

# From Beliefs To Practices: The Lived Experiences Of Filipino Nurses Utilizing Traditional Filipino Health Remedies At Home, A Phenomenology

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**Abstract: Background:** The improvement of primary healthcare in the Philippines has been greatly aided by the discovery of traditional health remedies. While few studies have highlighted the use of traditional Filipino health remedies, this paper provides a clear understanding of the lived experiences of Filipino nurses on traditional Filipino health remedies. **Methods:** This qualitative study utilized the phenomenological approach to fully understand the lived experiences and perceptions of Filipino nurses concerning the central question: "How would Filipino nurses in Qatar describe Traditional Filipino Health Remedies as effective?". The necessary data set was obtained in semi-structured interviews with twenty-five (25) questions and formulated themes from the responses of the participants. **Findings:** Findings have shown the usual procedures and perceptions of Filipino nurses in treating a particular ailment. It comprises three major themes with three sub-themes each: Constancy with the sub-themes Personal Experience, Evidence-based, and Practicality; Utility with the sub-themes Frugality, Accessibility, and Simplicity; and Producibility with the sub-themes Health Acquisition, Enculturation, and Knowledge Acquisition. **Conclusion:** The home-based integration of traditional Filipino health remedies of Filipino nurses reflects the significance and essential consideration of its usage. Despite living overseas, it also expresses one's practice of Filipino traditions. **Recommendations:** To fill in specific spaces of this study, it is suggested that future researchers diversify the respondent's profile by locale, status, and age. In addition to diversifying the demographics, it is also recommended that future researchers conduct further analysis on how the pandemic impacts the lived experiences of Filipino nurses on traditional health practices.

**Keywords:** Filipino nurses, Incorporation, Personal Practice, Procedures, Traditional health remedies

## 1. Introduction

Traditional medicine is an art of treatment practices, strategies, knowledge, and beliefs that include plant, animal, and mineral-based medicines, spiritual therapies, manual techniques, and workouts used individually or in combination to treat, identify, and prevent illnesses or maintain health. Most Filipinos, especially nurses, become even more competent as they apply these ideas to their lifestyle, as their

culture, beliefs, and values are etched in many hearts. These circumstances have led Filipinos to practice the existing traditional practices. Since ancient times, humans have been employing natural goods, such as plants, animals, microbes, and sea organisms, in cures to prevent or treat illnesses. The approval of these methods as conventional healthcare options will impact the cost of medical interventions, preventative medicine, and self-healing (Chali et al., 2021).

Traditional Filipino health remedies have been part of the Filipino culture that prevails despite doubts from medical professionals. According to Nuneza (2021), traditional Filipino health remedies can be traced to the 16th century during the Spanish colonization of the Philippines. However, healing arts began to fade in the 17th century like other cultural traditions. This trend continued with the establishment of hospitals and Western medicine once the Americans came to the Philippines. Nevertheless, older methods are still used in the Philippines, although *Hilot*, *Albularyo*, *Tuob*, Cupping therapy, and Faith or Spiritual healing are the most well-known (Nomoto, 2020).

The development of herbal medicines has improved primary health care in the Philippines. It offers alternative health treatments to those interested and those less fortunate to access certain pharmaceuticals (Maramba-Lazarte, 2020). According to the World Health Organization (2019), Traditional and Complementary Medicines (T&CM) are to accompany modern medications. The organization suggested maintaining a certain balance between the two health treatments. Researching and developing safe, effective, and low-cost medicine through herbal medicine aims to pave the way for a healthy population in the Philippines.

The outbreak of COVID-19 has made frontline workers risk their health and well-being every day for the safety and needs of others while also taking care of their families at home (Real et al., 2021). Marriage is connected with fewer medical visits, shorter average hospital stays, and a lower chance of nursing home admission, making them face health alternatives. According to the study by Ouyang et al. (2019), balancing work and married life impacts the job satisfaction of nurses. Marriage may impact physical health by affecting access to and health care usage. The research of Umberson (2018) on the relationship between marriage and health insurance explained that marriage enhances the chance of having insurance and lowers the likelihood of being uninsured following a job loss or other major life event by providing access to coverage through a policy of the spouse, particularly women, are mostly affected by this impact. As a couple is married for a longer time, they develop an understanding amongst each other. According to a study by Barnett et al. (2013), long-term marriages also have a higher physical health influence than newlyweds. Long-term partners may be familiar with the health status of each other along with certain conditions and precautions. It includes their physical health activities and traditions. Therefore, as the partners become knowledgeable of each other, they may recommend and encourage certain traditional health practices.

