CAM Therapies

- Whole medical systems
- Mind-body medicine
- Biologically based practices
- Manipulative and body-based practices
- Energy therapies

Therapeutic Uses of CAM

- Deep breathing/relaxation: pain management, lowered blood pressure, reduced stress and anxiety, increased positive mood states
- Visualization and imagery: reduced stress, relaxation, healing, pain relief, symptom control
Therapeutic Uses of CAM - continued

- Hypnotherapy: reduced tension, headaches, insomnia, chronic pain, anxiety, chronic fatigue
- Meditation: help with stress, mood disturbance, anxiety, depression, pain of chronic illness, other conditions

Therapeutic Uses of CAM - continued

- Pressure point therapies (acupuncture, acupressure): healing, pain relief, physical and emotional well-being
- Touch therapies, including massage: reduced pain and anxiety, relaxation and healing; help for depression, addiction, dementia, anxiety

Therapeutic Uses of CAM - continued

- Herbals and botanicals: symptom relief in a wide variety of conditions, but must be used with caution
- Experimental therapies: biofeedback, rTMS, EMDR
**Mind-Body Therapies**

- Include breathing techniques, music for relaxation, visual imagery, hypnosis, meditation, biofeedback, and others
- Based on belief that mind and body are interrelated and that the condition of one will eventually affect the condition of the other

**Acupuncture**

- Influences body’s self-regulating system
- Hair-thin needles placed at acupuncture sites to stimulate energy (qi) pathways (meridians, linked to organ systems) and cause biochemical changes in CNS
- Acupressure: based on same principles but uses finger pressure or implements to stimulate meridians

**Touch Therapies**

- Massage: categorized by NCCAM as manipulative and body-based practice but discussed here as a touch therapy along with Reiki and Therapeutic Touch
- Uses: ease pain and anxiety, promote relaxation, diminish depression, and increase the sense of well-being
Herbal Therapies

- Construed as safe because herbs are "natural"
- Potential for toxicity and harmful interactions with prescribed medications
- Few herbs used in treatment of emotional symptoms or mental disorders

Integrating CAM

- Clients must discuss all CAM treatments and therapies with primary physical or mental care providers.
- Clients' medications should be closely monitored to avoid dangerous interactions.
- Client and family education is an important component of the plan of care.

Appropriate Clients

The appropriate client for CAM therapy:
- Is motivated to participate in the interventions
- Is able to concentrate
- Can follow often complex directions
Consumer Information

- Advantages and disadvantages
- Risks
- Side effects and adverse effects
- Expected results
- Length of treatment
- Interaction with conventional Western medications

Fraud and Quackery

Informed CAM consumers can avoid fraudulently marketed products that:
- Have no value or use.
- Have serious medication interaction risks.
CAM Practitioners

- Clients should research background, credentials, and certification/licensure of a potential CAM practitioner.
- Reliable sources of information/referrals: national organizations of CAM practitioners, health regulatory bodies, other health care providers, current and former clients, interview.

Quality of Service Delivery

Clients should visit the practitioner’s office, clinic, or hospital to personally check the conditions under which treatment will be given.

- Are conditions safe and clean?
- Are regulated standards for medical care and safety adhered to?

Nurses’ Role in CAM Education

- Educate self in CAM modalities.
- Identify CAM use by client.
- Identify client’s need for CAM.
- If appropriate, encourage appropriate CAM use.
### Nurses’ Role in CAM Education - continued

- Enlist support of treatment team, family members, and friends.
- Counsel clients in appropriate use of CAM.
- Help clients to find providers.

### Safety Education

- Counsel clients in appropriate use of CAM for specific conditions.
- Educate clients and families about the safe use of CAM therapies and about possible CAM–prescribed medication interactions.

### Using Natural Remedies

- There may be insufficient reliable information available to judge the effectiveness or safety of many herbs.
- A common misconception is that herbs and supplements are always safe and possibly more effective.
- Clients should discuss with their health care provider all natural remedies they use.
### Natural Products Used for Psychiatric Symptoms

<table>
<thead>
<tr>
<th>Psychiatric Symptom</th>
<th>Natural Medicine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>Kava</td>
</tr>
<tr>
<td>Dementia</td>
<td>Ginkgo leaf extract</td>
</tr>
<tr>
<td>Depression</td>
<td>SAMe, St. John's wort</td>
</tr>
</tbody>
</table>

### Natural Products Used for Psychiatric Symptoms - continued

<table>
<thead>
<tr>
<th>Psychiatric Symptom</th>
<th>Natural Medicine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Encephalopathy/ peripheral neuropathy</td>
<td>Thiamine</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Melatonin, valerian</td>
</tr>
<tr>
<td>Dementia of Alzheimer's type</td>
<td>Omega-3 fatty acids</td>
</tr>
</tbody>
</table>

### Herbal Therapies

- Some herbals and botanicals may:
  - Potentiate the effects of psychotropics
  - Block the effects of psychotropics
  - Increase the extent of adverse side effects
Natural Products and Psychotropics
Not to Be Taken Together

<table>
<thead>
<tr>
<th>Psychotropic</th>
<th>Natural Medicine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anticonvulsants</td>
<td>Sage</td>
</tr>
<tr>
<td>Carbamazepine</td>
<td>Psyllium</td>
</tr>
<tr>
<td>Fluoxetine</td>
<td>Melatonin</td>
</tr>
</tbody>
</table>

(Not all-inclusive. See Table 33-4.)

Natural Products and Psychotropics
Not to Be Taken Together - continued

<table>
<thead>
<tr>
<th>Psychotropic</th>
<th>Natural Medicine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antipsychotics</td>
<td>Ginseng</td>
</tr>
<tr>
<td>Lithium</td>
<td>Green tea, psyllium</td>
</tr>
<tr>
<td>Benzodiazepines</td>
<td>Kava, melatonin</td>
</tr>
</tbody>
</table>

(Not all-inclusive. See Table 33-4.)

Practicing Holistic Nursing

- Self-care
- Self-responsibility
- Spirituality
- Integration
- Exploring CAM for the nurse
CAM in Professional Role

- The holistic nurse is an instrument of healing and facilitator in the healing process.
- Holistic nursing practice draws on nursing knowledge, theories, research, expertise, intuition, and creativity.
- CAM can play an important role in holistic client care and education.

Resources

- [http://www.ahna.org](http://www.ahna.org)
  The American Holistic Nurses Association is a nonprofit membership association for nurses and other holistic healthcare professionals. AHNA promotes the education of health care professionals, and the public in all aspects of holistic caring and healing.
  The National Center for Complementary and Alternative Medicine leads federal scientific research on complementary and alternative medicine. This site explores complementary and alternative healing practices through rigorous science, offers training for researchers, and provides information to the public and professionals.

Resources - continued

- [http://www.quackwatch.com](http://www.quackwatch.com)
  QuackWatch is a nonprofit corporation whose purpose is to combat health-related frauds, myths, fads, fallacies, and misconduct. It answers inquiries about products and services, attacks misleading advertising, and reports illegal marketing.
  ScienceDaily is an Internet online magazine and Web portal devoted to science, technology, and medicine. This link is to the article “Evidence-based Medicine Sufficient For Complementary And Alternative Medicine Research?”
Resources - continued

- http://www.med.umich.edu/libr/aha/umherb01.htm
  The University of Michigan Health Systems website provides public access to a table of Selected Herb-Drug Interactions.