

# TRADITIONAL MEDICINE

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JONES BENALLY, A TRADITIONAL NAVAJO HEALER, OR *HATATHLI*, HAS WORKED AT THE WINSLOW INDIAN HEALTH CENTER, IN WINSLOW ,AZ, SINCE 1996. HE IS IMMENSELY POPULAR WITH PATIENTS AND STAFF, AND HAS DEMONSTRATED THAT TRADITIONAL PRACTICES AND WESTERN MEDICAL CARE CAN SERVE COMPLEMENTARY FUNCTIONS.

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# TRADITIONAL MEDICINE CHART REVIEW

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REVIEWED RANDOMLY SELECTED CHARTS  
OF PATIENTS WHO RECEIVED CARE FROM  
BOTH IHS CLINICAL PROVIDERS AND  
TRADITIONAL HEALER AT WINSLOW:

- 31 PATIENTS
- AVERAGE AGE 49.9  
(RANGE 14-88; MEDIAN AGE 49)
- 22 FEMALE / 9 MALE



# REASON FOR VISIT

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■ PAIN	20 (65%)
“MENTAL HEALTH”	5 (16%)
“FAMILY PROBLEMS”	
MENTAL RETARDATION	
“STRESS”	
MISCELLANEOUS	6 (19%)
CRYSTAL GAZING	



# COMPLEMENTARITY

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FOR PATIENTS SEEING TRADITIONAL  
HEALER, THERE WAS NO EVIDENCE  
OF ANY:

DECREASED CLINIC UTILIZATION

DECREASED COMPLIANCE WITH  
MEDICATIONS

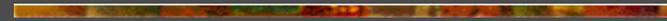
ADVERSE OUTCOMES



# SHARED RESPONSIBILITY

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67 YEAROLD MARRIED NAVAJO MAN  
WITH NEWLY DIAGNOSED DIABETES;  
MADE REPEATED VISITS TO BOTH  
JONES BENALLY AND IHS DIABETES  
CLINIC: ***EXCELLENT RESULTS***



# SHARED RESPONSIBILITY

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**A YOUNG GIRL SUFFERED A LIVER CONTUSION FROM A FALL AT THE PLAYGROUND. SHE WAS HOSPITALIZED OVERNIGHT, SAW JONES BENALLY IMMEDIATELY BEFORE AND AFTER HOSPITALIZATION, AND MADE TWO FOLLOW-UP VISITS TO MD OVER THE NEXT WEEK.**

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# “NAVAJO USE OF NATIVE HEALERS”

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ARCHIVES OF INTERNAL MEDICINE

KIM C, KWOK Y. 1998; 158:2245-2249.



# INTERVIEWED 300 NAVAJO PATIENTS AT IHS CLINIC

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62% HAD USED A NATIVE HEALER AT LEAST ONCE IN THEIR LIFETIME.

39% HAD SEEN ONE IN THE PAST YEAR.



# USE OF TRADITIONAL HEALER DID *NOT* VARY BY:

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AGE

SEX

LANGUAGE

EDUCATION

INCOME

USE OF IHS CLINIC

COMPLIANCE WITH CARE

IDENTIFICATION WITH PROVIDER



# MOST COMMON REASONS FOR VISITING A NATIVE HEALER:

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ARTHRITIS

ABDOMINAL PAIN

BACK PAIN

ANXIETY OR  
DEPRESSION



# OPTIONS FOR PATIENTS ACROSS A WIDE SPECTRUM:

TRADITIONAL



“WESTERN”

BLESSING  
“SICKNESS”  
FAMILY PROBLEM  
BAD LUCK  
INSOMNIA

DIABETES  
ARTHRITIS  
PAIN  
DEPRESSION  
ANXIETY

RESPIRATORY INFECTION  
HEALTH MAINTENANCE  
HYPERTENSION  
PREGNANCY  
ALLERGIES

