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# Assessing the Health of



American Medical College *of* Homeopathy  
*Transforming Lives*

# Types of Homeopathic Research

- 1. Basic Science
- 2. Clinical Science
- 3. Homeopathic Science (eg. Provings)
- 4. Community Science
- 5. Educational Science

# Purpose of Community Research

- Assess the health of the US Homeopathic Community
- Provides benchmarks to measure where we are against the past, internationally and better plan for our future
- Helps us to better understand the homeopathic community including:
  - Demographics of Patients, Practitioners and Educators
  - Success Rates in Treatment, Practice and Education
  - Cost Effectiveness of Treatment, Practice and Education
  - Effectiveness of various styles and types of homeopathic practice
  - Self awareness-needed to grow
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# Key Questions

- How healthy is the US homeopathic community?
- National Health Statistics Report 2009: Costs of Complementary and Alternative Medicine (CAM) and Frequency of Visits to CAM Practitioners: United States 2007
  - Homeopathic Medicine-1% of CAM Visits
  - 11th most common form of CAM in terms of visits to practitioners
  - 5th most common in out of pocket costs
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# AMCH Community Research

- National Homeopathic Practitioner Survey
  - Completed 2006
  - 1150 participants
- National Homeopathic Patient Survey
  - Completed 2007
  - 1150 participants
- National Homeopathic Educational Survey
  - Completed 2008
  - Students, teachers, administrators
  - 300 participants

Complete results available at

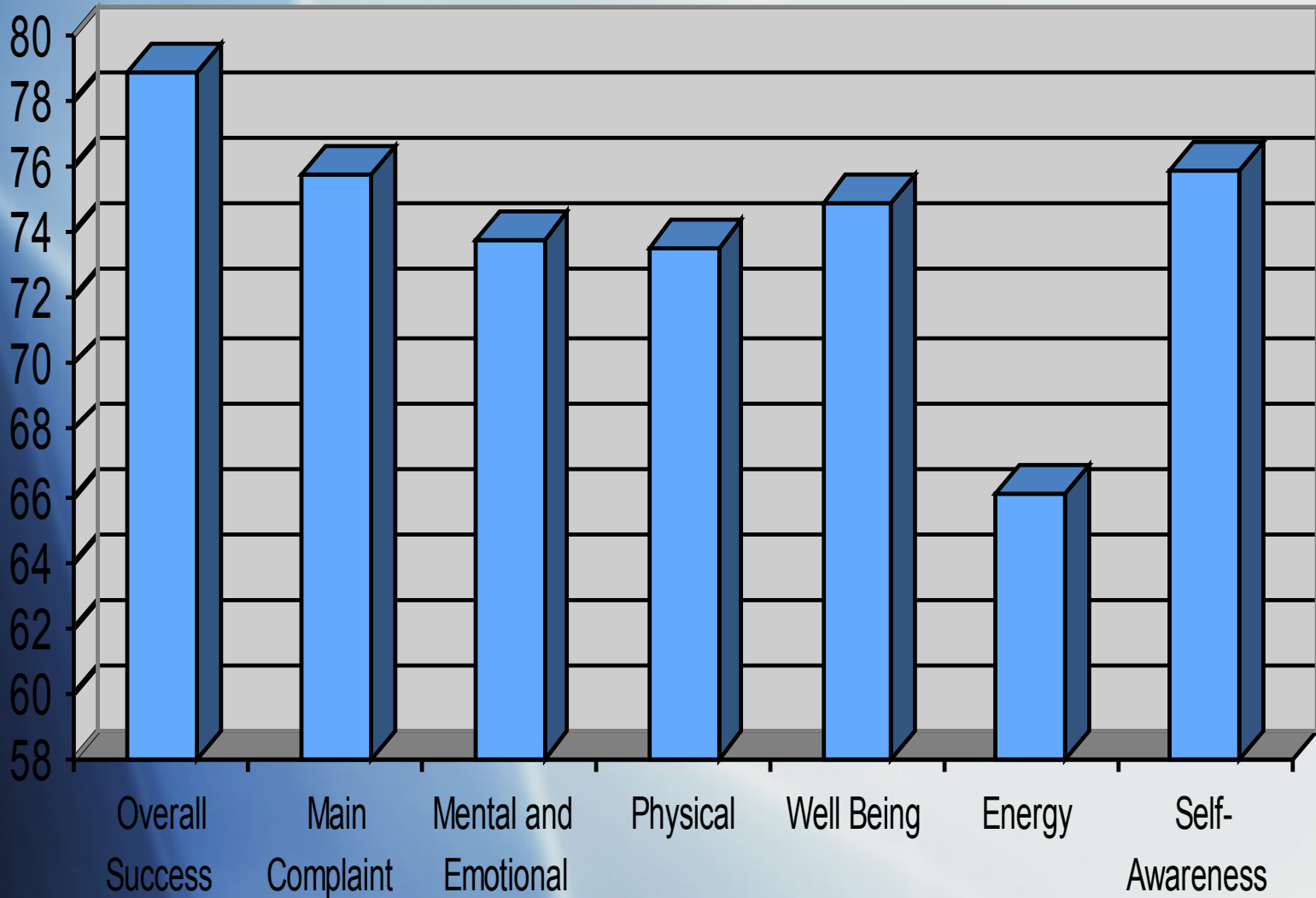
[www.amcofh.org/Research/CommunityScienceResearch](http://www.amcofh.org/Research/CommunityScienceResearch)

# **Patient Survey**



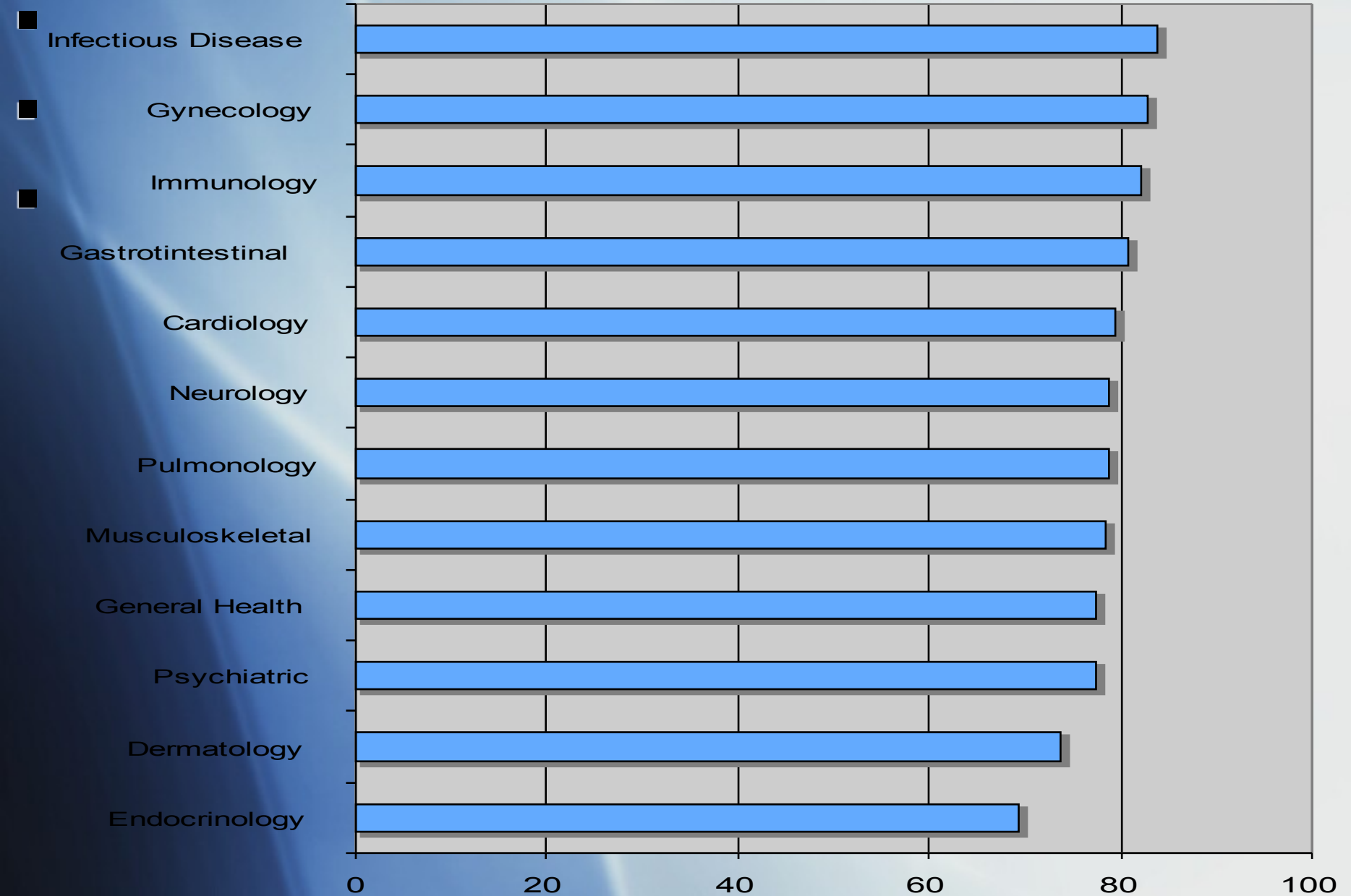
# **How Successful is Homeopathic Treatment?**

