

Audrey Schils*¹, Florence Souard¹, Stéphanie Pochet¹, Véronique Mathieu¹ and Carine De Vriese¹

¹Department of Pharmacotherapy and Pharmaceutics, Faculty of Pharmacy, Université libre de Bruxelles (ULB), 1050 Brussels, Belgium

BACKGROUND

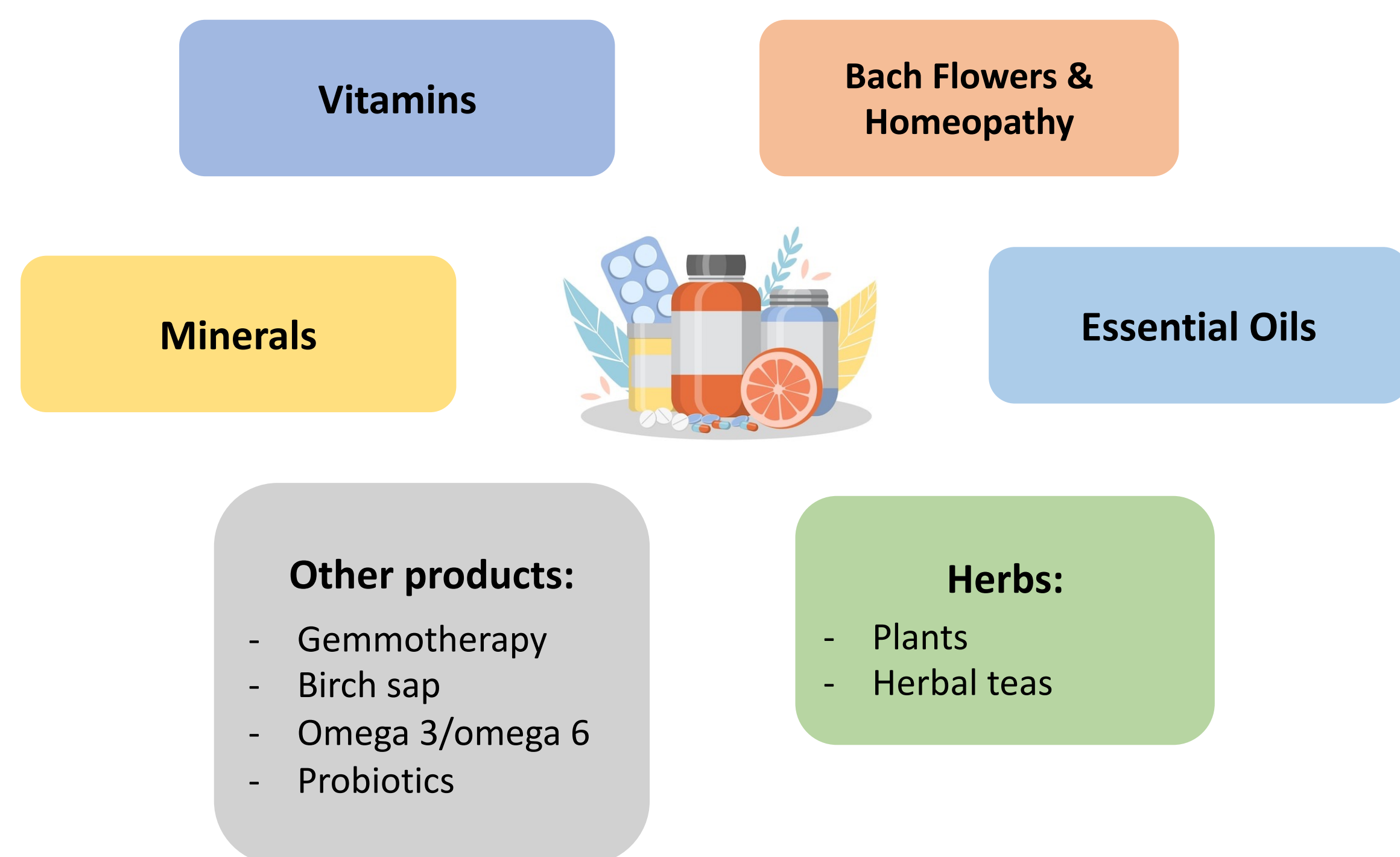
Natural Health Products (NHPs), including vitamins, minerals and herbal supplements, are the most commonly used **Complementary and Alternative Medicine (CAM)** among cancer patients. There is a concern surrounding NHPs because of potential interactions with conventional treatments.

