

# ABSTRACT

## REGULATION OF THE INTEGRATIVE AND COMPLEMENTARY MEDICINE IN THE SLOVAK REPUBLIC

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**Background:** Interest in the use of complementary and alternative medicine (CAM) in the Slovak Republic is increasing. However, there are no laws and regulations that would regulate the requirements for provision and expertise in the CAM.

**Aim:** The aim of the diploma thesis is to evaluate the regulation of selected CAM methods in the Slovak Republic, based on the criteria that are placed on therapeutical non-medical professions.

**Methods:** The selected CAM methods were evaluated according to the eleven selected criteria. In benchmarking, each method could gain a maximum of 10 points and a minimum of 0 points. The criteria had value 1 or 0.5 points. Descriptive statistics were used for evaluation using the Numbers program.

**Results:** Ninety-seven methods were examined, of which 69 methods were evaluated according to established criteria. Sixteen methods met the criteria to over the 50 %. Highest score, 9 points, received music therapy and a sports personal trainer. The lowest score, 0, obtained the methods: Alexander's technique, AFT method, Buteyko breathing, EFT method, Feldenkrais method, Hagiotherapy, Holotropic breathing, Ho pono pono, RUŠ method, Mohendžodar, Parapsychology, Rebalancing, Family installations, Rolfing and Tibetan medicine. Represents less than 22 % of all methods studied. The highest average scores of 5.5 points gained the category of medicine based on energy, the lowest average score of 2.4 points was obtained category of manipulative technique. Of all the evaluated methods, 68 % meets the criterion of the international exchange rate and only 1.5 % fulfills the criterion of compulsory registration in a professional organization.

**Conclusion:** The regulation of the professions of selected individual CAM methods is inconsistent, it also varies considerably between Slovakia and the Czech Republic or other states. It would be beneficial to continue with further research to increase the safety of CAM medicine clients and to increase the regulation of selected CAM methods.