# Success Rates (%)





# Success Rates by Condition



# Homeopathic Treatment Results are Not Due to the Effects of Placebo

- Placebo response rate is generally around 30-40%
- General response rate to homeopathic treatment was 79%
- There was a lack of significant correlation between length of time in treatment to results ( $r=0.007$  with a p value of 0.862, i.e., not at all significant). Placebo effects tend to occur early in treatment and then taper off over time.

# Parameters that Effect Results

<u>Parameter</u>	<u>Result</u>
Sex	Women get better results then men
Age	Younger patients do not respond as well to treatment; elderly patients show an average response
Species	Animals show the same response rate as humans
Marital Status	Married Patients Get Better Results
Educational Level	Average Response Rate
Sensitivity to Conventional Medication	Slightly Improved Response Rate
Sensitivity to Homeopathic Medication	Slightly Improved Response Rate
Classical Homeopathy	Average Response Rate
Complex Homeopathy	Slightly Reduced Response Rate
Combined Classical and Complex	Average Response Rate
Long Length of Treatment	Slightly Improved Response Rate
Frequent Visits to Practitioner	Average Response Rate
Past Treatment Responders	Slightly Improved Response Rate
Past Treatment Failures	Average Response Rate

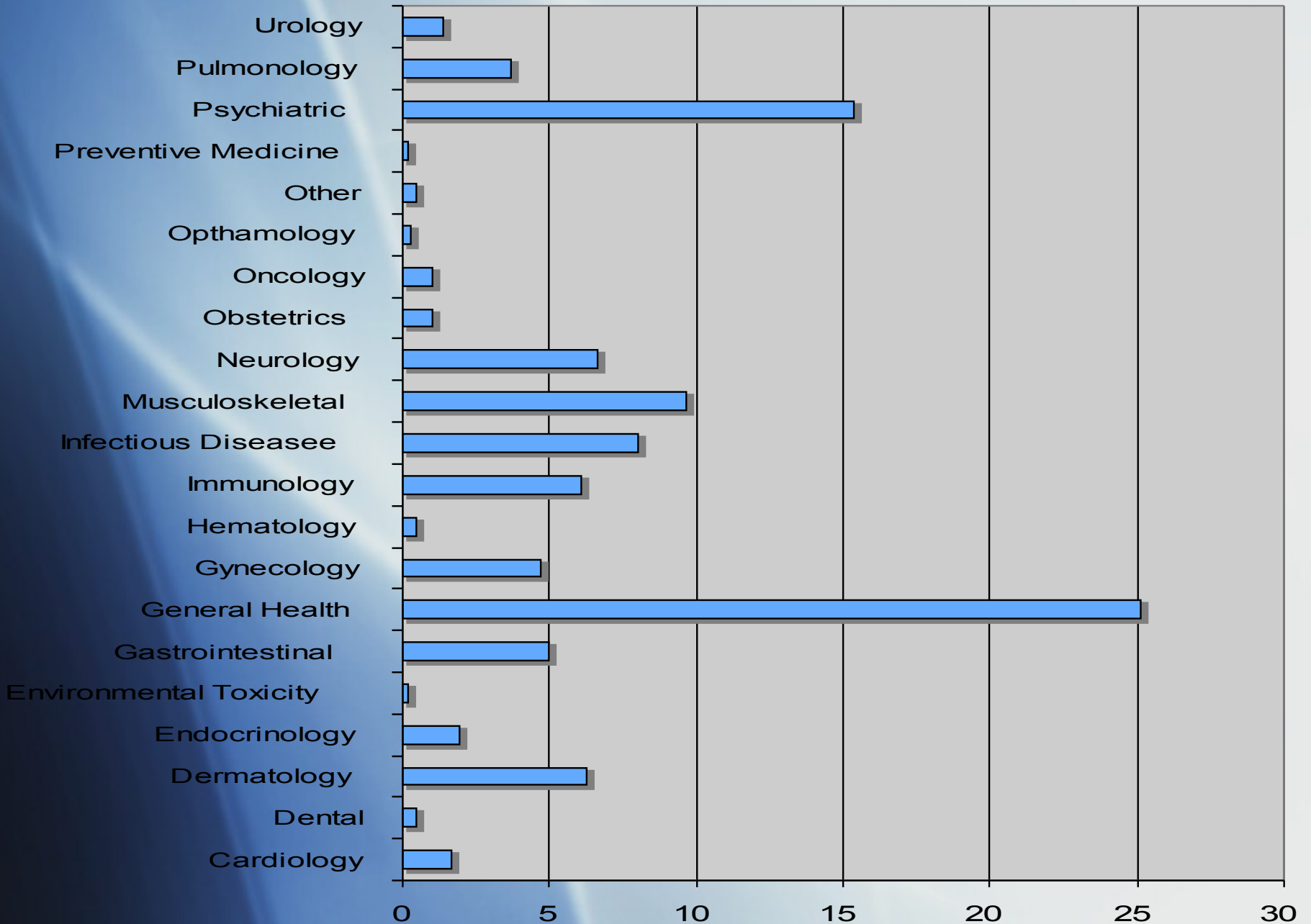
# Parameters that Effect Results

<u>Parameter</u>	<u>Result</u>
■ Endocrinology chief complaint	Reduced response rate
Gynecology, Immunology, Infectious Disease, chief complaint	Improved Response Rate
Polycrest Prescriptions	Average Response Rate
Frequent Antidoting	Reduced Response Rate
Strong Side Effects	Reduced Response Rate
Low Compliance With Treatment	Reduced Response Rate
Understanding How Homeopathy Works	Improved Response Rate
Cardiology, Dermatology, Gastrointestinal, Musculoskeletal, Neurological, Psychiatric, Pulmonary chief complaint	Average Response Rate
High Cost	Reduced Response Rate