The world has been battling COVID-19, and during those challenging times, frontline workers continue to work productively while they experience difficult situations. The challenging situations allow them to create new management strategies and adjust to different scenarios (Real et al., 2021). The COVID-19 pandemic has disturbed and even claimed many lives, which resulted in the widespread use of herbal or traditional remedies, frequently without prescription from a consultation with a qualified person. The people infected being advised to stay in quarantine allowed them to treat their symptoms with traditional health remedies such as herbal teas and saltwater steam, commonly called *suob*. The high

cost of authorized COVID drugs is expected to intensify the difficulties Filipinos experiencing income loss face. As stated in Proclamation No. 698, individuals must adopt a healthy lifestyle and be aware of the availability of effective and affordable conventional and alternative medicine (Peña, 2021).

This study aims to answer the central question: "How would Filipino nurses in Qatar describe Traditional Filipino Health Remedies as effective?" investigating the different Health practices in the lives of Filipino nurses in Qatar. Following the central question, the specific question: "How do the nurses incorporate traditional Filipino health remedies at home?" is now related to how Filipino nurses in Qatar treat ailments. These questions were formulated to narrow the preliminary inquiry to extract more specific responses.

## 2. Method

The qualitative phenomenological research method was used in this study. Qualitative research refers to the process of gathering the experiences, perceptions, and behavior of the participants (Tenny et al., 2021). It focuses on answering the "hows" and "whys" of a particular phenomenon. Furthermore, qualitative phenomenological research provided insights and in-depth views of Filipino nurses' experiences regarding traditional health remedies. The study by Chen (2017) proved that phenomenology investigates the backstage conditions of the target participants' experiences. In this way, the researchers may formally acknowledge the participants' lived experiences, attempt to understand them, given the context the nurses find themselves in, and share the knowledge with the world.

A phenomenological research approach was used in this study to fulfill the need for the lived experiences of Filipino Nurses on Traditional Filipino Health Remedies. The inductive approach was utilized to create a theory by generating connections and patterns from specific observations to broad generalizations (Streefkerk, 2019). Moreover, the approach was also based on the learnings from the participants' experiences. The data was collected through interviews and then carefully analyzed to create the themes found in the simulacrum.

### 2.1 Research Locus and Sample

This study took place at Philippine School Doha (PSD). The school is located in Al Messiah, Doha, Qatar. This study engaged the participation of selected Filipino nurses in Qatar. The participants were chosen after obtaining their approval and the relevant authorities in the research locale. The following criteria were used to select participants: (a) must be married with a child/children for at least five years, (b) Filipino nurse working in Qatar for at least five years, (c) must be in the age range 30-60 years old, and (d) must be practicing Filipino traditional health remedies at home for at least five years. In doing the research, protocols were followed to get the participants' consent and the authorities involved in conducting the research.

Researchers consider the civil status of the participants according to the study of Ouyang et al. (2019), that efforts in balancing work and married life positively impact the job satisfaction of the nurses. Moreover, ONS Voice (2017) indicated in their interview with a clinical nurse specialist

that it takes four to five years to get to the expert level. The clinical nurse specialist used the 'From Novice to Expert' theory by Benner as the basis for considering the expert level of no longer relying on rules and performing at a highly proficient level. The researchers limited the required years of experience working as a Filipino nurse in Qatar and practicing Filipino traditional health remedies for at least five years to fit in as a participant of this study. The working duration and age of Filipino nurses indicate the appropriateness of the nurses to be chosen as participants in their experiences. Lastly, to obtain reliable data regarding the phenomenon of the study, the participants should be practicing Filipino traditional health remedies.

## 2.2 Data Collection and Ethical Consideration

Following the ethical guidelines in research serves to achieve the success of the study. In the study, data collection began with choosing the participants according to the criteria made by the researchers. Then, a robotfoto was created to identify whether the participants met the criteria of the study. Next, an interview guide was created to guide the researchers when asking the chosen Filipino nurses in the interview proper.

