

Holistic Therapy to Improve Quality of Life in Chronic Disease Patients

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ABSTRACT

The concept of healthy-sick is no longer only related to the bio-psycho-social-spiritual aspects but also includes the physical and mental aspects. Chronic disease is a long-term and often incurable condition that requires continued management. Medical care, such as medication and surgery, is vital in managing chronic diseases. Non-medical treatments, such as positive thinking, a healthy diet, and fasting, can also significantly impact managing chronic diseases. Writing this article uses a library study or literature review. A holistic approach to health care can improve patient outcomes by improving physical and mental health, promoting better care coordination and communication, improving self-management skills, addressing psychosocial and spiritual needs, and providing patient-centric care.

Keywords: Chronic diseases, Holistic, Medical, Non-medical.

INTRODUCTION

The health field now sees humans mechanistically and dichotomously, considering the human physical body and the external human body as two different things. However, this view is beginning to change with the development of science, especially in health. Human health is now more spiritual and seen as a whole and balanced. Thus, the concept of healthy-sick is not only related to bio-psycho-social-spiritual aspects but also includes physical and mental aspects. (Emy et al., 2021) Chronic diseases are long-term and often incurable conditions that require ongoing management. Medical treatments, such as drugs and surgery, are essential in managing chronic diseases. However, non-medical treatments, such as a positive mindset, a healthy diet, and fasting, can also significantly impact chronic disease management. (Gibson et al., 2012)

The purpose of this study is to provide an overview of improving the quality of life of chronic disease patients according to some of the literature found. This study aims for health workers, in particular, and the public, in general, to recognize that a holistic approach is needed in caring for patients with chronic diseases. According to systematic reviews, positive psychological functioning, including optimism and hope, influence

health effects in treating chronic diseases (Schiavon et al., 2017). Positive thinking can affect cardiovascular and immune system health, short- and long-term surgical outcomes, and recovery and healing (Sunardi S & Sujito S, 2019).

Healthy eating can help prevent, delay, and manage heart disease, type 2 diabetes, and other chronic diseases. A balanced and healthy diet includes fruits, vegetables, whole grains, lean proteins, and low-fat dairy products and limits added sugars, saturated fats, and sodium. In addition, studies have shown that fasting reduces inflammation and, in turn, improves chronic inflammatory diseases (Gibson et al., 2012)

Proper fasting can help build healthy resilience and reduce several risk factors, such as obesity and metabolic syndrome, which have been considered risk factors for worsening outcomes from COVID-19. Fasting can reduce inflammation and oxidative stress, improve cardiovascular function, and enhance immune function (IFM, 2020).

Holistic care aims to use traditional medical practices and complementary and alternative medicine (CAM) to help patients with chronic diseases lead healthier and happier lives. Holistic care may include nutritional counseling, stress management, physical therapy, acupuncture, and other modalities such as supernatural healing methods such as

hypnosis or hypnotherapy methods, where the patient's recovery is determined by the psychic's ability to explore the patient's subconscious mind and to bring the patient's mind to a particular state of hypnosis so that he or she can receive particular healing suggestions (CDC, 2023).

A holistic approach to healthcare involves caring for the whole person and considering all aspects of their well-being, promoting collaboration and communication between patients and healthcare providers, coordinating care among different providers and settings, and taking into account cultural and social factors that may affect a patient's health and wellness. Seventy-six leprosy cases have been identified through laboratory tests conducted at Damian Hospital. Thirty-three leprosy cases received holistic treatment and anti-leprosy medical drugs. 19 of the 33 leprosy patients treated with holistic treatment were cured. Holistic treatment complemented with modern anti-leprosy drugs can cure patients and improve their quality of life (Weraman, 2017).

METHODS

The writing of this article uses a literature study or literature review of 14 kinds of literature. A literature study collects data or information by using theoretical studies or other references relevant to the subject under study. The literature study used books, journal articles, articles on online media, and references on philosophy and medical vs. non-medical treatments for chronic diseases. The type of secondary data is data obtained from literature studies. In philosophy, medical vs. non-medical treatments for chronic diseases are discussed with data and information from literature studies.

RESULTS AND DISCUSSION

A holistic approach to healthcare refers to an approach that considers the whole person, including their physical, mental, emotional, and spiritual health, rather than just focusing on one particular aspect of their health or symptoms. This approach aims to treat the whole person rather than just a disease or condition

and focuses on prevention, well-being, and treatment (MENEZES, 2020)

Holistic healthcare is evolving towards considering a comprehensive model of the human being. Holistic healthcare defines health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity," as the World Health Organization's (WHO) Constitution affirmed.

Holistic healthcare is person-centered, which means focusing on the patient, including self-care and the participation of family members to achieve the desired outcome. The proposed educational methodology promotes the cultivation of self-esteem as a transversal issue. It contributes to a paradigm shift towards total personal development and humane and social professional practice (Wamboldt, 2023)

Holistic health care can create positive change in communities by addressing immediate medical needs and long-term public health challenges. A holistic approach to health care that includes medical care, family planning and hygiene advice, and addressing humanitarian needs such as clean water and proper hair care can improve the health and well-being of disadvantaged communities (Emy et al., 2021).

