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Anthroposophic health care in Sweden – A patient evaluation

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Abstract

This study surveyed patients and their satisfaction with an integrative anthroposophic hospital. The patients were followed up by questionnaires up to six months after a stay in a Swedish clinic. Satisfaction with the care, life satisfaction, and health-related quality of life were measured for 53 patients, 48 women, 5 men, with cancer, pain diseases, and psychosomatic problems. Sampling was consecutive and due to regional reasons. The evaluation of patients'™ satisfaction from the anthroposophic clinic (AC) was compared to similar questions of patients using conventional hospital care. The stay lasted 7–21 days and was paid by the patients'™ county councils. Causes for choosing AC were predominantly a positive attitude towards a holistic health view and expectations on being cared for. Less frequently noted was dissatisfaction with conventional care. Satisfaction with health care given after one month by the AC was sample scored more positively than the highest unit in the conventional clinic. This is important because women in conventional clinic report lower satisfaction. The AC sample consisted of 91% women with an average age of 54 years and a higher level of

sample consisted of 71% women with an average age of 54 years and a higher level of education compared to the sample from the conventional hospital. Health-related quality of life and life satisfaction was, if not significant, moderately increased during the following six months. The AC initiated a new attitude and change in life habits that stimulated the patients into improving their life style habits and hence their overall health. Still challenging is the gender question. Why do middle-aged, well-educated women experience a need for and a satisfaction in complementary and integrative health care?



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Keywords

Anthroposophic care; CAM; Patient evaluation; Gender aspects; Holistic care

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