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Authors

Truong, Anna

Wilkes, Michael

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Exploring the Role of Traditional Vietnamese Medicine in Sacramento: Bridging Cultural Practices with Allopathic Healthcare

Anna Truong, Michael Wilkes MD PhD. Department of Global Health, University of California Davis

Introduction

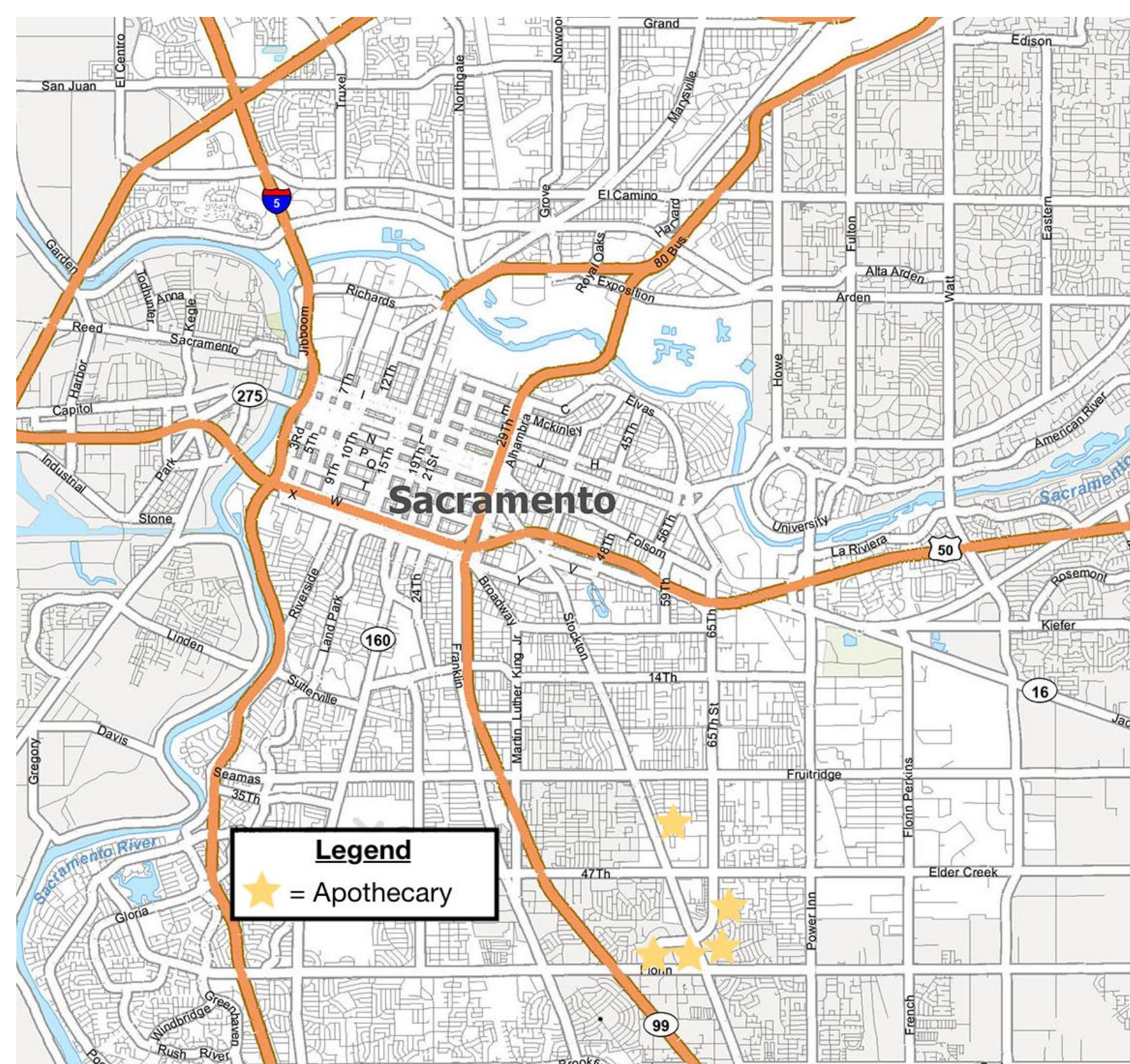
- Sacramento has a sizable Asian-American population, influencing healthcare practices. Traditional medicine apothecaries serve as primary healthcare sources for many.
- Common treatments include chronic conditions, pain management, and general wellness. Cultural beliefs, affordability, and accessibility drive traditional medicine use.
- Allopathic physicians may lack knowledge of traditional remedies and patient motivations. This knowledge gap can hinder effective communication and care.