OBJECTIVE

Our survey determined cancer patients' behaviour towards natural complementary therapies in a sample of four hospitals in Belgium.

METHOD

Natural Health Products of interest



Participants and inclusion criteria

- ✓ Being **French-speaking** adult patients.
- ✓ **Consented** to participate in the study.
- ✓ The questionnaire was **completed** by the **patients** themselves or a **relative** (in the patient's presence).
- ✓ Receiving an **anticancer treatment** at the time of the survey or having received an anticancer treatment no more than five years before participating in the survey.
- ✓ Have answered the part of the questionnaire "**habits and reasons for NHPs' use**".



Data collection and procedure

- **What?** An online questionnaire
- **Where?** In 4 different Belgium hospitals
- **When?** From October 2020 to October 2021



Purpose and goal

- Which NHPs are taken most often? **How many** NHPs do patients use?
- What is their **information source**?
- Did patients' **consumption change** after their cancer diagnosis?



Data analytics

Descriptive statistics (Excel® version 16.66.1)

RESULTS

Questionnaires collected
N = 349



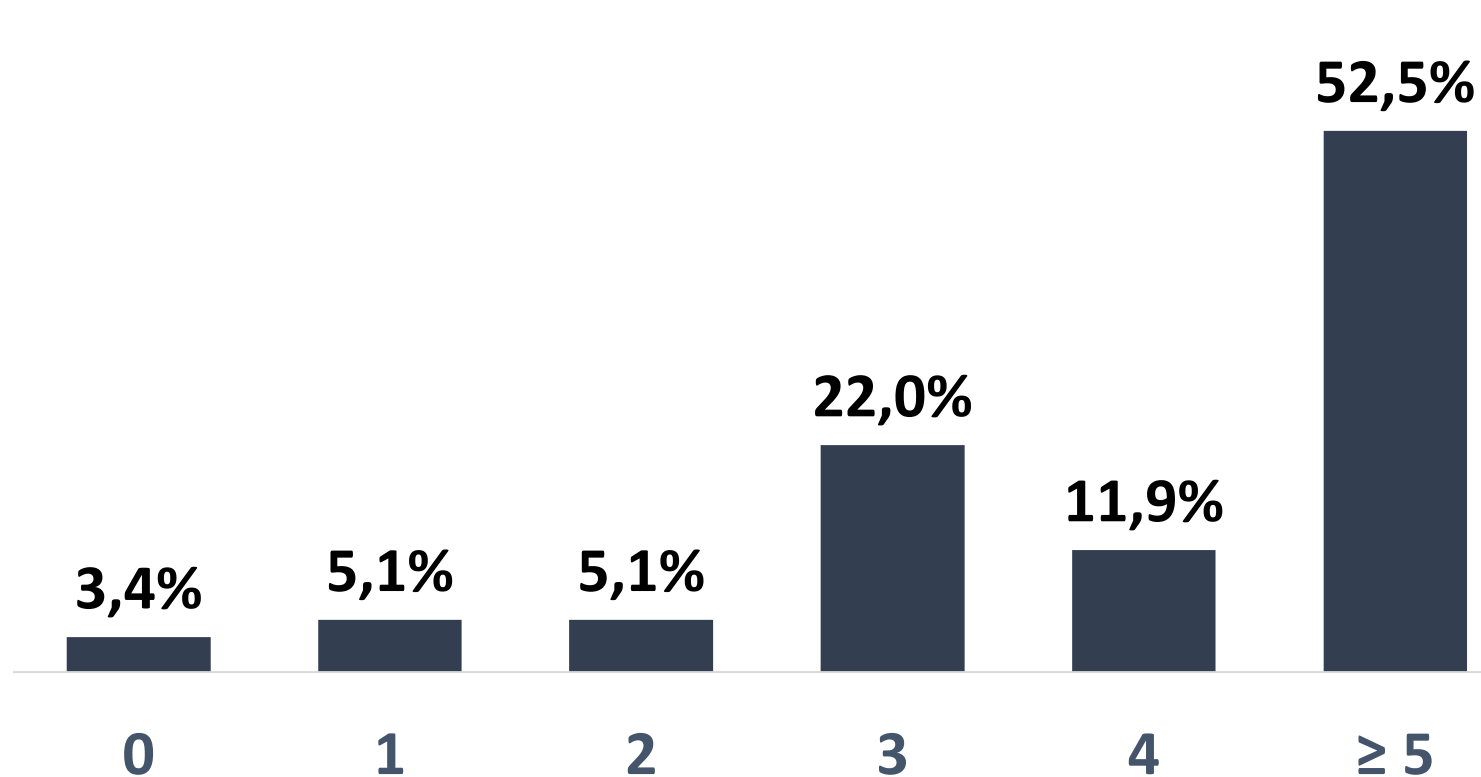
N = 59

What do patients use?*

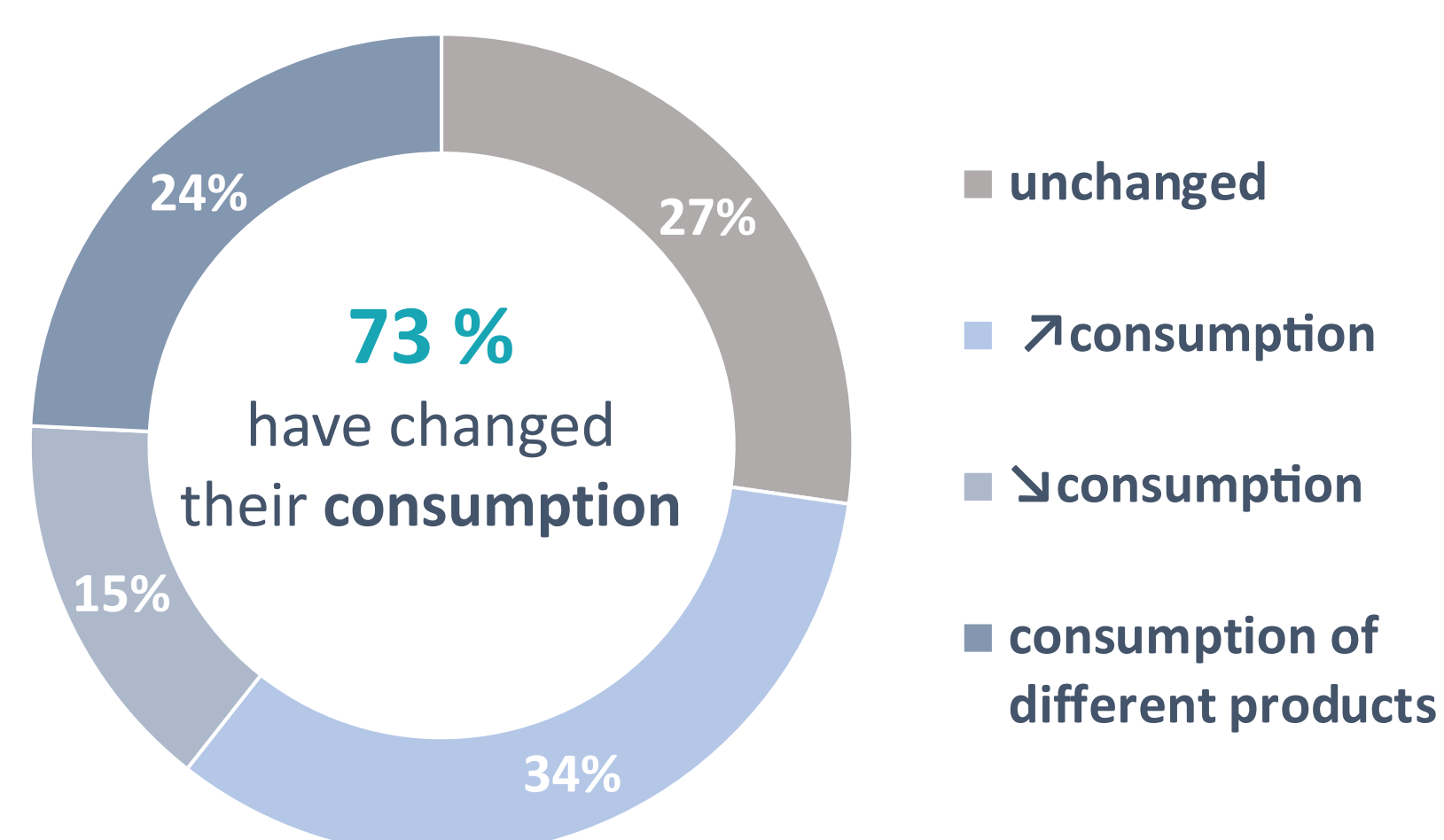
Natural Health Products	n	%
Vitamins	51	86,4%
Bach flowers & homeopathy	37	62,7%
Minerals	38	64,4%
Essential oils	38	64,4%
Herbs	50	84,7%
Other products	41	69,5%