Then, the list of questions was handed over to the selected teachers with relevant professional backgrounds for research validation. Subsequently, the participants' consent to join the recorded interview was asked. The date and time were set per the participants' availability. Moreover, the interview was conducted through the Zoom application. Once the participants agreed to join the recorded interview, orientation was conducted before the interview to guide the participants throughout the interview process.

Furthermore, the recording feature of the Zoom application was used to document the interview. The recording guided the transcription of the participants' lived experiences. Finally, the data was gathered resulting from the interviews that took place. All the information taken from the interview was kept highly confidential, including the participants' identities and personal backgrounds.

## 2.3 Data Analysis

The study used information gathered directly from the experiences and emotions of the participants. The following data analysis steps were then used to observe the research flow after the replies from the relevant interviews have been collected: (1) Emic data transcription; (2) Emic to Etic transcription; (3) Cool to Warm analysis; (4) Theme identification and analysis using the Dendrogram tool; (5) and theme integration into the simulacrum. Through this methodical approach, which involved thematizing the experiences of Filipino nurses, the research gained a deep comprehension of the subject. The first phase of data analysis clarified the information collected through direct transcriptions and subsequently by data cleaning. Following the data treatment, the dendrogram was constructed by clustering and reflecting the results of the cool-warm analysis, which then extracted the formed themes and sub-themes. The simulacrum that illustrates how the components are related serves as an embodiment of the conceptual framework of the study. The themes and sub-themes were then strengthened at the second level of data analysis using the perspectives provided by the Review of Related Literature and Studies.

## 3. Result

This phenomenological study aims to describe the lived experiences of Filipino Nurses on Traditional Filipino Health Remedies, specifically those who live in Qatar, are married, and have children, relative to the central question: "How would Filipino nurses in Qatar describe Traditional Filipino Health Remedies as effective?" Furthermore, the study focuses on the specific question: "How do the nurses incorporate traditional Filipino health remedies at home with their families?" Undeniably, integrating traditional Filipino health remedies while performing healthcare seems counterintuitive. However, struggles and obstacles arise as Filipino nurses follow the standard healthcare protocols while practicing Filipino traditional health remedies.

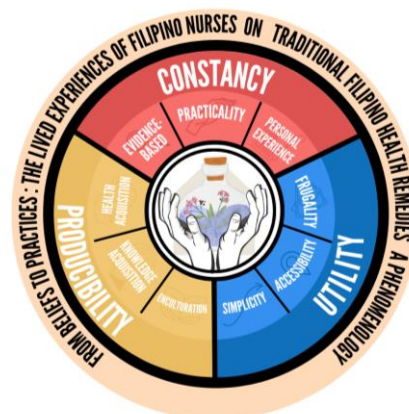


Figure 1: Simulacrum

Figure 1 shows the simulacrum focused on three major themes: **Constancy, Productivity, and Utility**. These themes highlight how the participants consider the traditional Filipino health remedies they use. As the participants followed the standard healthcare protocols being healthcare professionals, the limitations were depicted through the three primary colors, red, blue, and yellow. The colors used for the themes are primary colors, as these are the primary reasons Filipino nurses use traditional Filipino health remedies in their homes despite their knowledge of conventional medical practices. Each color represents a theme. For constancy, red represents confidence, action, drive, and courage. Furthermore, blue was utilized in utility, as it represents reliability, unity, and harmony. As for productivity, the yellow color represents essence, knowledge, and creativity. To represent the wholeness and vitality that our study brings to the evolution of our society in terms of medical knowledge, the outermost circle utilized the peach color. With the title "From Beliefs to Practices," the center is occupied with elements of a typical traditional Filipino health remedy and a house. The hands represent preserving these traditional health practices in the modern world of medicine.

### 3.1 Constancy

One of the underpinning criteria in choosing reliable products or procedures is constancy. It encapsulates how a process or product is dependable due to different authentication processes. As cognitive beings, for verification, people use logical judgment and refer to either prior experiences of themselves or other people to recognize the practicality of the process.

