

## Patient audit (May 2012 to February 2013)

### Introduction

Homeopath Alan Barker has been treating patients using individualised homeopathic medicine for 11 years. Patients are offered an initial consultation of one hour, subsequent consultations last 15- 30 minutes. Patients are prescribed homeopathic medicines. These medicines are low-dose/ultra-molecular doses of specially prepared substances, usually in tablet form, individually prescribed according to the homeopathic principles of 'like cures like', and 'minimum dose'.

### Methods

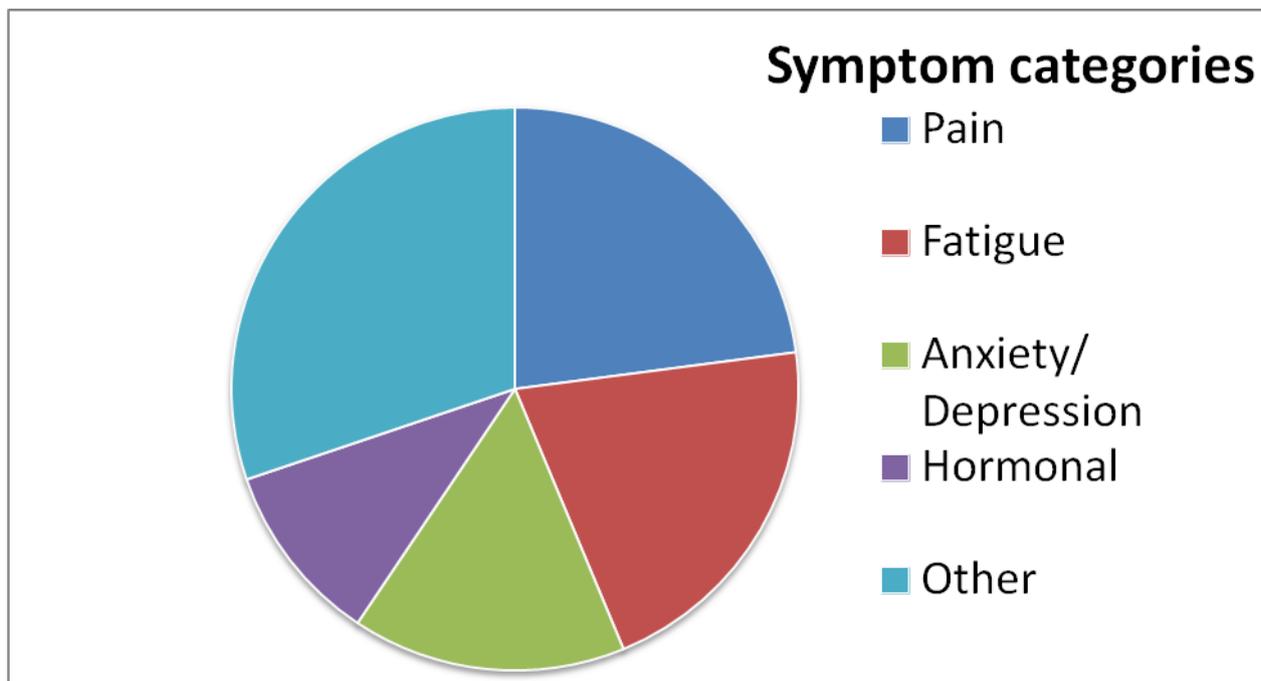
Since 2002 Alan Barker has been routinely auditing all his cases using the Measure Your Medical Outcome Profile (MYMOP) validated outcome measure<sup>i</sup>. The MYMOP one page form asks patients to name the two symptoms that bother them the most and score them on a seven point Lickert scale (from 0, 'as good as it could be', to 6 'as bad as it could be').

In 2013 an audit was undertaken. 100 out of a possible 800 consultations which took place between 6.5.12 and 21.2.13 were randomly selected. We describe here the symptoms that bothered patients the most by grouping these symptoms into the following five categories: pain, fatigue, anxiety/depression, hormonal, other. We also report presenting diagnoses.

### Results

Of the 100 randomly selected consultations, 64 were new patient consultations and 36 were follow up consultations. Patients consulted with a very wide range of symptoms. The most commonly reported symptom categories were **pain** (22%) and **fatigue** (20%). Other commonly reported symptom categories were other (29%), anxiety/ depression (15%) and hormonal problems (10%).

The most common presenting diagnosis reported in consultations was Chronic Fatigue Syndrome (19%). Other diagnoses included Fibromyalgia Syndrome (FMS), Arthritis, Rheumatoid Arthritis (RA), Multiple Sclerosis (MS), Polycystic Ovary Syndrome (PCOS), Urticaria, Sinusitis, and Herpes.



<sup>i</sup> Paterson C, Britten N. In pursuit of patient-centred outcomes: a qualitative evaluation of MYMOP, Measure Yourself Medical Outcome Profile. Journal of Health Services Research & policy 2000;5:27-36