# **What Do Homeopathic Practitioners Treat?**

# Total Respondents (%)



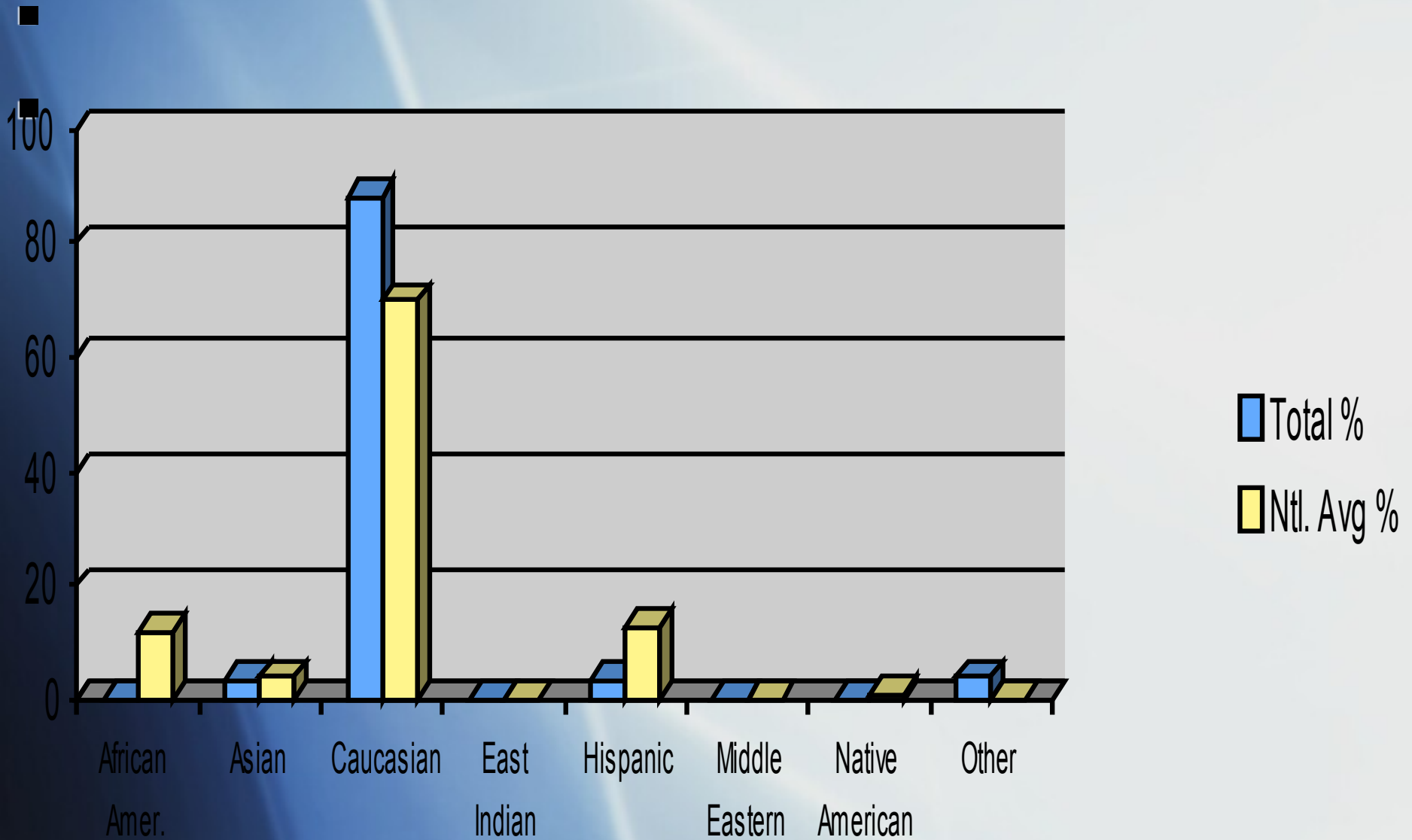
**Do Homeopathic Patients  
Reflect the Typical Diversity  
of the US Population?**

- We found that there were many populations that were underserved by homeopathic medicine. These included:
  - Low income populations
  - Hispanic community
  - African American community
  - Native American community
  - Elderly

