

## **ABSTRACT**

### **Regulation of integrative and complementary medicine**

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**Background:** The prevalence of complementary and alternative medicine (CAM) is high 76% and it is rising. In the Czech Republic, there are no legislation or general standards that would ensure uniform requirements for providing CAM. At present, there is a lack of comprehensive understanding of how CAM methods are provided.

**Aim:** To determine the level of regulation of the most commonly used CAM methods in the Czech Republic.

**Methods:** The level of regulation has been evaluated according to regulatory criteria based on requirements for healthcare professionals. The list of the researched methods is based on foreign studies and at the same time specific CAM methods for the Czech Republic were added. Specific methods were selected by the expert group. The data was obtained by searching the Internet using The Google. The obtained data was processed in MS Excel using descriptive statistics.

**Results:** Altogether, 98 CAM methods were searched. Of these, 28 methods were excluded from the evaluation, 70 methods were evaluated according to the criteria, and 2 methods were double scored. The highest score of 9 points was achieved by music therapy. It was followed by homeopathy with 8.5 points, artetherapy, dramatherapy and nutrition counseling with 8 points, aromatherapy and naturopathy with 7.5 points, traditional chinese medicine, massage, rolfing, shiatsu with 7 points. Methods with least points, corresponding to 0 points, were Hopono pono, kampo medicine, parapsychology, shamanism, tibetan medicine. A total of 20 methods met the criteria to more than 50%. Biologically based practices achieved the highest average score of 5.6. Energy-based medicine gained the lowest average score of 1.

**Conclusion:** The level of regulation of individual CAM methods varies considerably. It is also different from state to state. Because CAM methods are popular and often used, it is important to ensure their safety and quality, so further research in this area is desirable.