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Research Article

Health students knowledge about integrative and complementary practices

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Abstract:

Integrative and Complementary Practices have gained space in public health policies and interest in them have increased. Health professors must train professionals to develop a more critical thinking, focused on integral health. This study aimed to describe about the knowledge of physiotherapy students about integrative and complementary health practices. This is a descriptive, experimental, transverse and quantitative study. The data were quantified and analyzed using descriptive statistics. The results show that although most students reported knowing some Integrative and Complementary Practices (88%), few know the National Policy of Integrative and Complementary Practices (46%), however the vast majority (90%) would indicate the treatment of some of these practices to any client, friend or family member for believing in their therapeutic effects. Acupuncture was the best-known practice among students (74%) and the technique most used by them was auriculotherapy (58%). It is suggested that higher education institutions include this theme in their curricular components and knowledge about health care must become more holistic and humanized.

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