

## Meta-analysis of Cost-effectiveness/benefits of spa resort treatment of selected diseases/disorder

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### Abstract

#### Introduction

Spa resort treatment also known as balneotherapy is a non-conventional treatment of health conditions using natural mineral water. The water acts as a liquid suspension, carrying a variety of minerals and chemicals into the body. Spa resort treatment treats several health conditions such as dermatological and gynecological conditions using chlorosodic and sulfurous waters. Balneo-clinics also cure diabetes, cancers, hepatitis, blood circulation conditions, bronchia tract ailments, insomnia, fibromyalgia, gastrointestinal disorders and a host of others. Balneotherapy methods of treatment is said to be very effective and do not cause side effects, especially for chronic diseases. The effects of treatment last for a long time, and the treatment costs are relatively low.

#### Objective

The objective of this paper is to conduct a meta-analysis through a systematic review of studies on cost-effectiveness of spa resort treatment of selected disorders to ascertain the claim that spa resort treatment are cost-effective.

#### Methodology

Search data base include Research Gate, PUBMED, Web of Science, Scopus, Springer, Science direct, Wiley online library and Google Scholler search materials. The key words used in the search include; cost-effectiveness, spa resort treatment, balneotherapy, cost-effectiveness/benefits, therapeutic benefits etc. A total of 1,500 studies were searched on related cost-effectiveness of spa resort/balneotherapy.

#### Results

Results shows that there are relatively few papers on cost effectiveness analysis. Cost data seems to be insufficient as some type of costs were not reported.

In addition, reported QUALY measures shows differing conclusions about the effectiveness of the interventions. However, appropriate spa treatments reported a fewer reduction in the need of subsequent health interventions/visits to doctors which shows that spa treatment is effective.

#### Conclusion

A take home message from the review is that, Spa treatment improves health-related quality of life and is associated with limited incremental costs per patient. There is need for randomized control trial studies to effectively ascertain cost-effectiveness of spar treatment

**Keywords:** *cost-effectiveness, spar treatment, balneotherapy, review, meta-analysis*