



Fund “Nauka” Project № 20004 Resume – Competition-Based Session 2020:

“Scientific approaches to complementary and alternative medicine (CAM) – researching concept, context and quality of life”

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Complementary and alternative medicine (CAM) concept encompasses the non-conventional methods for the benefit of health. CAM reflects the modern social movements for ecological and healthy lifestyles. Every third European citizen uses CAM. The World Health Organization (WHO) and the European Commission (EC) support CAM research due to increased demand, cost-effectiveness, efficiency and the favorable CAM safety profile. The project covers the last phase of a research on the place of CAM in the Bulgarian healthcare and is a kind of inclusion of Bulgaria in the pan-European CAM network.

The overall **aim** of this interdisciplinary applied project was two-fold: (1) to present the innovative concept of CAM and (2) to analyze and disseminate evidence-based related to CAM and health-related quality of life in socio-medical and clinical context.

Material and methods: The project relied on own research data, as well as on the world scientific experience in the field of CAM. A mixed design method has been created, in which quantitative and qualitative research methods are applied. The project covered the phase of mixing, analyzing and ensuring the publicity of the results. The main task was to generate and disseminate among the society and in the professional and student communities, scientific knowledge and evidence-based benefits of CAM.

Results: For the first time in Bulgaria, the concept of CAM was studied and presented scientifically. Therefore, the terminological reference book was a prerequisite for a sustainable research process. A dissertation was defended by Dr. I. Kapincheva on the topic “Complementary and alternative medicine – development and place in Bulgarian healthcare”, awarding the educational scientific degree PhD. After a situational analysis, strategic opportunities have been formulated, which were the basis of the communication and collaborative scientific work of the research team. The dissemination of the research data included presenting the results at a European level through the participation in the international CAM-network – The Global Initiative for Traditional Solutions to Antimicrobial Resistance (GIFTS-AMR). Further, the multidisciplinary team of the project produced and presented research products (PhD dissertation, monograph, terminological reference book, publications) providing convincing evidence for the integration of CAM in the Bulgarian healthcare and education.