



'Irritation on all levels'

A glimpse into our research process of the homoeopathic treatment of urinary tract infection in women in Australia

BACKGROUND:

This Research Pod focuses on urinary tract infections (UTI) and the scope of homoeopathy in the management and treatment of UTI symptoms. This is relevant as UTIs can be recurrent, resistant to antibiotics and a public health issue. Homoeopathy can be a valuable treatment for UTI whilst also preventing recurrence. Alongside recurrent UTIs, women experience physical, emotional and mental discomfort, which creates a complex picture of disease that homoeopathy can effectively address.

AIM:

To explore the impact of homoeopathy on the symptoms and duration of UTI, including physical and mental/emotional symptomatology.

To report the user experience of bringing homoeopaths together in groups (Pods) to work, research and support each other.

METHODS:

To address our first aim, we will conduct a retrospective case series analysis amongst homoeopaths across Australia. Professional registered homoeopaths will complete an expression of interest form with their potential UTI case(s). The UTI Research Pod will then determine the eligibility of cases submitted. A minimum of 5 cases will be selected. Eligible cases include: women aged 18 and over; resident in Australia; being a case within the last 5 years along with recording mental/emotional/physical symptoms of the case with the required number of follow-up visits.

Our second aim will reflect on the experiences of each Pod member in the formation and collaboration while stepping through the research process.

DISCUSSION:

We are currently undertaking this study. Our intention is to better understand the intricacies of a homoeopathic approach in treating multiple UTI symptoms. We also expect to learn about the practitioner patient relationship dynamic when applying an individualised approach in treating a complex disease such as UTI.