Objective

- Understand patient motivations, managed conditions, and interactions with allopathic medicine by interviewing apothecary owners and traditional medicine practitioners.

Methods

- Five traditional medicine apothecaries were identified in the Sacramento area.
- Apothecary owners and traditional medicine practitioners were invited to take part in to take part in a structured interview to explore their perspectives on patient needs, common ailments treated, and interactions with allopathic healthcare.

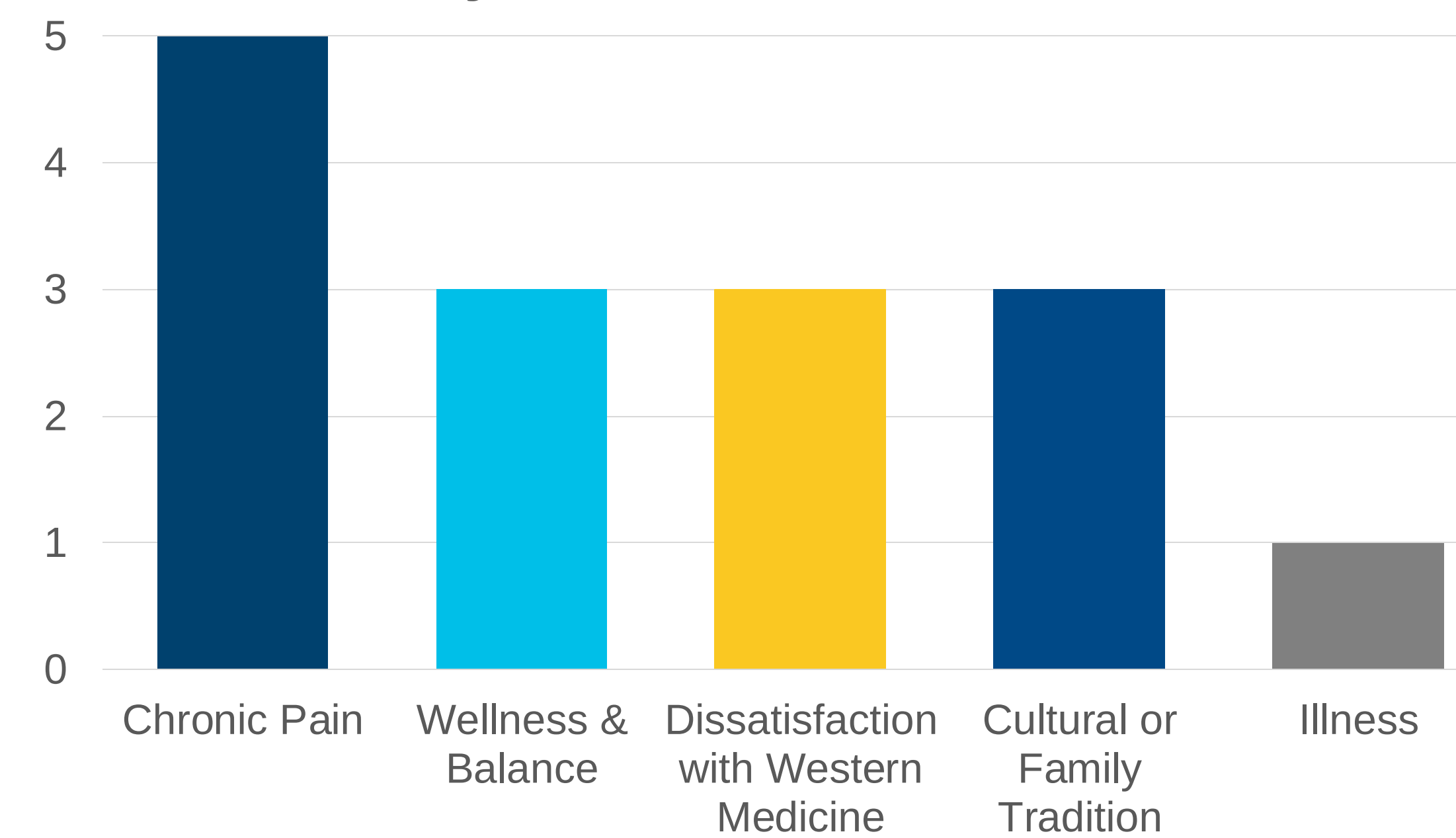


Interview Questions

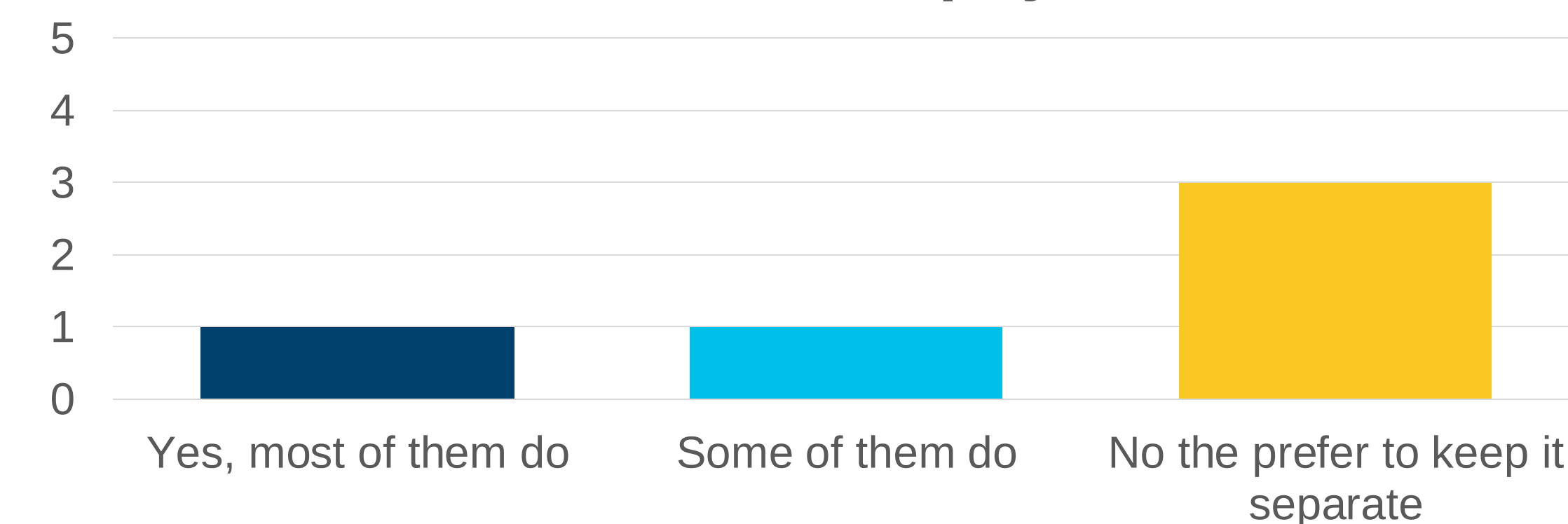
1. What are the primary reasons clients seek treatment from your traditional medicine apothecary? (*Select all that apply*)
 - Chronic pain management
 - General wellness and balance
 - Cost and affordability
 - Dissatisfaction with Western medicine
 - Cultural or family tradition
 - Other (please specify)
2. What are the most common health conditions that clients seek treatment for at your apothecary? (*Select all that apply*)
 - Digestive issues (e.g., bloating, indigestion)
 - Chronic pain (e.g., arthritis, back pain)
 - Respiratory issues (e.g., cough, asthma)
 - Stress, anxiety, or sleep issues
 - Other (please specify)
3. Do you believe your clients openly discuss their use of traditional medicine with their physicians?
 - Yes, most of them do
 - Some of them do, depending on the situation
 - No, many prefer to keep them separate
 - No, because they feel their doctors do not understand or support traditional medicine
4. Have you encountered skepticism or negative reactions from allopathic physicians regarding the remedies you offer?
 - Yes, they have discouraged or dismissed traditional medicine
 - No, they have been neutral
 - No, they have been supportive and curious
 - I have not interacted with allopathic healthcare providers about my practice
5. In your opinion, how could allopathic physicians better support patients who use traditional medicine? (*Open-ended question*)