A holistic approach to healthcare involves treating the whole person, considering all aspects of their physical, mental, emotional, and spiritual well-being, rather than just treating the symptoms of illness. To achieve this, healthcare practitioners must follow ethical principles, aim for holistic practice, and follow ethical guidelines. Holistic healthcare aims to promote health and well-being rather than just treating disease (Schiavon et al., 2017; Weraman, 2017).

In a holistic approach to healthcare, patients are considered active participants in their care, and healthcare practitioners act as guides and facilitators. This approach emphasizes the importance of collaboration and communication between patients and healthcare providers and coordination and continuity of care across different providers and settings.

A person-centered approach is a crucial component of a holistic approach to healthcare. This approach focuses on

patients' unique needs and preferences and involves working with patients to develop a personalized care plan that addresses all aspects of their well-being. This approach is essential for people with chronic illnesses who receive care from multiple providers in multiple settings.

Holistic healthcare also considers cultural and social factors affecting a patient's health and well-being. For example, there may be variations in the definition and meaning of health among cultures. Visible immigrant minority women may experience barriers to accessing healthcare, including discrimination, and there may be paradigm clashes between Western biomedical principles and Eastern holistic approaches to health. Indigenous men with a prison history may experience colonial trauma and associated mental, physical, emotional, and spiritual wounds stemming from systemic oppression (Sunardi S & Sujito S, 2019).

A holistic approach to healthcare can benefit patients with chronic conditions in several ways. By focusing on the whole person, not just the symptoms of the disease, a holistic approach can lead to improved overall health and well-being, reduced symptoms, and better management of the condition.

Research has shown that a holistic approach to healthcare can lead to better patient outcomes in several ways (Iqbal et al., n.d.; Jacob et al., 2020; Sugano et al., 2022).

1. Improves physical and mental health: Integrative medicine, which combines conventional and complementary therapies, has been shown to improve mental and physical health in patients with chronic pain syndromes. This approach can lead to better symptom management, reduced pain intensity, and improved quality of life.
2. Better Care Coordination and Communication: A holistic approach to healthcare encourages better communication and collaboration among healthcare professionals, leading to more coordinated care for patients with chronic conditions. Collaboration between professionals is essential for patients with complex chronic conditions, as it ensures that their therapy plans are appropriately coordinated and that all aspects of their care are considered.

3. Improving self-management: A holistic approach to healthcare can also help patients develop better self-management skills, allowing them to manage their conditions more effectively. A holistic approach can lead to better control of chronic conditions, reduced hospitalizations, and better overall health outcomes.
4. Addressing psychosocial and spiritual needs: A holistic approach to healthcare recognizes the importance of addressing patients' psychosocial and spiritual needs alongside their physical health. A holistic approach can lead to a more comprehensive understanding of the patient's experience and better support for their emotional well-being.
5. Patient-centred care: A holistic approach to healthcare emphasizes the importance of patient-focused care, where healthcare providers consider the individual needs, preferences, and values of each patient. A holistic approach can lead to more personalized and effective treatment plans, better patient satisfaction, and better health outcomes. The results showed that patient satisfaction is influenced by patient characteristics: age, education, occupation, ethnicity, and social and economic factors. In addition, the factors that influence patient satisfaction are the attitude of paramedics and administrative services. Linder Pelz in states that patients
6. Satisfaction is an upbeat assessment of the various dimensions of service. The assessment can be made in the form of a small part of the service, for example, one type of service from a series of ambulance or hospital services, all types of services provided to cure the patient, to the overall service system in the hospital.
7. Reducing healthcare costs: By addressing all aspects of a patient's health and well-being, a holistic approach to medical care can potentially reduce health costs associated with chronic conditions[6]. A holistic approach can be achieved through better symptom management, reduced hospitalization, and improved overall health.

While medical treatment is essential for managing chronic fatal diseases, non-medical treatments such as a positive mindset, healthy diet, fasting, and holistic care can also significantly impact chronic disease management. Therefore, a combination of medical and non-medical treatments can be beneficial (Rosenkranz et al., 2020)

A holistic approach to healthcare can lead to better patient outcomes by improving physical and mental health, promoting better care coordination and communication, improving self-management skills, addressing psychosocial and spiritual needs, and providing patient-centered care. Traditional approaches may need to be more effective in achieving these outcomes. Therefore, healthcare providers should consider adopting a holistic approach to provide more comprehensive and patient-centered care to their patients (Manalu et al., 2021).

CONCLUSION

A holistic approach to healthcare focuses on the whole person rather than just treating the symptoms of the disease. This approach can improve overall health and well-being, reduce symptoms, and better manage chronic conditions. In contrast, traditional approaches to healthcare are more disease-oriented, focusing primarily on treating the symptoms of disease rather than addressing the underlying causes or overall health of the patient.

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