

My selected health condition is obesity and I have chosen to evaluate surgery, hypnosis and green prescription. These health practices are WSM (surgery and green prescription) and CAM (hypnosis). WSM refers to “Western Scientific Medicine” and this means [...]

A number of surgeries are offered in NZ and I will explain the laparoscopic gastric bypass option. This is a WSM [...]

Hypnosis is a CAM that is used in NZ. The type that is increasingly popular for weight loss is the ‘gastric band hypnosis’. The philosophy behind hypnosis is that it is a CAM – it can be used alongside other treatments, but it is also viewed as alternative, used instead of other treatments. It is a ‘mind-body’ type of CAM (4). The belief with hypnotherapy is that the mind is powerful and can be ‘trained’ in a specific way in order to provide a treatment. For hypnotic gastric band, this means that the mind is tricked into thinking you have had a band inserted via surgery, so your body behaves as if this is the case – you eat less and therefore lose weight (5). You will need to find a hypnotherapist for this (there are not many in NZ who can offer this), or there is also an app available (e.g. [www.paulmckenna.com](http://www.paulmckenna.com)). For the sessions in NZ, it depends on the hypnotherapist, but it may consist of around 4 sessions with ongoing help via a CD (5). The hypnotherapist will ‘install’ the gastric band on the first visit (5) and the following sessions will continue to train the mind.

1

The final health practice I have chosen is green prescription and although this can be considered as a complementary treatment (it can work ‘with’ other treatments), it is more closely matched to the WSM category because of the way it is used in NZ.

Each of these three health practices has advantages and disadvantages that relate to well-being.

Firstly, for the WSM practice of laparoscopic gastric band surgery, there are advantages such as: Proven effectiveness and being carried out by a highly skilled and experienced health practitioner. This is more effective than the lap band surgery option, and is a reasonably straightforward surgery as it is ‘keyhole’ surgery (10). Because it is effective, it will mean that the patient loses weight, which is a positive effect for all aspects of well-being. Being keyhole surgery means less recovery time and less potential for complications. This is still a major surgery and so has a number of disadvantages, such as bleeding, infection and problems during/after surgery. Having a gastric band means someone will lose weight, but will have to eat/drink only small amounts after the surgery, which could interfere with social life. It is a major cost to the patient if done privately, and if done publicly, has a long waiting list and costs the taxpayer. It is said that some weight will be gained back over time (10).

2

Hypnosis also has a number of advantages and disadvantages...

Green prescription has the advantage of [...]

Comparison of health practices: After looking at the advantages and disadvantages of each health practice, I believe the green prescription is the best practice to use at first. This is because it gets patients into healthy eating and activity habits which are more likely to be sustainable than something like the hypnosis (which is unproven) and the gastric band, which is a serious intervention to make.

3

Note that a chart was provided by the student to show bibliographic details for the references used in the evaluation.