Results

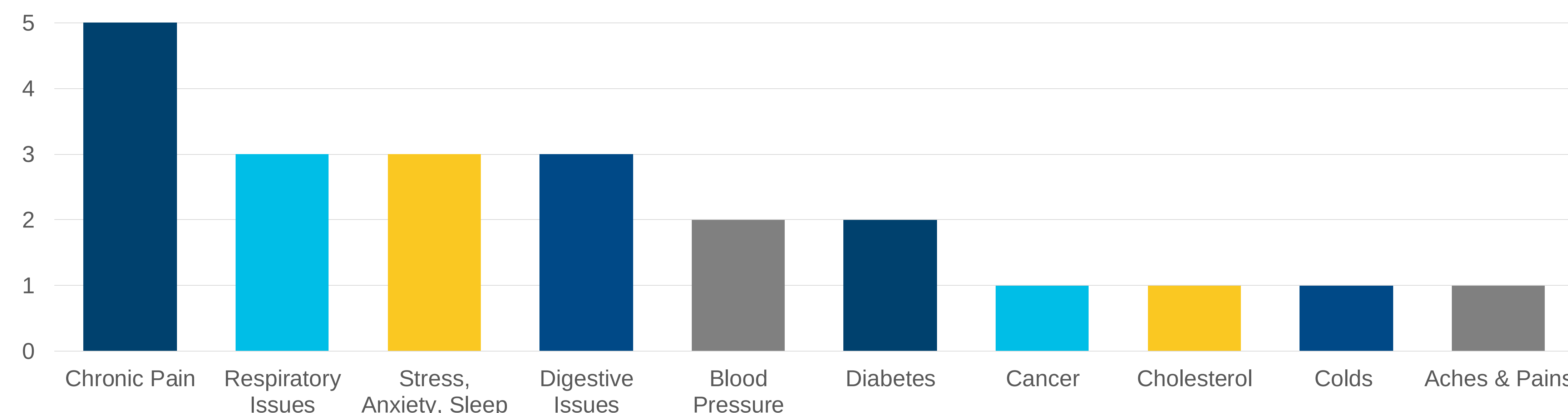
Primary reasons clients seek care



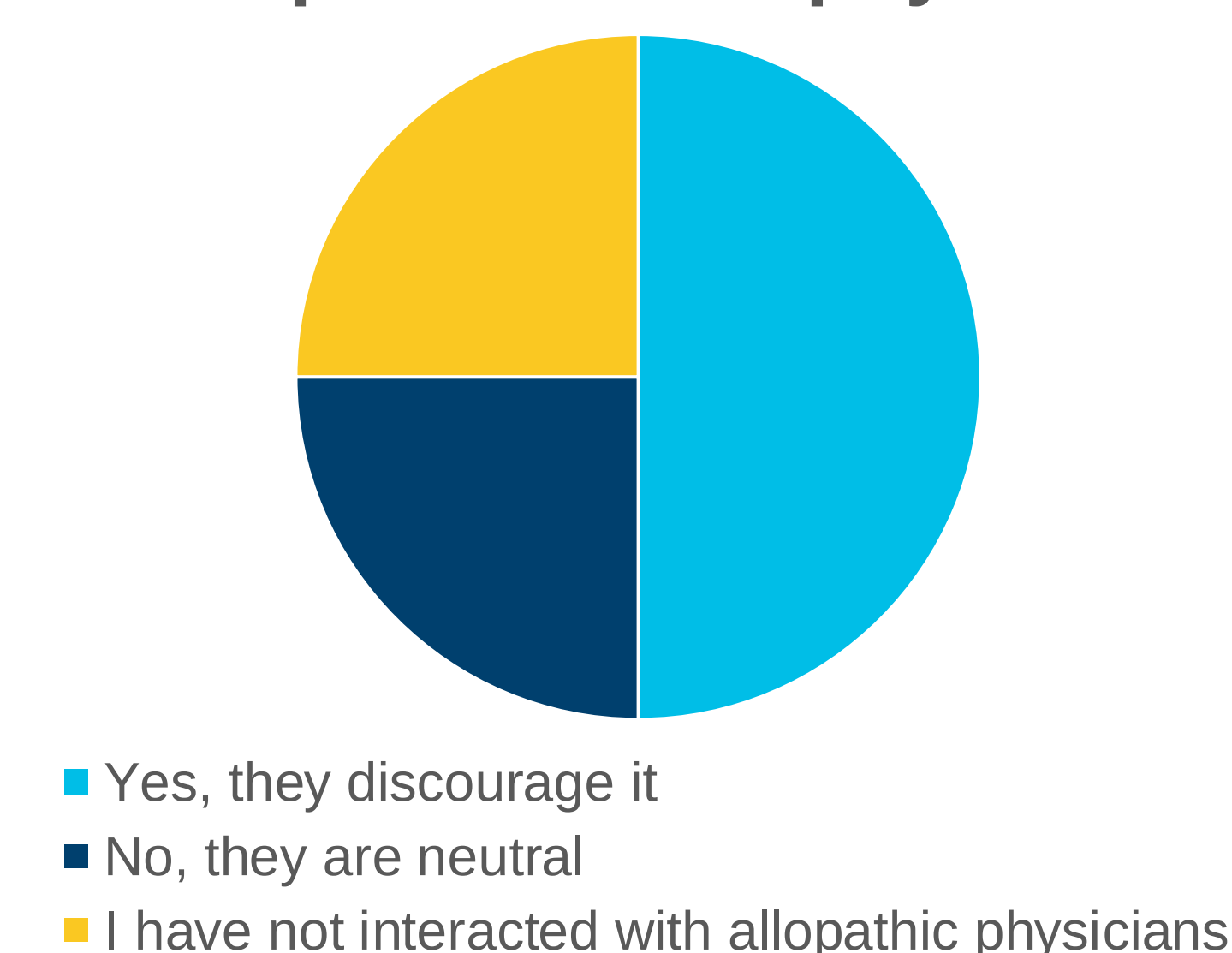
Do clients discuss use of traditional medicine with their physicians?



Common conditions clients seek care for



Have you encountered negativity or skepticism from physicians



How can allopathic physicians better support patients who use traditional medicine?

- "Do not discount use of traditional medicine."
- "Allopathic physicians have disdain for traditional medicine."
- "Be more knowledgeable of herbal medicine and its benefits."
- "Do more research to be informed about traditional medicine instead of avoiding discussion of to avoid liability."
- "Traditional medicine practitioners are very accepting and willing to work with allopathic physicians, but it is not the same for allopathic physicians."

Conclusion

- Patients seek care traditional care for both general health conditions as well as specific conditions such as diabetes, hyperlipidemia, colds, hypertension, cancer, etc.
- Patients tend to keep their use of traditional and allopathic care separate.
- Practitioners of traditional medicine endorse encountering negativity and skepticism from allopathic physicians towards their practice of traditional medicine.
- Practitioners of traditional medicine overwhelmingly feel that allopathic physicians are not well informed of the benefits of traditional medicine.

Discussion

- Allopathic physicians should initiate discussions with their patients on their use of traditional medicine as many patients tend to keep the practices separate.
- Further education on traditional medicine practices for allopathic physicians should be considered.
- Practitioners of traditional medicine are open to collaboration with allopathic physicians on patient care.