■



# Ethnic Diversity of Homeopathic Patients

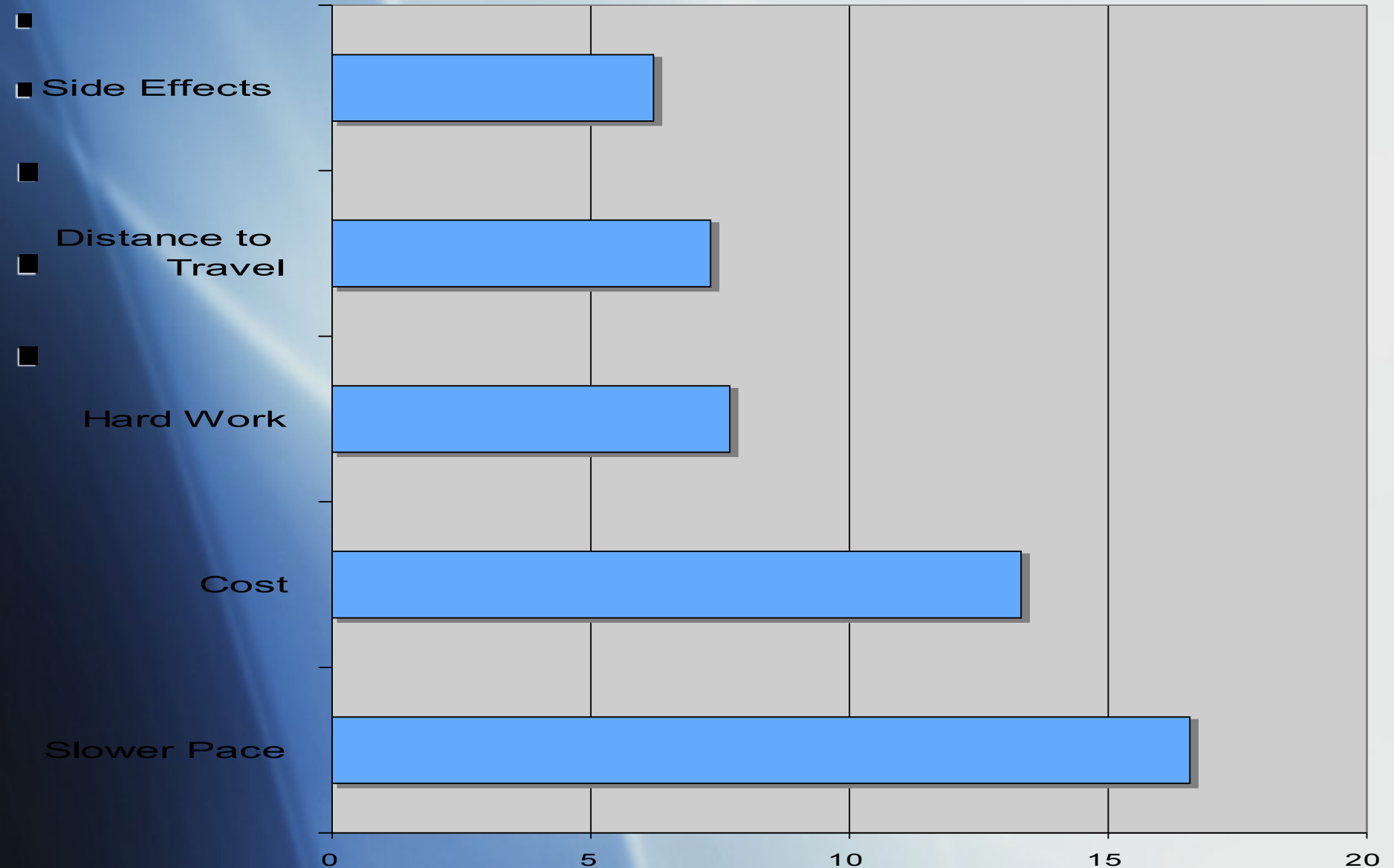


# Is Homeopathic Treatment Affordable?

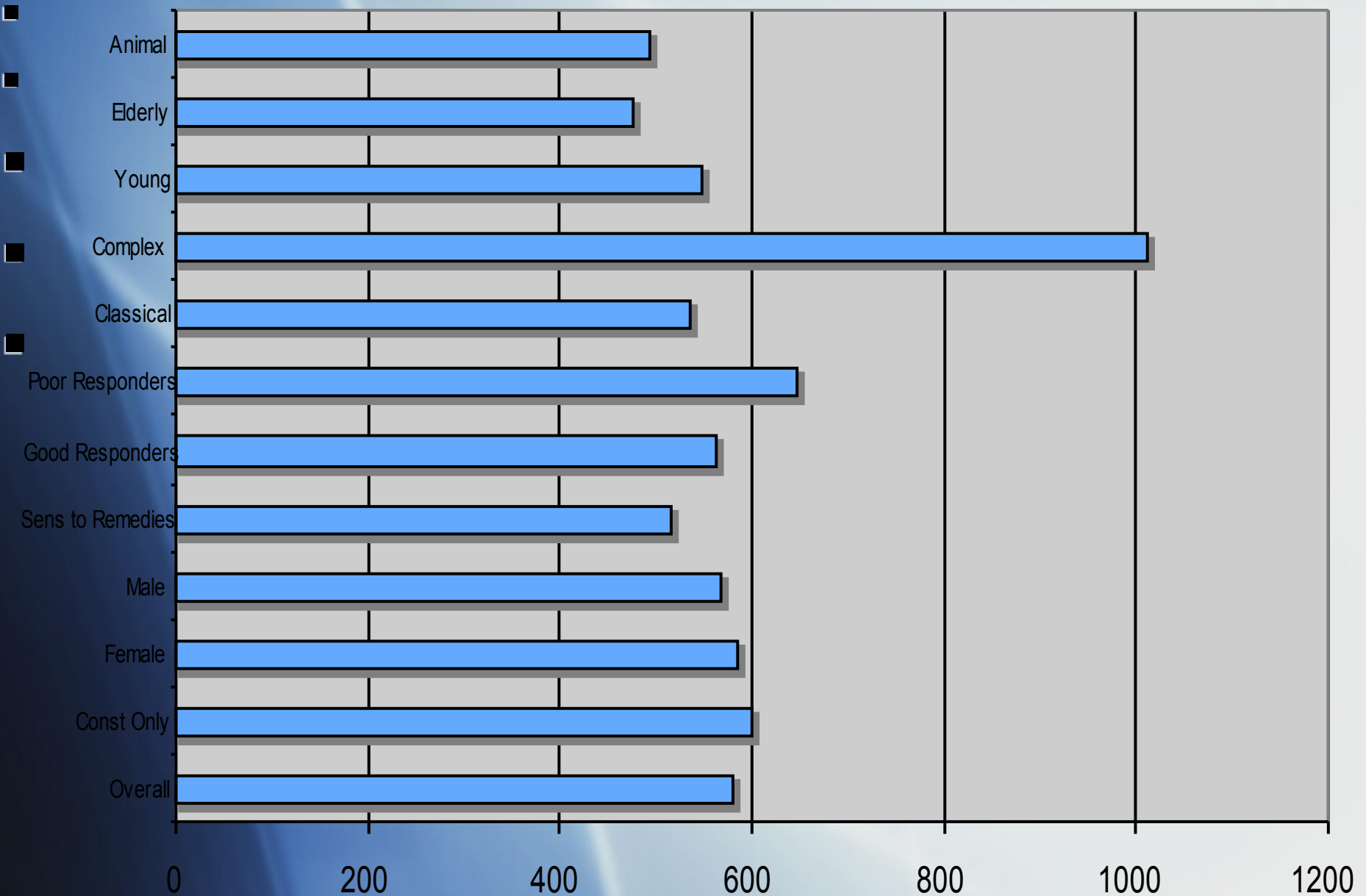
- National Homeopathic Patient Survey
- This was a major complaint of homeopathic patients in the survey.
- However the average cost of homeopathic treatment annually was only \$580.78 per year.
- The average cost savings of the reduction in conventional medication and supplements was \$1033.20 per year.
- This makes for a net cost savings of \$452.42 per year.

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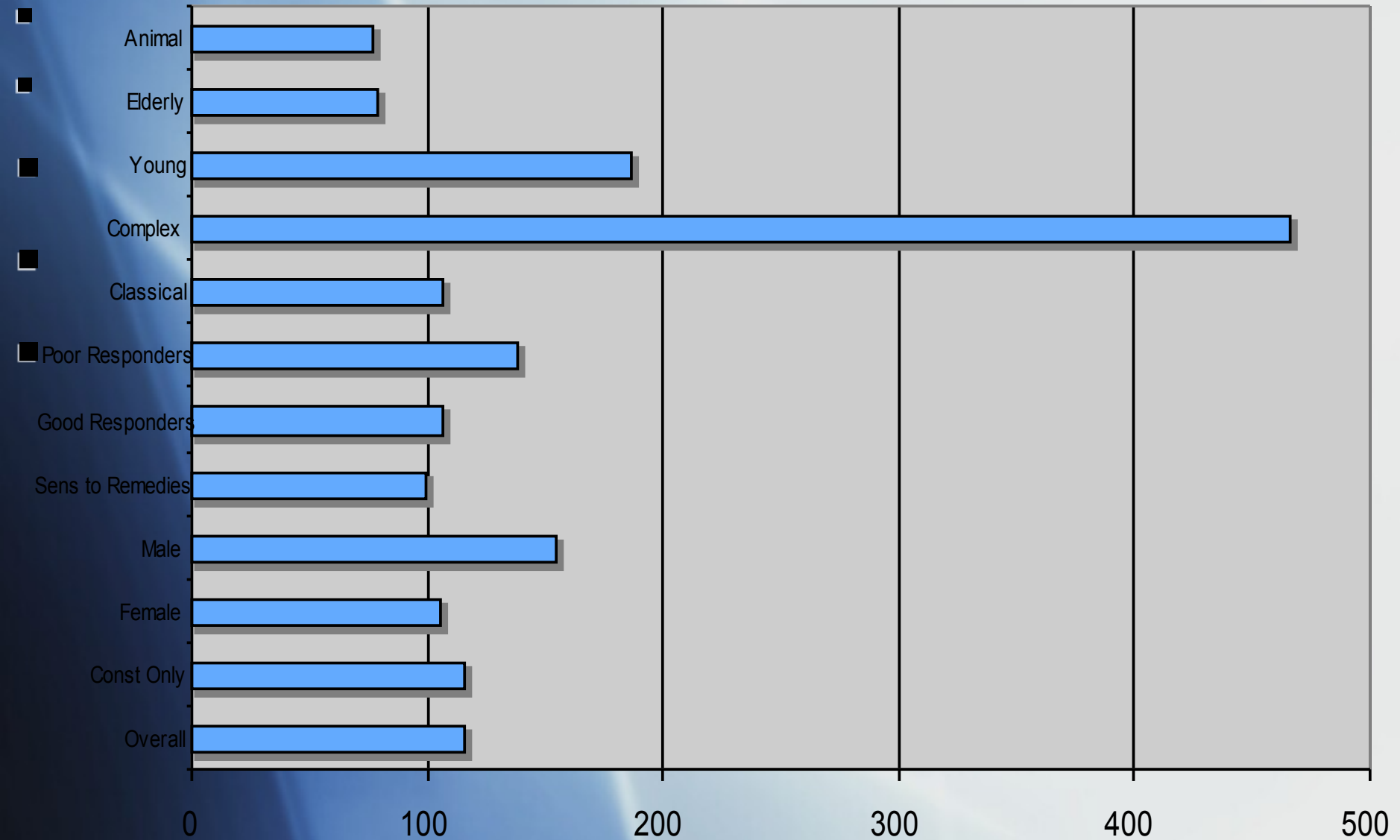
# What Do Homeopathic Patients Like Least About Treatment?



