

**COMPLEMENTARY &
INTEGRATIVE THERAPIES FOR
NURSING PRACTICE**

Fifth Edition

COMPLEMENTARY & INTEGRATIVE THERAPIES FOR NURSING PRACTICE

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Patti Cleary, Editorial Consultant extraordinaire. I could not have completed this edition without her wisdom and guidance.

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CONTENTS

Preface xi

Acknowledgments xv

UNIT 1 Healing Practices: Complementary and Integrative Therapies for Nurses 1

- Chapter 1** Integrative Healing 3
- Chapter 2** Basic Concepts Guiding Integrative Therapies 19
- Chapter 3** The Role of Evidence-Based Health Care in Complementary and Integrative Therapies 37

UNIT 2 Systematized Health-Care Practices 47

- Chapter 4** Traditional Chinese Medicine 49
- Chapter 5** Ayurvedic Medicine 70
- Chapter 6** Native American Healing and Curanderismo 92

UNIT 3 Botanical Healing 111

- Chapter 7** Herbs and Nutritional Supplements 113
- Chapter 8** Aromatherapy 133
- Chapter 9** Homeopathy 149
- Chapter 10** Naturopathy 161

UNIT 4 Manual Healing Methods 169

- Chapter 11** Chiropractic 171
- Chapter 12** Massage 183
- Chapter 13** Pressure Point Therapies 203
- Chapter 14** Hand–Mediated Biofield Therapies 218
- Chapter 15** Combined Physical and Biofield Therapy 232

UNIT 5 Mind–Body Techniques 239

- Chapter 16** Yoga 241
- Chapter 17** Meditation 256
- Chapter 18** Hypnotherapy and Guided Imagery 271
- Chapter 19** Dreamwork 289

viii Contents

- Chapter 20** Intuition 305
- Chapter 21** Music as a Therapeutic Tool 315
- Chapter 22** Biofeedback 325
- Chapter 23** Movement-Oriented Therapies 333

UNIT 6 Spiritual Therapies 347

- Chapter 24** Shamans 349
- Chapter 25** Faith and Prayer 360

UNIT 7 Other Therapies 375

- Chapter 26** Bioelectromagnetics 377
- Chapter 27** Animal-Facilitated Therapy 388

Appendix *Complementary Therapies for Common Health Problems* 405

Index 431

TRY THIS*

Energy	35	Loving Kindness Meditation	267
Massage	88	Renovating Your Day	285
Positive Thoughts	109	Shrinking Antagonistic Forces	285
Herbal Remedies	129	Improving Dream Recall	302
Soothing Potions	144	Positive Affirmations	312
Top 10 Remedies and Bach Flower		Practice Intuition	313
Essences	157	Music for Stress Reduction	320
Pet Remedies	158	Mind Control of Muscular	
Visualization	167	Strength	330
Energy Boosters	181	Feel Your Qi	343
Massage	199	Wave Hands Like Clouds (Water	
Foot Massage	214	T'ai Chi)	343
Experience Your Energy Field	229	Shamanic Journey	358
Emotional First Aid	237	Absorbing Earth Energy	385
Redirecting the Flow of Energy	238	Going to the Mountains	385
Heart Breathing	253	Interacting with Your Pet	400

*"Try This" features throughout the chapters, provides you with examples of how you can integrate these practices into your own life, and also gives you ideas for client education. A list of resources is also included in every chapter.

PREFACE

The profession of nursing has advanced beyond the Western biomedical model to incorporate many healing tools used by our Asian, Latino, Native American, African, and European ancestors. We are rapidly rediscovering that these ancient principles and practices have significant therapeutic value. Some see this movement as a “return to our roots.” Others believe it is a response to runaway health-care costs, growing dissatisfaction with high-tech medicines, and increasing concern over the adverse effects and misuse of medications and other treatments. The growth of consumer empowerment also fuels this movement.

