



Cultural Integration in Modern Healthcare: An Assessment of Traditional Medicine Incorporation into Nigerian Urban Hospitals

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Abstract

In Nigeria, traditional medicine remains a significant part of healthcare practices, particularly in urban areas where modern health facilities are underutilized due to economic and geographical barriers. The study employed a mixed-methods approach, including structured interviews with hospital administrators ($n=50$) and focus group discussions with patients ($n=200$), to explore perceptions of traditional medicine's role in healthcare. Among the interviewed hospitals, 70% reported integrating traditional medicine services, though only 45% had formalized policies for such integration. Positive patient feedback indicated a willingness to use both traditional and modern treatments (82%). The findings suggest that while cultural integration is occurring, its effectiveness in improving healthcare outcomes remains unquantified. Urban hospitals should develop more structured guidelines for traditional medicine integration based on community preferences and health needs. Traditional Medicine, Cultural Integration, Nigerian Urban Hospitals, Healthcare Reform

Keywords: African Geography, Cultural Anthropology, Ethnopharmacology, Health Systems Research, Integrative Medicine, Cross-Cultural Studies, Community-Based Healthcare

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