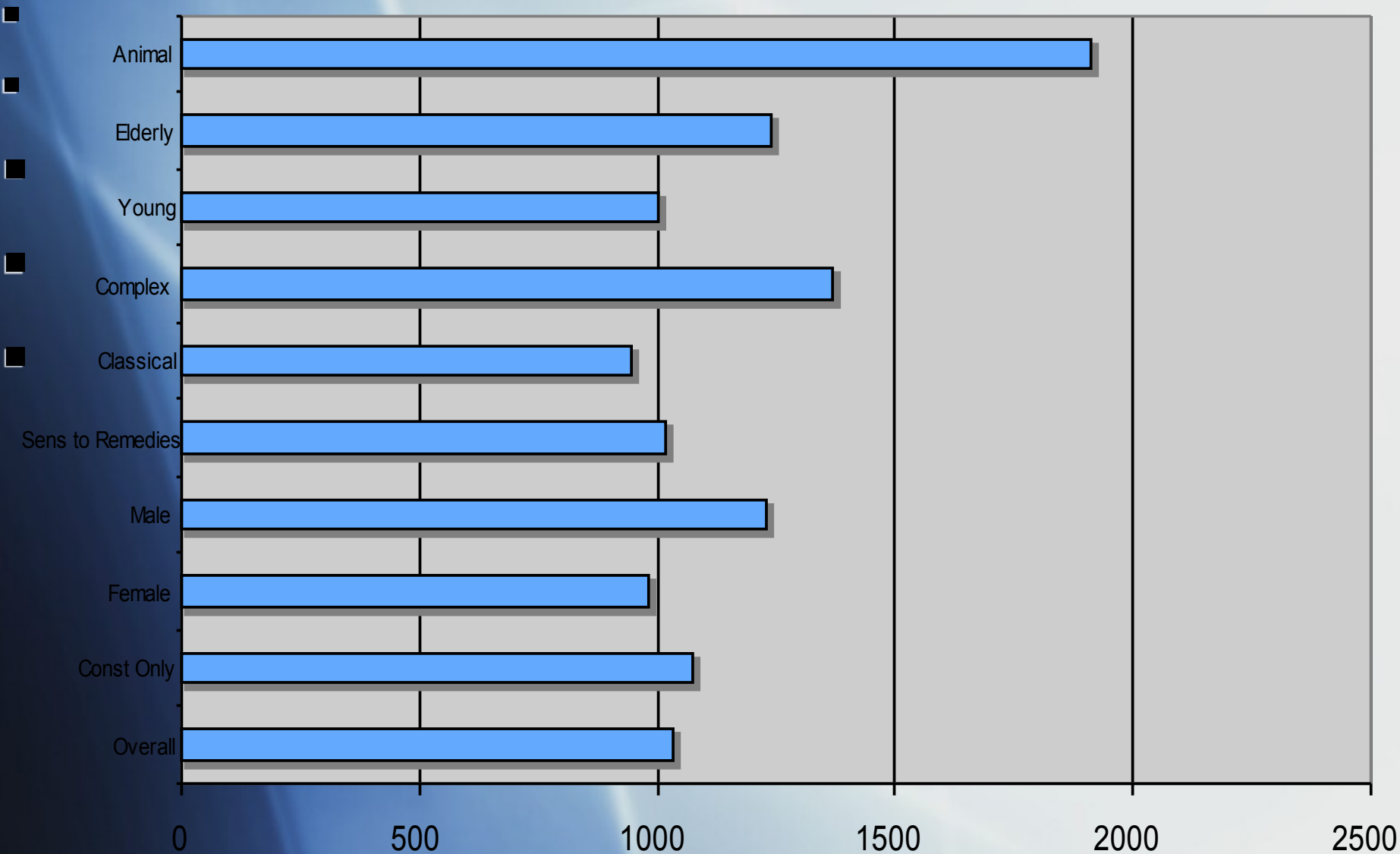
# Average cost for treatment (in US Dollars)



# Average Cost for Homeopathic Medication (in US Dollars)



# Average Cost Savings From Reduction in Conventional Medication (in US Dollars)



## Patient Survey Recommendations

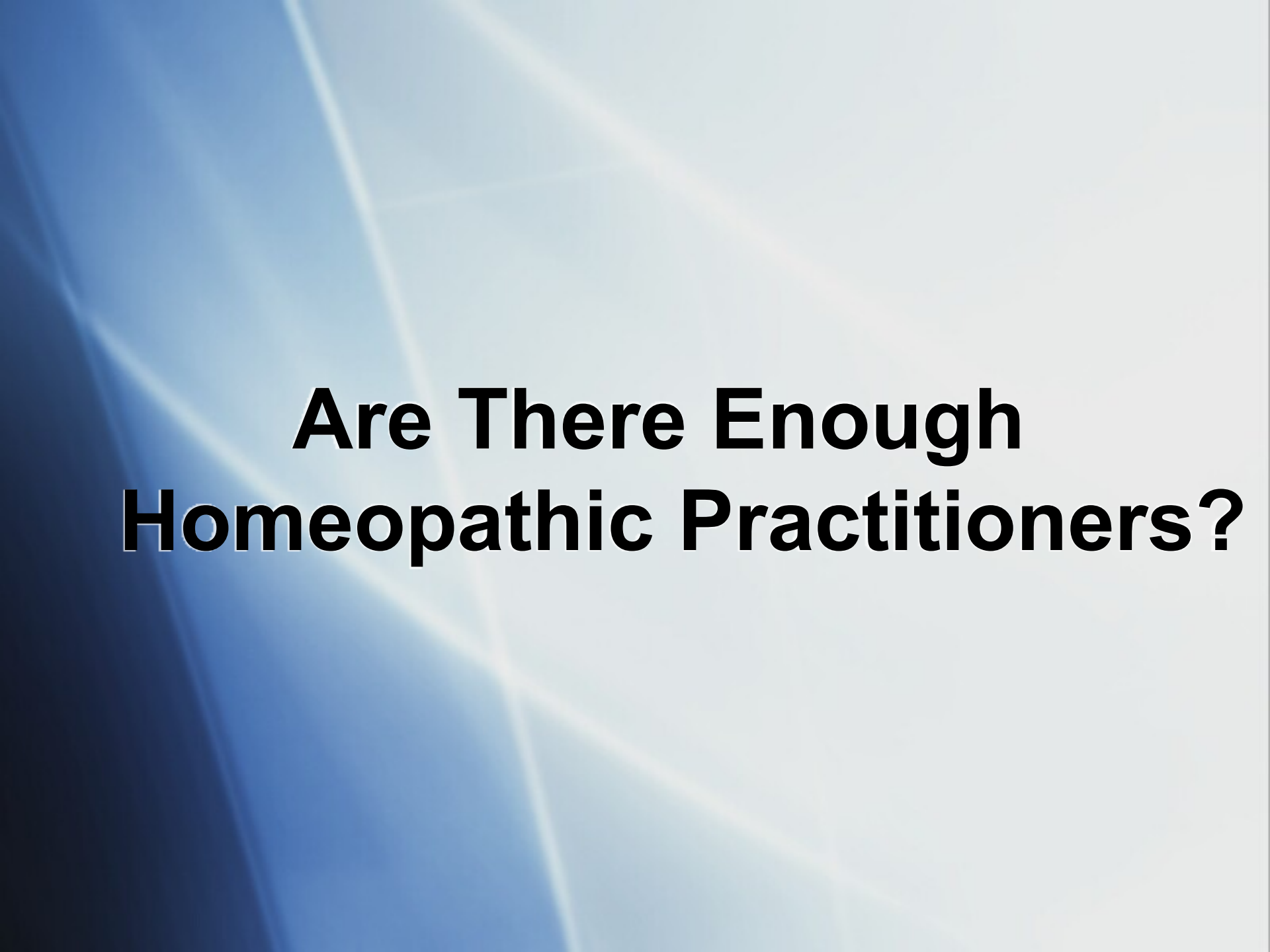
- 1. The homeopathic community needs to train more homeopathic practitioners.
- 2. The homeopathic community needs to reach out to more diverse ethnic groups for treatment.
- 3. The homeopathic community needs to find better ways of reaching men in homeopathic treatment.
- 4. Further research needs to be done on comparing the efficacy of complex vs. classical homeopathic treatments.
- 5. Further research needs to be done comparing the results of this survey to other alternative medicine fields within the United States.