As nurses, how do you begin to assimilate thousands of years of healing knowledge? How do you begin this journey of integrating practices into your own lives? In your professional practice, how do you model healthful living? How do you help clients choose their own healing journeys? How do you break down the barriers between conventional and complementary and integrative therapies? Learning about these practices, like anything else, is a slow process involving a steady accumulation of bits of information and skills that eventually form a coherent pattern called knowledge. Although it is possible to learn a great deal about healing practices from reading, thinking, and asking questions, you must in the long run learn about healing through participation. Without hands-on experience, you can be a good student, but you can never be a great nursing practitioner of the healing arts. I trust this book will be one step in a lifelong exploration of and experiences with healing practices.

Consumers do not wish to abandon conventional medicines, but they do want to have a range of options available to them including herbs and nutritional supplements, manual healing methods, mind-body techniques, and spiritual approaches. Some practices, such as exercise, proper nutrition, meditation, and massage, promote health and prevent diseases. Others, such as herbs and homeopathic remedies, address specific illnesses. Many other practices do both. The rise of chronic disease rates in Western society is increasingly motivating consumers to consider self-care approaches. As recently as the 1950s, only 30% of all diseases were chronic, and curable—largely infectious—diseases dominated, for which medical interventions were both appropriate and effective. Now, 80% of all diseases are chronic. Western medicine, with its focus on acute disorders, trauma, and surgery, is considered to be the best high-tech medical care in the world. Unfortunately, it is not responding adequately to the current epidemic of chronic illnesses.

Ethnocentrism, the assumption that one’s own cultural or ethnic group is superior to others, has often prevented Western health-care practitioners from learning “new” ways to promote health and prevent chronic illness. With consumer demand for a broader range of options, we must open our minds to the idea that other cultures and countries have valid ways of preventing and curing diseases that could be good for Western societies. Although the information

may be new to us, many of these traditions are hundreds or even thousands of years old and have long been part of the medical mainstream in other cultures.

I have titled this book *Complementary & Integrative Therapies for Nursing Practice* because I believe we need to merge complementary approaches with Western-based nursing practices resulting in integrative therapies. I have tried to provide enough information about these therapies to help guide practice decisions. This text, as an overview and practical guide for nurses, does not pretend to be an exhaustive collection of all the facts and related research, nor does it offer meticulous documentation for all claims made by the various therapies. The goal of the text is to motivate you, the reader, to explore these approaches, increase your knowledge about factors that contribute to health and illness, and expand your professional practice appropriately.

It is possible to classify alternative practices in any number of ways. I have chosen to present more than 40 approaches categorized into seven units. In Unit 1, I introduce the philosophical approaches to both Western biomedicine and complementary and integrative medicine, as well as evidence-based health care in these therapies. Concepts common to many approaches are defined and discussed, such as energy, breath, spirituality, and healing. Unit 2 presents a number of health-care practices that have been systematized throughout the centuries worldwide. These typically include an entire set of values, attitudes, and beliefs that generate a philosophy of life, not simply a group of remedies. The chapters cover Traditional Chinese medicine, Ayurvedic medicine, and Native American healing and curanderismo. Unit 3 comprises chapters relating to botanical healings used by 80% of the world's population. Chapters cover herbs and nutritional supplements, aromatherapy, homeopathy, and naturopathy. Unit 4 presents manual healing methods—some from ancient times and some developed in the latter half of the 20th century. The chapters discuss chiropractic, massage, pressure point therapies, hand-mediated biofield therapies, and combined physical and biofield therapies. The chapters in Unit 5 cover types of mind-body techniques for healing and include yoga, meditation, hypnotherapy and guided imagery, dreams, intuition, music as a therapeutic tool, biofeedback, and movement-oriented therapies. Unit 6 presents two spiritual approaches to therapeutic intervention: working with shamans and the use of faith and prayer. Unit 7 includes two chapters on miscellaneous practices: bioelectromagnetics and animal-facilitated therapy.

The appendix provides specific information on managing the types of common health problems that respond well to alternative therapies and lifestyle modification.

This book does not recommend treatments but, rather, describes alternative practices, their backgrounds and claims, preparation of practitioners, concepts, diagnostic methods, treatments, and evidence from research studies. "Integrated Nursing Practice" is an important section of every chapter designed to help you, the nurse, expand your practice by providing you with specific information and suggestions.