*2 patients did not use NHPs

How many NHPs do patients consume?

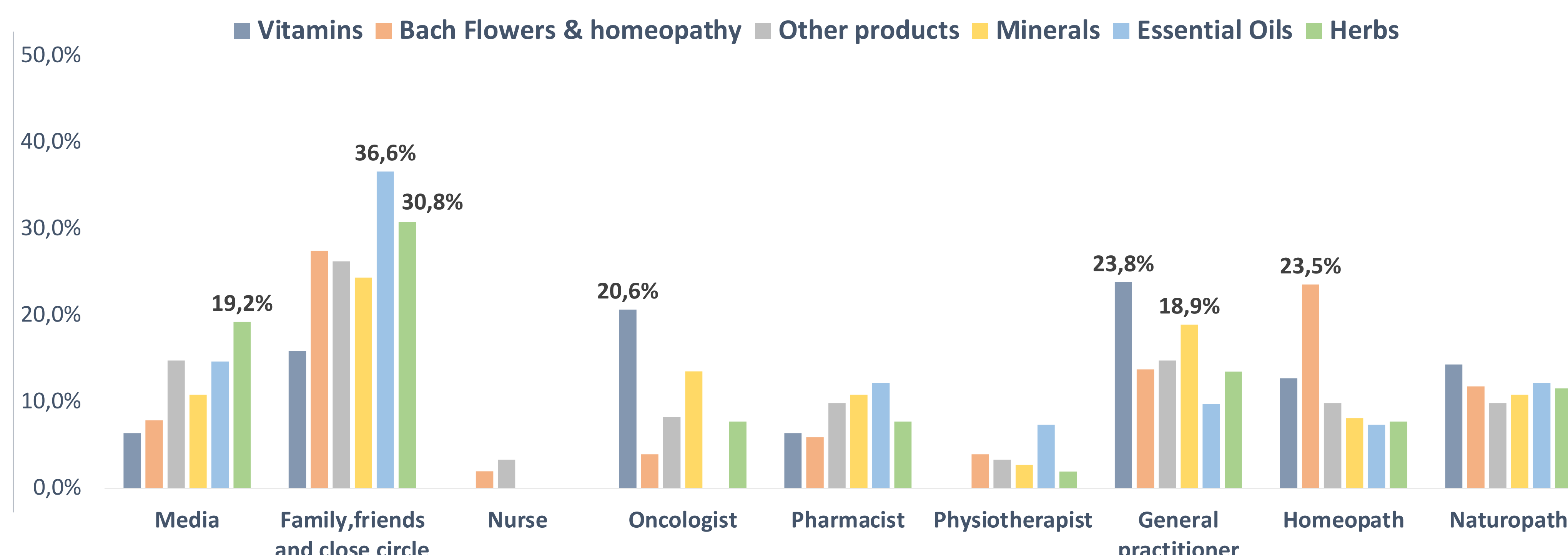


How does cancer patients consumption change after the diagnosis?



p = 0.009

What are their sources of information?



CONCLUSION

The **combination**, **high diversity** and **frequency variation** over time of NHPs highlight the importance of educating health care professionals:

- to be able to provide enough information to patients
- to avoid NHP-drug interactions

A solution could be **integrative oncology** = conventional medicine + complementary approaches.

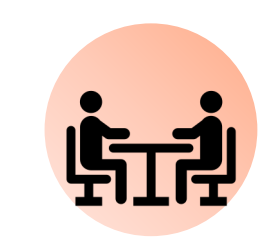
KEYWORDS



EDUCATION



ASSESSMENT



COMMUNICATION