## Patient Survey Recommendations

- 7. Further research needs to be done comparing the efficacy of hahnemannian methods vs. more modern methods of prescribing.
- 8. The homeopathic community should seek out methods to improve affordability for its patients.
- 9. Research needs to be done on reevaluating the potential for homeopathic treatment to cause side effects (other than a return of old symptoms).
- 10. The homeopathic community needs to do a better job in educating its patients about how homeopathic medicine works.
- 11. The homeopathic community should develop better marketing strategies that reflect the needs of their patients.



# Practitioner Survey



# **Are There Enough Homeopathic Practitioners?**

# Are There Sufficient Numbers of Homeopathic

## Practitioners in the US.

- 
- Levels of Practice (Practitioner Survey)
  - Level One: Appreciator
  - Level Two: Experimenter
  - Level Three: Acute Prescriber
  - Level Four: Integrative Prescriber
  - Level Five: Homeopathic Practitioner
- A Primary Complaint of Patients About Homeopathic Practice (Patient Survey)
  - Long Distance to Travel to Practitioner
  - Difficulty Locating a Practitioner
- Paucity vs. Density of Practitioners in Certain States
  -

# Numbers of US Homeopathic Practitioners

Practitioner	Level Five	Level Four	Level Three	Level Two	Level One
MD, DO	400	700	1000	2500	7000
ND	150	1000	2000	5000	10,000
Nurses	500	1000	3000	18,000	70,000
DC	50	200	5000	10,000	25,000
LAc, OMD	50	225	500	1000	5000
DVM	50	250	1000	2000	4000
Unlicensed	1000	3000	20,000	250,000	12,000,000
<b>Total</b>	<b>2200</b>	<b>6350</b>	<b>32,500</b>	<b>288,000</b>	<b>12,120,000</b>

## Relative Distribution of Homeopathic Practitioners per Capita

AZ: +3.45

CO: +4.0

KS: -4.65

Missouri: -9.8

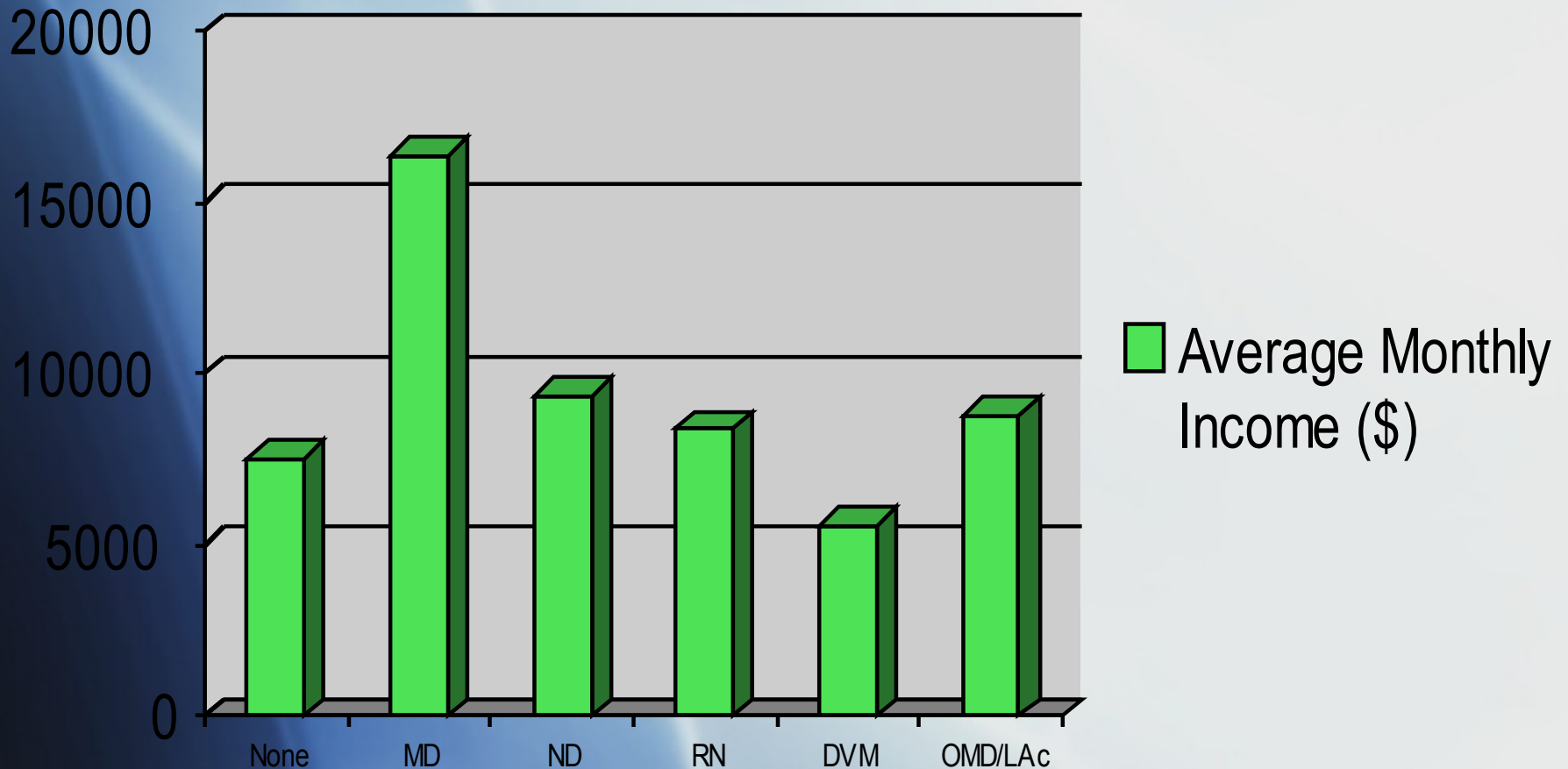
SC: 4 -3.6

VT: +4.3



# It is impossible to make a living practicing homeopathic medicine?

■ National Homeopathic Practitioner Survey (Monthly income) (%)