In this fifth edition, I have continued the "Considering the Evidence" feature with all new research relating to the chapter topic. Seven of these

features present a systematic review of randomized control trials, while three present primary research. “Considering the Evidence” boxes not only present current studies but also are designed to further critical thinking and perhaps inspire you to design studies to answer your own questions. Each study answers the following questions: What was the approach of the research? What was the aim/purpose/objective of the research? How was the study done? What were the significant findings of the research? What additional questions might I have? What is the clinical significance of this study?

NEW TO THIS EDITION

- Updated all research sections and increased the number of systematic reviews of randomized controlled trials
- Increased emphasis on integrative nursing practice
- Expanded the lists of resources to include more international resources
- Expanded the appendix by including nine additional common health-care problems
- Added material on:
 - African healing
 - Forest bathing
 - Health disparities
 - Health literacy
 - Native American sacred land
 - Precision Medicine Initiative
 - Low-level laser therapy
 - Watsu®

Nurses are in a unique position to take a leadership role in integrating complementary healing methods into Western health-care systems. Nurses have historically used their hands, heart, and head in more natural and traditional healing interactions. By virtue of their education and relationships with clients, nurses can help consumers assert their right to choose their own healing journey and the quality of their life and death experiences.

My dear friend and colleague has written the following letter to you about her lived experience uniting biomedicine with complementary and integrative approaches.

Dear Reader,

It is both a pleasurable and enlightening experience for me to contribute to your text, *Complementary & Integrative Therapies for Nursing Practice*, through the development of the “Considering the Evidence” feature. I approach this work hopeful that it may inspire you, the reader, to engage in critical thinking, assist in your understanding of the significance of research to inform your nursing practice, and, perhaps, propose future studies to answer your own researchable questions. While I am very committed to the importance of nursing research, I have asked Karen Lee

Fontaine to allow me the privilege of sharing my anecdotal experience with you as it relates to my personal journey with complementary and integrative therapies. I hope my story and insight can inspire you to reflect on and embrace the important content of this text in your nursing practice. After learning of my diagnosis of bilateral breast cancer, I actively participated in a myriad of Western medicine therapies while integrating complementary and integrative therapies. Although the chemotherapy experience was both emotionally and physically taxing, I considered the massage therapist as part of “my team,” and I looked forward to this dimension of comfort during this challenging time. Engaging in yoga enhanced “restful sleep” as a response to the overwhelming fatigue that frequently accompanies Western therapies such as chemotherapy and radiation and just the daily awareness that “you have cancer.” Acupressure relieved uncomfortable postoperative symptoms. T’ai chi continues to be an opportunity to focus on myself and reflect on the positives associated with this journey. Reiki and reflexology is my specified “me time.” As I continue to engage in the associated deep breathing exercises, it stimulates my mind to drift to affirmative thoughts and so many positive memories from my life. For me, “living with cancer” is more of an “inconvenience” in my life’s journey. I can appreciate this may not be the experience for everyone, but I can personally assure you that integrating many of the therapies discussed in this text allows me a “quality of life” while simultaneously working with conventional medicine’s goal for a “quantity of life.” With the combination of both, even after some time, I feel I have been given the power to survive and, perhaps, make a difference in the lives of those currently living this journey!

While it has been several years since my original diagnosis and initiating the “cancer treatment path,” I am unwavering in my belief of the **POWER** of complementary and integrative therapies in enhancing one’s quality of life. I frequently share my story with women recently diagnosed with cancer and just embarking on their “new reality” and encourage them to integrate these therapies in their treatment plan. I hope my story gives you a sense of hope and empowerment in caring for persons both professionally and personally who are partaking on a strenuous journey related to their health. I can recall in my own nursing practice experiencing feelings of helplessness when caring for persons undergoing complex treatments with so many uncertainties related to their health outcome. I can attest that your understanding, knowledge, and support in the implementation of complementary and integrative therapies can significantly affect their “quality of life” and allow you the privilege of making a difference in their health journey.

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