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### Suggestion of Classification of Herbal Medicinal Preparations Based on Advanced Country Regulations



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**Purpose:** The aim of this study is to find an advanced solution for classification of herbal medicinal preparations. In Korea pharmaceutical affairs act, regulations of herbal medicinal preparations are too vague to be industrial used. In this procedure, we can provide a reasonable way to classify herbal medicinal preparations for effective industrial use.

**Methods:** We researched terms of herbal medicinal preparations from regulations of advanced countries which have reasonable ways to classify herbal medicinal preparations for industrial use. And also, we studied submitted materials for approval from advanced countries regulations. Through this procedure, we collected reasonable articles and materials, and finally reflected those to Korean regulation.

**Results:** In regulations of advanced countries, including US, European union, China and Japan, herbal medicinal preparations were used and approved as medicinal products on the basis of clear regulations. In addition to this, herbal medicinal preparations were approved as new drugs under certain circumstances.

**Conclusion:** We should utilize regulations from advanced countries, we reflect them into Korean regulation. Though this, we can make Korean herbal medicinal preparations be useful and industrial, as a result we can use herbal medicinal preparations for public health.

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### Integrative medicine outcome and patient satisfaction in Saudi Governmental hospitals



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**Purpose:** Although traditional medicine is widely used in Saudi Arabia, yet Integrative medicine is a newly evolving experience in Saudi Arabia. The aim of this study is to evaluate integrative wet cupping clinic established in two secondary care governmental hospital in Saudi Arabia.

**Methods:** survey study including patient treated in the two integrative medicine clinic using a pre-structured questionnaire. Integrative medicine outcome was measured using the Integrative Medicine Outcome Scale (IMOS), while patient satisfaction was measured using the Integrative Medicine Patient Satisfaction Scale (IMPSS).

**Results:** 168 patients answered the questionnaire. 47% reported a major improvement and 26% reported a slight to moderate improvement. 39% were very satisfied and 49% were satisfied. Patients agreed (agreed – strongly agreed) that integrated cupping clinic satisfy patient needs (38% - 57%), it improves health care system (44% - 48%), and helps patient to avoid unqualified practitioners (32% - 59%). But they disagree (strongly disagree - disagree) that; ministry of health should provide only modern medicine (28% -54%) or that cupping can replace modern medicine (19% -53%).

**Conclusion:** Ministry of health models of integrative medicine clinics is a promising experience which can be replicated to more hospitals not only to respond to patient choice but to provide him with safe, effective integrative health care service.

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### The Use of Traditional and Complementary Medicine among Patients with Chronic Diseases in Mainland Northern Suburbs of Penang, Malaysia



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**Purpose:** The prevalence of Traditional and Complementary Medicine (T&CM) use is high in developed countries and is believed to be higher in developing countries, including Malaysia. However, less than 10% of patients disclosed the use of T&CM to their physician. This could impose a great risk to a certain group of patients, especially those suffering from chronic diseases whom usually on multiple drugs therapy. Thus, the primary objective of this study was to identify and describe the prevalence and frequency of various T&CM modalities that are being used among patients with chronic diseases who attended outpatient clinics around mainland northern suburbs of Penang, Malaysia.

**Methods:** A face-to-face interviewer-administered questionnaire survey was conducted on selected patients with chronic diseases who attended the outpatient clinics of Clinical Trial Center, Advanced Medical and Dental Institute and other health facilities surrounding Kepala Batas region. Complex data analysis was carried out using SPSS 18.0.

**Results:** The 1 year prevalence of patients with chronic diseases who are taking T&CM accounts for almost 56%. Natural products including marine-based, products of bees and herbal products, were the most commonly used T&CM modalities (79%). 86% of the therapies were oral medication which includes products in the form of raw (19.6%), dried (13.4%) and