**Is Success in Treatment  
Dependent on What  
Methods Are Used?**

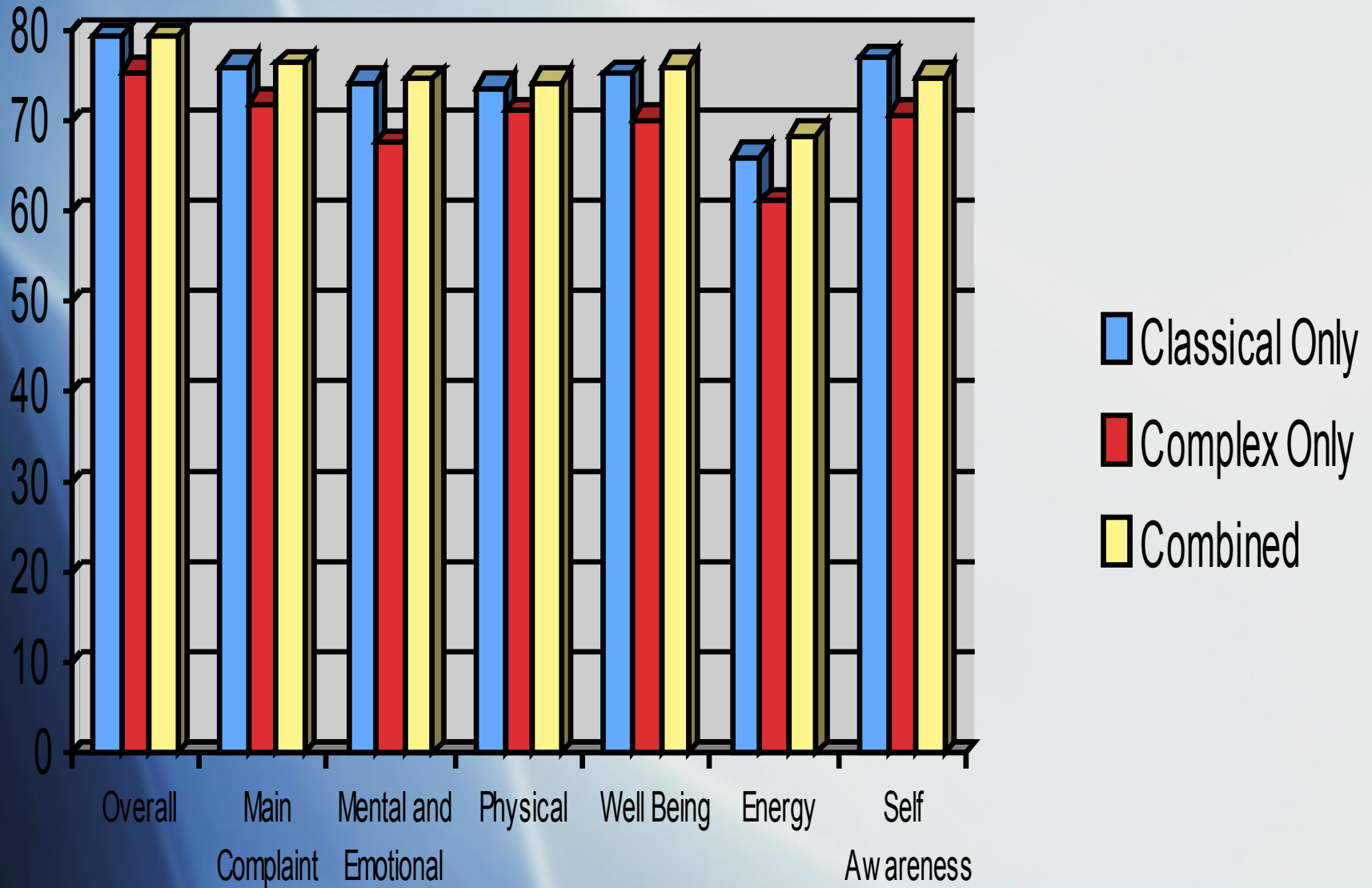
## Homeopathic Treatment Methodologies

- We found in this study that patient reported success for classical homeopathy was statistically higher in all categories than for complex homeopathic treatment [overall success ( $p=.002$ ); chief complaint ( $p=.001$ ); Mental/emotional improvement ( $p=.006$ ); Physical improvement ( $p=.0009$ ); Well being improvement ( $.002$ ); Improvement in energy ( $p=.009$ ); Improvement in awareness ( $p=.009$ ).
- We found that there were no statistically significant differences between classical homeopathic treatment and combined classical and complex homeopathic treatment.
- Success rates were the same for those patients treated with polycrest remedies and those treated with smaller remedies.

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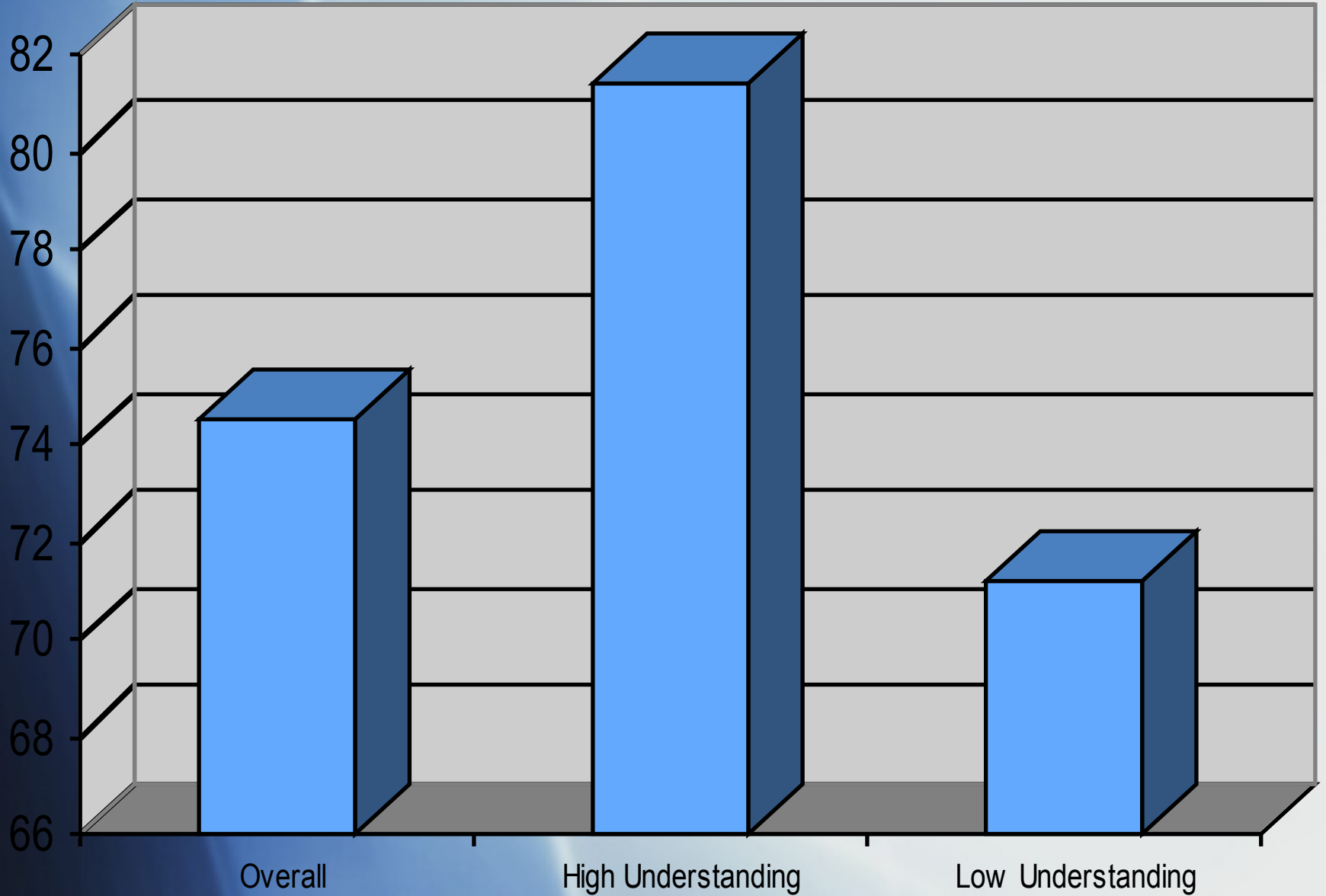


# Success Rates by Type of Homeopathic Treatment (%)



**Does Educating Our Patients  
Effect Treatment Success?**

# Success Rates and Patient Education (%)



# Practitioner Survey Recommendations

- 1. The homeopathic community needs to find way to attract younger practitioners into the profession.
- 2. The homeopathic community needs to find ways to attract more men to the field.
- 3. The homeopathic community needs to find ways to attract more ethnically diverse practitioners, especially African Americans and Hispanics.
- 4. The homeopathic community needs to do a better job at attracting homeopathic practitioners as their first career.
- 5. The homeopathic community needs to find ways to increase the length of veterinary homeopathic education.

## Practitioner Survey Recommendations

- 6. The homeopathic community needs to find ways to attract DC's and PA's to the homeopathic profession.
- 7. The homeopathic community needs to charge more for homeopathic services.
- 8. The homeopathic community needs to find ways to make the homeopathic profession more lucrative for its membership.