### Personal Experiences

Personal experiences are the history of an individual to a particular circumstance. It is what people often refer to concerning identifying the reliability of a process. The participants of this study affirmed the following responses:

*“It comes with a process wherein if it has been proven effective through past usage, then it is suitable enough for treatment.” [P6]*

*“Based on my experience, I identify procedures as suitable based on the needs of the patient, knowledge regarding the trauma or disease, and the prescription of the doctors.” [P8]*

*“These alternative traditional health remedies were effective in those times I’ve experienced.” [P7]*

### Evidence-Based

An evidence-based process can be demonstrated by vitally considered experiences of people with expertise on the matter. It is backed up by information that indicates medical use traces its history with over three generations. As the participants expressed:

*“The traditional healthcare in the Philippines is evidence-based and has undergone several researches. It all started with a hypothesis or a theory until it is proven with scientific pieces of evidence or peer reviews. This is where the health remedies are considered as reliable and appropriate. These types of nursing are evidence-based.” [P2]*

*“Yes. So far, the alternatives I use are effective as they are scientifically proven or evidence-based.” [P9]*

*“Yes, it is effective because the traditional treatment that we are using at home is based on scientific principles...” [P1]*

### Practicality

The practicality of a process is regarded alongside the effectiveness of the process through evidence. Feasibility identifies the possibility and necessity of the process to be practiced. As the participants stated:

*“Firstly I will assess the situation or the certain ailment and then do the proper assessment for the patient. Procedure wise, as well as following what is centered in the hospital.” [P5]*

*“We treat the patients’ symptoms with the accustomed treatment for their certain disease.” [P9]*

*“Perform assessment before taking*

*action on whatever health problem the patient has.” [P10]*

### 3.2 Utility

The second major theme goes over the usefulness of Traditional Filipino Health Remedies based on the experiences of Filipino nurses. Utility speaks about the convenience these products and procedures bring to the table for Filipino nurses in terms of money, accessibility, and simplicity.

#### Frugality

Frugality is a quality where one is cautious with how they spend their money. Among the many defining traits of modern medicine, one of them is its hefty price tag, especially without the proper insurance. Considering the present situation, money is not something to be simply thrown around, and thus frugality is undoubtedly not a bad trait to have.

*“...we use this because it saves us from going to the hospital and is therefore cost-effective.” [P4]*

*“Definitely yes because having knowledge regarding these is convenient in times of emergency and financial challenges. It would benefit people.” [P8]*

*“...Conventional medicines and practices are quite expensive, compared to traditional medicines and practices.” [P6]*

#### Accessibility

Accessibility is one of the several factors when utilizing such products and health practices in certain circumstances. It provides a good grasp of your current situation and allows you to consider your options better. It pertains not only to resources that are easy to acquire but also to the ones present.

*“In times of emergency. For example, if somebody acquired allergies at a sudden, sugar will be used as it can treat allergies. Also, we use guava leaves as antiseptic if there is no available antiseptic. So, it depends on the resources that you have.” [P1]*

*“I have used alternative remedies in times of lack of materials or equipment for a conventional practice.” [P8]*

*“When there is no nearby hospital, health centers, or drug stores, that is the time that I will practice traditional health remedies.” [P10]*

Because it is easily accessible, there are also situations where the Filipino nurses utilize them before applying modern medicine.

*"I use them first before medical intervention in the event my children will have a cough or fever." [P4]*

#### *Simplicity*

For the sake of convenience, simplicity is a necessary attribute that must be considered when encountering traditional medicine and practices. A traditional medicine or practice's description must be easy to understand so that the one using it is well-informed and can effectively weigh the advantages and disadvantages of a particular treatment.

*"If it is appropriate for the illness, and it does not contradict conventional medicine, then it should be utilized. This could be beneficial in terms of personal problems like financial etc." [P2]*

*"Yes, because I believe that it is essential as a nurse to know these kinds of traditional health remedies for us and compare what is safe and not safe to use." [P3]*

### **3.3 Producibility**

The acquisition of Traditional Filipino Health Remedies is one of the considerations when exercising these practices. Those who seek such health alternatives would contemplate what they may gain and adhere to them. It also considers if one wishes to utilize these practices for themselves and other people around them. One of the factors in evaluating the practices' producibility follows health acquisition, knowledge acquisition, and enculturation.

