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A visual analogue scale (0-10 points) was used to identify aspects of the emotional state. Statistical analysis was carried out descriptively.

Results: We included 1,605 participants (mean age 55.4±12.6 (SD) years, 80.6% female). 32.5% of the respondents had a university degree and n=16 reported having had a COVID-19 infection. During the pandemic 86.8% of the participants reported a CIM use for health promotion. Staying and moving therapy in the nature for health promotion (e.g. forest bathing, hiking) (98.7%), healthy nutrition (98.6%) and physical activities (96.3%) were favored primarily. The part of people rating the health promoting effect as medium or strong ranged from 54.3% for Ayurveda to 97.6% for healthy nutrition. The analysis of the emotional state during pandemic revealed the lowest levels for “feeling lonely” (VAS mean 2.6±2.9) and “feeling anxious” (2.8±2.6) and the highest levels for “being attached to others” (6.2±2.5) and “well-being”(5.8±2.4).

Conclusions: The health-conscious, predominantly female participants used a broad variety of CIM during the COVID-19 pandemic for health-care prevention and showed an overall stable emotional status. If and how their emotional state is related to this behavior should be addressed by further research.

Keywords: Self-help strategies, health promotion, Covid-19; Complementary and Integrative Medicine cross-sectional study

doi: [10.1016/j.eujim.2021.101982](https://doi.org/10.1016/j.eujim.2021.101982)

European Journal of Integrative Medicine 48 (2021) 101983

Prevalence of Complementary and Integrative Health Use in Patients Afflicted with COVID-19

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Introduction: Complementary and Integrative Medicine (CIH) has been a popular medical approach. This study aimed to investigate CIH use in patients afflicted with COVID-19.

Methods: In this telephone-based cross-sectional study, the data of CIH usage were collected from confirmed COVID-19 patients from February till June 2020 in Fars province, Iran. Besides, we asked the patients' attitudes towards using these treatments.

Results: Out of 453 patients diagnosed with COVID-19, 400 (88.30%) enrolled into the study and answered our question and. In this regard, 276 (69%) patients reported using CIH to treat COVID-19. The most frequently used herbal medicine among COVID-19 patients was ginger (98.9%), thyme (95.3%), and black cumin (74.3%). Most of these patients were recommended to use herbal medicine by their families and friends (34.8%). Overall, 86.2% reported high and very high levels of satisfaction using these medications. Residents of urban areas (p=0.005), employees (p<0.001), patients with an academic education (p<0.001), as well as outpatients (p<0.001) used more CIH in comparison with the others. Ultimately, only 9 (3.3%) patients consulted with their doctors regarding using these medications.

Conclusion: The results of this study showed that many patients with COVID-19 used CIH, but few of them consulted with their physician consultation. Physicians should ask their patients about CIH usage and patients should also report their use of CIH therapies during their medical visits.

Keywords: COVID-19, complementary and alternative medicine, medicinal plant, traditional medicine, alternative medicine, Prevalence, use

doi: [10.1016/j.eujim.2021.101983](https://doi.org/10.1016/j.eujim.2021.101983)

European Journal of Integrative Medicine 48 (2021) 101984

Supporting Employee Wellness Within a Large Health System During the COVID-19 Crisis

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Introduction: During the COVID-19 crisis, medical providers face stress, feelings of isolation and fear. Hence, in April 2020, Cleveland Clinic Community Care, a provider of inpatient and outpatient services, created a “Wellness and Self-Care” task force to support employee wellness. The objective of this quality improvement report is to describe and evaluate the task force's efforts.

Methods: The task force created a list of free wellness resources: daily yoga and guided meditation, snacks, tea and coffee (“nourish stations”), continuous access to mental health counseling and organized employees into neighborhood support groups.

We evaluated the program in May 2020 using a cross-sectional survey of clinical and non-clinical employees. The survey included questions on responsibility changes related to COVID-19, fulfillment and burnout and wellness services used. Responders were grouped in “none or some” and “most or all” responsibilities changed. We described our results using Pearson's chi-square and Student's t-tests.

Results: We received 736 responses, a response rate of 45%. A quarter of responders (27%) needed family care; 8% had been quarantined; 42% reported that most or all of their work responsibilities changed. The highest level of burnout was reported by those who had most or all of their responsibility changed. Frequently used resources were information tip sheets (51%), online resources (44%), virtual live yoga and meditation classes (25%), and nourish stations (6%).

Conclusions: The task force addressed employee wellness during the beginning of the COVID-19 pandemic. Employees with mostly or all changed responsibilities experienced higher levels of burnout compared to those whose responsibilities were minimally or not changed. One year into the pandemic with the responsibilities back to normal or not “new” anymore, it is worthwhile to reassess if the groups are less split and if other groups are affected more now.

Key words: employee wellness; COVID-19; professional fulfillment; burnout

doi: [10.1016/j.eujim.2021.101984](https://doi.org/10.1016/j.eujim.2021.101984)

European Journal of Integrative Medicine 48 (2021) 101985

Correlation between damp-heat syndrome and microinflammation in diabetic nephropathy

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Introduction: Micro-inflammation is a frequent state often contributing to comorbidity and poor prognosis of patients with DKD.