# **Educational Survey**



# **Is Homeopathic Education Growing in the US?**

## Comparison of Studies

<u>Parameter</u>	<u>1998 Study</u>	<u>2008 Study</u>	<u>Comments</u>
# of Schools	36	29	A 19.4% reduction in the number of schools.
Average Length of School	10 Years	8 Years	Some of the oldest schools have closed in the last decade.
Average # of Alumni	35	46	
Total # of Graduates	650	1850	



# Homeopathic Education

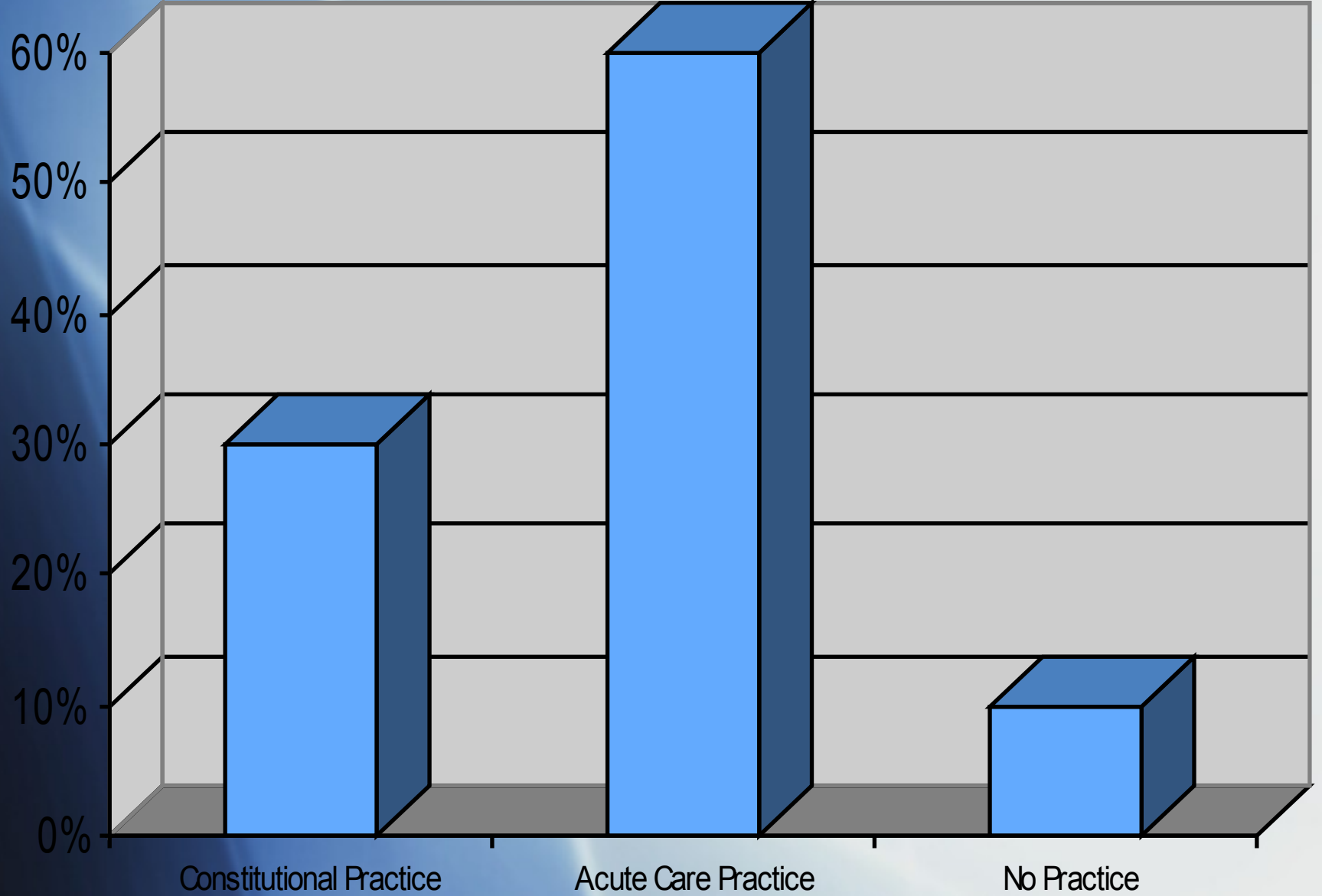
<u>Parameter</u>	<u>1998 Study</u>	<u>2008 Study</u>	<u>Comments</u>
■			
▲ Alumni That Become Nationally Certified	?20%	50%	
Institutions That Solely Focus On Homeopathic Training	78%	85%	
State Government Recognition	57%	50%	
Average Age of Homeopathic Student		49 years old	2nd and 3rd careers

# US vs. European Homeopathic Education

<u>Category</u>	<u>North American Data</u>	<u>European Data</u>
<b>Offer Medical Education as Part of the Program</b>	40%	60.5%
<b>Average Number of Students Enrolled Per Course</b>	20	49
<b>Average Number of Students Graduating</b>	80	177
<b>Part Time vs. Full Time</b>	100% Part Time	92.5% Part Time
<b>Average Length</b>	30 months	42 Months
<b>Average Teaching Hours</b>	550 Homeopathic Hours	977 Hours (555 for homeopathy only)
<b>Clinical Training Hours</b>	200 Hours	210 Hours
<b>Courses That Offer Medical Training</b>	Not studied	334 Hours of Medical Teaching
<b>% Accredited or Recognized</b>	37%	82%
<b>Duration</b>	8.25 Years	13 Years

**What proportion of  
graduating students go on  
to practice?**

# Practice Rates for Alumni after Two Years



## Educational Recommendations

- 1. Homeopathic schools need to do a better job teaching homeopathic remedy preparation.
- 2. Homeopathic schools need better training in business and marketing skills.
- 3. Homeopathic schools need to do a better job educating their students about the economics of practice.
- 4. We need more homeopathic schools in the central regions of the United States.
- 5. We need more homeopathic teachers from the central regions of the United States.
- 6. Homeopathic schools need to find ways to attract younger students.
- 7. Homeopathic schools need to find ways to attract more men.

## Educational Recommendations

- 8. Homeopathic schools need to find ways to attract more ethnically diverse students.
- 9. Homeopathic schools needs to do a better job in attracting homeopathic students as their first career.
- 10. Homeopathic schools need to find ways to better attract DC's and PA's.
- 11. Further research needs to be done comparing the results of this survey to other alternative medicine fields within the United States.
- 12. Further research needs to be done comparing the results of this survey to international homeopathic studies.
- 13. Homeopathic schools should seek out methods to improve affordability for its students.

## Educational Recommendations

- 14. School should provide more technology support for their faculty and students.
- 15. There is a need for better teacher training and support, especially for new faculty.
- 16. There is a need for better support for School Directors.
- 17. School directors need to be better paid for their work.
- 18. The homeopathic community needs to work together to find ways of expanding the legal practice of homeopathy. Students need to feel that they can legally practice after graduation and are supported by a strong profession.
- 19. Schools need to do a better job of mentoring students and providing both peer, faculty and administrative support.
- 20. Homeopathic schools in North America would benefit from better standards and pursuit of accreditation.

## Caveats on Data (Bias)

- 1. Volunteers
- 2. Comfort level with on-line communications and technology
- 3. Methods of reaching patients, practitioners, educators
- 4. Memory based data
- 5. Heterogeneity of subject population
- 6. Sample size
- 7. Confusion of terms (eg. “success”)



# Conclusions

- 1. Homeopathic Medicine is not growing in the United States and has been stagnant over the last ten years.
- 2. The number of practitioners has remained unchanged in the last ten years.
- 3. The number of patients engaging in homeopathic medicine has remained unchanged in the last ten years.
- 4. The number of homeopathic schools and alumni has largely remained unchanged in the last ten years.
- 5. Most homeopathic school graduates do not end up practicing.
- 6. Homeopathic schools are not attracting younger students.

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# Thank You

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