#### *Health Acquisition*

The consideration of health acquisition refers to the benefits one may gain when adhering to traditional health remedies. A critical basis one examines whether a practice is reliable or not. The following participants affirmed this response:

*"I think effective traditional Filipino health remedies have a beneficial impact in improving one's health. It is just a matter of whether a particular practice is effective or not." [P7]*

*"It depends on the practice because not all are evidence-based or proven scientifically." [P2]*

#### *Enculturation*

Enculturation is the practice of one's own culture or tradition. Concerning overseas Filipino nurses, these Traditional Filipino Health Remedies offer a connection to one's cultural practices. A tradition is passed down from generation to generation, with elderly family members and partners primarily influencing traditional Filipino remedies.

*"Yes, utilizing traditional Filipino health remedies is a form of practicing our own culture or tradition. Many Filipinos grew up practicing these health remedies and they have become*

*a culture for us to use them in times of need." [P7]*

*"I learned this knowledge from teachers, books, and elderly members of the family." [P8]*

#### *Knowledge Acquisition*

Knowledge acquisition is another factor apart from interest in welfare that one also contemplates in traditional health remedies. It is significant as they are a foundation of some conventional medicine available today. Additionally, they can be budget-friendly and accessible options people may deem in times of emergency.

*"Yes, these traditional remedies are important as they are the baseline of conventional medicine." [P8]*

*"Yes, because these are usually the resources easily acquired or commonly available at home. It is convenient for emergency purposes, cost-effectiveness, and less arduous." [P1]*

*"Suppose there is proper knowledge as to its safe usage. In that case, I will encourage people to use it, especially those in rural areas who are economically unstable and far from access to advanced medicines." [P3]*

## **4. Discussion**

Traditional Filipino health remedies have been an integral component of Filipino culture. The phenomenological study entails the experiences of Filipino nurses who practice traditional Filipino health remedies at home. The findings of the study indicate that there is a balance between using conventional practices and traditional Filipino health remedies. The experiences make a difference in the effective treatment of a particular ailment. Although traditional medicine is rarely used, it is considered efficient, accessible, and associated with fewer negative consequences (van Rensburg et al., 2020). Traditional health remedies are crucial, as they serve as modern medicine's foundation. In the Philippines, Cordero et al. (2022) stated that Traditional Filipino health remedies and their use of a wide variety of plant species are a prevalent practice. It is a fundamental component of Filipino history and customs and has long been acknowledged on a cultural level. It is a part of the culture, particularly the practices that have been proven successful by science.

In addition, traditional Filipino health remedies develop the knowledge of tradition and have a beneficial impact on the exchange of wisdom and practice to the health and wellness of an individual and are relevant to the effects of mind, body, and spirit. According to Rondilla et al. (2021), traditional Filipino health remedies successfully resolve health issues. The desire to enhance present medical care, satisfaction from earlier experiences, mistrust of the current healthcare system, family tradition, and prior experiences are all cited as reasons for purchasing such products.

Furthermore, understanding it gives medical professionals a more excellent knowledge of individuals who use folk medicine, assisting them in treating patients holistically.

#### 4.1 Constancy

Constancy defines the dependability of the processes and results. It is a synthesis of reliability and validity. Reliability is estimated by comparing the results as each has a constant. Validity compares the results to other relevant theories (Middleton, 2019). In this study, constancy refers to the quality of Filipino traditional health remedies used to be effective, conventional, and practical.

##### *Personal Experience*

Personal experience is a subdivision of Constancy which proves the effectiveness of the participants' process. The commonality is created through redundancy, as well as contempt. Experts such as publicists confirmed that familiarity leads to preference far more than it does to contempt. Repetition depends on an individual's experience, which may develop into habits (Casciato, 2018). Rooted in comfort and assurance, the participants persist in practices they have pursued or pursued beforehand.

##### *Evidence-Based*

Evidence-based practices are processes that were proven scientifically by experts. With a sense of objectivity, humans tend to check the validity of practice from other people's experiences in that field. The practices experienced by the participants are supported by the research or the root of other conventional treatments. Evidence-based practices are vital because it seeks to deliver the best treatment currently accessible, intending to enhance patient outcomes. Based on the latest research, patients anticipate receiving the most effective therapy (Hoffman, Bennett, & Del Mar, 2013). Unfortunately, the nurses inhibited the vitality of the criterion evidence-based for practices from the conventional to the home setting.

