention) released new findings on Americans' use of complementary and alternative medicine. The findings are from the "2007 National Health Interview Survey." The CAM section gathered information on 23,393 adults ages 18 years or older, and 9,417 children ages 17 years and under.¹ This large study reported that almost half of all Americans have used or are using some form of complementary and alternative medicine for relief of both acute and chronic conditions. This report revealed that 15 million Americans are using homeopathic products. This amounts to between \$2.5 billion

and \$3 billion being spent annually for OTC homeopathic medicines alone.

This lesson will briefly review the origins and philosophy of homeopathic medicine. In addition, homeopathic medicines for mild trauma and injury will be reviewed, including both oral and topical OTC products.

HOMEOPATHIC MEDICINE

History of homeopathic medicine

In the early decades of the 20th century, homeopathy was near its peak in popularity within the United States. At this time, between 20% and 25% of the practicing physicians in urban areas were practicing homeopathic medicine.² There were 22 homeopathic medical schools, and at least 100 homeopathic hospitals, with reportedly more than 1,000 pharmacies carrying homeopathic medicines.² This translated to fully one-third of all American medical schools up until the 1920s and 1930s. Hahnemann Medical College in Philadel-

phia is named after the founder of homeopathic medicine. In fact, the first American national medical association was homeopathic. The American Institute of Homeopathy was founded in 1844.²



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This program is accredited for 1.0 (one) hour of continuing education credit of which 0.8 (eight-tenths) of an hour is considered pharmacology credit.

Program Goal: To increase retail clinicians' knowledge of homeopathy and ability to recommend effective over-the-counter homeopathic products for ailments related to sprains, strains and bruising from mild injury.

Learning Objectives:

Upon completion of this program, the clinician should be able to:

1. Discuss homeopathic medicines that are effective in treating pain and symptoms related to mild trauma.
2. Differentiate between the most commonly used homeopathic medicines for mild trauma.
3. Articulate homeopathic principles and philosophy, and apply these to the treatment of mild injuries, sprains, strains and bruising.
4. Demonstrate knowledge of the existing evidence in the field of homeopathic medicine as it relates to treating sprains, strains and bruising from mild trauma.
5. Explain the rationale for recommending single-drug oral homeopathic medicines, topical homeopathic products and multi-drug combination homeopathic products.

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[eight-tenths] of an hour is accredited for pharmacology) by Partners in Healthcare Education LLC, an approved provider of nurse practitioner continuing education by the American Academy of Nurse Practitioners, provider # 031206.

To obtain credit: Answer the test questions at the end of this lesson and complete the evaluation online at www.retailclinician.com. After completion of the posttest with a score of 70% or above, and completion of the program evaluation, a printable certificate will be available.

Questions regarding statements of credit should be directed to W. Lane Edwards Jr. at Lane@4healtheducation.com. This lesson is available free of charge to retail clinicians.

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