Complementary Alternative Medicine (CAM): What's New and What We Need to Know---
Taking a History and Providing Guidance on Patients’ Use of CAM in Allergy and Asthma
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Taking a CAM history

1. Forced response (Scarton et al., AMIA Annu Symp Proc 2011: 1217-23)

2. Open ended responses
   a. NCCAM classifications
      i. **Natural products-botanicals, minerals, specialized diets, dietary supplements**, herbs and herbal preparations, vitamins and probiotics
      ii. **Mind-body**-meditation, acupuncture, Tai Chi, guided imagery, relaxation, hypnosis, qi gong, yoga, art or music therapy, cognitive behavioral therapy, biofeedback, journaling, breathing retraining, humoral balance, deep breathing, prayer
      iii. **Manipulative and Body-Based Practices**-massage, spinal manipulation
      iv. **Movement**-Pilates, Rolfing, Alexander technique
      v. **Traditional healers**-Shaman, Curandero, Santero, Hounag, Mambos
      vi. **Energy healing**-magnets, crystals, Reiki. light, therapeutic touch
      vii. **Whole Medical Systems**-TCM, Ayurveda, naturopathy, homeopathy
   b. Home remedies/folk medicine/cultural beliefs
      i. Is there anything you eat or drink (or avoid eating or drinking) for your health?
      ii. When you have an asthma attack, tell me everything you do to improve your breathing. Walk me through all the steps you take during an attack.
      iii. Tell me everything you do to prevent an asthma attack. How about in hot weather? Cold weather?
   c. Beliefs about conventional treatments and providers
      i. Do you have any concerns about the safety of, or need for, this treatment?
      ii. Do you have any concerns about why I prescribed this treatment for you?
   d. Refer to resources to determine if there are potential dangerous interactions or behaviors associated with this therapy