##### *Practicality*

In addition, Filipino nurses considered the practicality of certain health remedies. A nurse's assessment of whether an operation is necessary or not can vary from one nurse to another, as long as it is scientifically-based and does not harm the patient. In order to ensure that everything is done in the patient's best interest as well as for the nurse to do their duties effectively, certain procedures are justified as being required.

Constancy encapsulates the evidence and experiences behind procedures within practices. It shows whether or not something is dependable or reliable just by going over previous experiences, as well as the evidence that others may have to present, and even the logical explanation that may or may not make something useful.

#### 4.2 Utility

Utility is a term used to describe the usefulness or the beneficiary of something. According to Lesko et al. (2010), in medicine, utility or clinical utility is a measure of benefit that someone gains from an intervention, outcome, product, or process. This benefit that a particular individual would gain from that specific intervention, or process, would then translate into the degree of usefulness of the said process.

##### *Frugality*

Frugality is the quality of being economical with things. Under utility, Frugality is also now more critical than ever when it comes to medicine. The medicines are being developed and are being sold at exorbitant prices in countries like the US, the UK, and Australia, with it being clear that no country would be able to treat the people who needed them (Boseley, 2018). This study showcases how the participants benefited from Traditional Filipino Health Remedies. Financially, it saved the nurses money from going to the hospital or using pricey modern medicine, for that matter, when treating minor ailments, which is desirable, especially in times of financial crisis.

##### *Accessibility*

Accessibility is the traditional products and remedies readily available for the nurses during certain circumstances. These practices were their go-to as it does not require conventional medical products from hospitals, health centers, or drugstores. With more credit to its accessibility, the interviewed nurses also utilized traditional products and methods before using modern medicine. This practice is similar to people from other places, such as Germany, who use traditional herbal medicine before proceeding with more modern forms of medications, such as conventional medicine (Welz et al., 2018).

##### *Simplicity*

Simplicity of traditional medicines is convenient for the nurses and it was proven to be the best option for emergencies. Moreover, it was simple in terms of its descriptions not only from the internet but also from other people, allowing the user to understand their choices better regarding these traditional health remedies.

In utility, we can measure the usefulness of a particular product or item through its frugality, accessibility, and simplicity. Alternatively, the convenience it brings to the people who use them, whether it be to save money, quickly obtain it, or easily comprehend it.

#### 4.3 Producibility

Producibility describes how readily a product can be manufactured in the appropriate amount with the available resources and capacity (Swamidass, 2000). In relation to how Filipino nurses acknowledge and evaluate these traditional remedies based on advancing one's welfare, proficiency, and culture. Specific considerations are made upon engaging particular home-based ailments onto oneself and others. Consequently, these healthy alternatives are readily available and affordable.

##### *Health Acquisition*

Health acquisition is fulfilled by individuals who integrate traditional health remedies. It is commonly suggested and effective for treating minor discomforts. As mentioned by Welz, Emberger-Klein, and Menrad (2018), herbal or traditional remedies are essentially used for moderate illnesses. Some of these alternatives may not be supported by evidence.

##### *Enculturation*

Enculturation is the process by which a person learns a culture's traditional content and assimilates its practices and

values. According to Medicinal Plant Research in Africa (2017), traditional medicine is a collection of knowledge and practices that are brought up from various cultures and used to enhance one's health. Using these alternatives may inform one about specific available ailments in uncalled circumstances. Moreover, as it is readily accessible, such needs may be alleviated for immediate minimal replenishment rather than certain critical conditions.

#### *Knowledge Acquisition*

Knowledge acquisition, the fulfillment of intellectual gains and reaping its benefits must be of utmost importance in exercising Traditional Filipino Health Remedies. The vast majority of people on the planet continue to rely on traditional medicinal plants and other materials for their daily healthcare needs. Likely, traditional cultures' profound knowledge of herbal remedies developed through trial and error over many centuries, and the essential cures were passed down verbally from one generation to the next (Van Wyk & Wink, 2018).

Producibility in this study goes after how traditional Filipino health remedies can be a source of development in certain aspects thus contributing to the betterment of society. Whether these traditional Filipino health remedies can be assimilated to what the nurses already know in practice or in concept to provide health benefits, or to promote and understand the cultures from which these traditional Filipino health remedies stem from.

## 5. Conclusion

Traditional Filipino health remedies have significantly contributed to treating ailments, especially with the help of scientific procedures to prove their effectiveness. Nevertheless, integrating traditional health remedies involves a slow and steady process. Thus, it is crucial to understand the lived experiences of Filipino nurses using traditional Filipino health remedies in their homes. Ping (2015) found that offering integrated medicine where traditional remedies and conventional medicine are provided by professionals who are appropriately qualified and governed helps ensure that patients receive high-standard, holistic care and successful outcomes. However, this research has focused on Filipino nurses working in Qatar and their experiences. Therefore, this research aims to expound on the experiences of Filipino nurses in treating particular ailments at home with traditional Filipino health remedies and the factors that can help them balance their usage of treatment both in their workplace and at home.

This phenomenological research discussed the lived experiences of Filipino nurses in Qatar on traditional Filipino health remedies at home. This study showed how Filipino nurses incorporate traditional Filipino health remedies at home with their families. Three salient components were formed with the verbalization of their responses related to their experiences, indicating the factors they consider in using traditional Filipino health remedies at home. The first is **constancy** which encapsulates how Filipino nurse participants find traditional Filipino health remedies dependable. This constancy may stem from the *personal experiences* of the user throughout their life or from being *evidence-based*, evidence in the sense that it was obtained from the experiences of other people and studies.

Additionally, this constancy can even stem from *practicality*, a fine mix of personal experiences and evidence. Moving on, **utility** encloses how Filipino nurses find traditional Filipino health remedies convenient in a given circumstance. Utility encompasses the benefits that the user gains from traditional medicines, benefits in terms of *frugality* or, in other words, money, whether it allows them to spend less or none. It may also be in terms of *accessibility* if the resources required to obtain or practice traditional medicine are easily attainable. Furthermore, it could also be in terms of *simplicity* or how comprehensible the process of a particular traditional medicine is. Lastly, there is **producibility** which is how traditional Filipino health remedies can contribute to the betterment of society and the development of medical protocols. Producibility encompasses *health acquisition* which pertains to the effectiveness of the traditional Filipino health remedy. It also encompasses *enculturation*, which goes over whether or not practicing traditional medicine is a form of practicing our own culture. Lastly, there is *knowledge acquisition*, which goes over how traditional Filipino health remedies can help serve as a knowledge foundation for understanding and improving medicine and other scientific explanations.

The study investigated Filipino nurses' lived experiences regarding what traditional remedies they used and how they utilized them in their respective households. It determined how these medically educated and trained individuals evaluated such traditional practices upon sharing them with their families. This study is significant for health-seeking individuals who wish to explore traditionally-approached health remedies linked with self-awareness. With the credibility of nurses, this study broadens the people's views and knowledge of traditional Filipino health remedies. People who need and want to understand the use of traditional Filipino health remedies may see the various information that will guide them on specific considerations to certify a particular ailment. Along with those to spread knowledge about these things. It may also be beneficial for students or youngsters in general, as they may learn to further evaluate their traditional practices despite the cultural influence of their parents and relatives. They may practice health-related decision-making on their own. Consequently, it is also significant for the nurses themselves as it allows them to better value the presence of traditional health practices in a dominantly conventional medical work environment. Along with nurses who utilize these traditional practices, they may reflect on their lived experiences with such health remedies with further significance and appreciation.

The limitations of this study include time constraints such as schoolworks and events. Aside from that, there was also limited access to data needed due to the unique criteria of the study. As a result, there were times when it took time for the researchers to find the necessary data needed. Another complication was finding the participants needed for our paper, especially in the interview. The researchers needed help because the participants we needed were Filipino nurses who use traditional Filipino health remedies in their households, and they were only limited.

The researchers advise future researchers to use this study as an introduction to the health traditions of Filipino nurses.

Additionally, the researchers also recommend the following to future researchers. First, diversify the respondent profile by locale, status, and age.

As this study focuses mainly on respondents living in Qatar, expanding it internationally through overseas Filipino nurses would provide a further understanding of the Filipino tradition of health practices. Extending the age range to an older demographic would be appropriate to trace and compare historical and contemporary changes in Filipino health tradition. The researchers recommend conducting further analysis of how the pandemic impacts the lived experiences of Filipino nurses on traditional Filipino practices.

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### Author Profile



**Anne Beatrice A. Jose** is from Taguig City, Metro Manila. She was born on March 25, 2005. She is currently a grade 12 student under the STEM (Science, Technology, Engineering, and Mathematics) strand. She has been part of the top section in her grades 1 to 7 and 10. She achieved various things in her life such as being a consistent Bronze awardee since grade 1 and being

a Laureola Awardee during the first and semester in grade 11. Furthermore, she is currently the President of the Supreme Student Government in Philippine School Doha. She, along with her two classmates, also won first place in the Senior Category 2 of the Young Innovator Award 2021 hosted by the Qatar Environment and Energy Research Institute (QEERI) and Hamad Bin Khalifa University (HBKU). She always lives by the quote "Without the rain, we would never feel thankful for the warmth of the sun."



**Ma. Angela Jayne M. Mandin** is from Cotabato City, Philippines. She was born on January 25, 2005, She is currently a Grade 12 Senior High School student, taking up the Science, Technology, Engineering, and Mathematics (STEM) Strand studying in Philippine School Doha. She had many achievements in her journey as a student in PSD. Her intellect has won

her a place in the honor roll throughout her Junior High School years as well as academic competition awards. In addition, she, along with her two classmates, won first place in the Senior Category 2 of the Young Innovator Award 2021 hosted by the Qatar Environment and Energy Research Institute (QEERI) and Hamad Bin Khalifa University (HBKU). She plans to continue her studies in the Philippines, where she plans to take a medicine course, to pursue her dream of tending to the sick as a future neurosurgeon. She swears by the quote of Napoleon Hill, "If you cannot do great things, do small things in a great way."



**Danielle Rafael P. Pagtakhan** is from Biñan, Laguna. He was born on September 25, 2004. He was a Bronze awardee for SY 2020-2021. He is currently a grade 12 student under the STEM strand. He is also the class business manager of his section. He is quite talented in the arts and participated in a number of poster-making competitions during his Junior

High School years. He believes in the quote "Most of life is made up of junk. Then there are these moments when all of the randomness becomes something perfect."



**Josh Allen L. San Diego** is from Abucay, Bataan. He is a Grade 12 student from Copper under the STEM Strand. He was a bronze awardee for SY 2019-2020. He moved here to Qatar at a young age and has been studying in Philippine School Doha since Kindergarten. He aspires to be a Medical Technician after finishing his studies. He stands

by the quote "The only impossible journey is the one you never begin." by Tony Robbins.



**Carol Anro A. Morales** is from Las Piñas City, Philippines. She was born on April 2, 2005. She is currently a grade 12 student under the Science, Technology, Engineering, and Mathematics (STEM) strand in Philippine School Doha. Some of her achievements include being an academic awardee from grades 6-7 and 10. She is also a layout artist of

her school's newspaper club, the LINK. She believes in the saying "We must accept finite disappointment, but we must never lose infinite hope," as said by Martin Luther King.



**Hannah Grace M. Padios** is from Iloilo City, Philippines. She was born on April 4, 2004. She is currently a grade 12 student under the STEM (Science, Technology, Engineering, and Mathematics) strand. She was a champion in table tennis in grade 7. She was also one of the top students in her school in the Philippines. She migrated to

Qatar when she was 9 years old. She lives by the quote "Wherever the art of Medicine is loved, there is also a love of Humanity." by Hippocrates.



**Dashly Venys L. Marquez** was born on November 11, 2004, in Quezon City, Philippines. She migrated to Malaysia when she was 6 years old and had been in a Chinese school being a top student from her primary up until Grade 1. She then migrated to Qatar at 9 years old. She is currently a Grade 12 Senior High School student, taking up the Science, Technology,

Engineering, and Mathematics (STEM) Strand in Philippine School Doha. She was a top student starting from grade 1 up to 9. She was also the 1st honor when she was in grade 1 in Malaysia. She has been interested in arts and had been joining various poster-making competitions since Junior High School and won 1st place in grade 7. She also joined the Battle of the Brains in her church and has been the 1st place in 3 consecutive years and eventually became the champion in her 1st year in Malaysia. She lives by the quote "I will not lose, for even in defeat, there's a valuable lesson learned, so it evens up for me."