

Potter & Perry: Fundamentals of Nursing, 7th Edition

Answer Key to Study Guide

Chapter 36: Complementary and Alternative Therapies

1. Are therapies used in addition to conventional treatment recommended by the client's provider
2. Include the same interventions as complementary but frequently become the primary treatment that replaces allopathic medical care
3.
 - a. Acupuncture: A traditional Chinese method of producing analgesia or altering the function of a body system by inserting thin needles along a series of lines or channels, called meridians. Direct needle manipulation of energetic meridians influences deeper internal organs by redirecting qi.
 - b. Ayurveda: Traditional Hindu system of medicine practiced in India since the first century AD. A combination of remedies such as herbs, purgatives, and rubbing oils treat disease.
 - c. Homeopathic medicine: System of medical treatments based on the theory that certain diseases can be cured by giving small doses of substances that in a healthy person would produce symptoms like those of the disease. Prescribed substances called remedies are made from naturally occurring plant, animal, or mineral substances.
 - d. Latin American practices: Curanderismo medical system, which includes a humoral model for classifying food, activity, drugs, and illnesses and a series of folk illnesses
 - e. Native American practices: Therapies include sweating and purging, herbal remedies, and shamanic healing (healer makes contact with spirits to ask their direction in bringing healing to people)
 - f. Naturopathic medicine: System of therapeutics based on natural foods, light, warmth, massage, fresh air, regular exercise, and avoidance of medications; recognizes inherent healing ability of the body; treatments integrate traditional natural therapies with modern diagnostic science; includes botanical (plant) medicine
 - g. Traditional Chinese medicine: Set of systematic techniques and methods, including acupuncture, herbal medicines, massage, acupressure, moxibustion (use of heat from burning herbs), Qigong (balancing energy flow through body movement), and oriental massage; fundamental concepts from Taoism, Confucianism, and Buddhism
4.
 - a. The "Zone": Dietary program that requires eating protein, carbohydrate, and fat in a 30:40:30 ratio: 30% of calories from protein, 40% from carbohydrate, and 30% from fat; used to balance insulin and other hormones for optimal health
 - b. Macrobiotic diet: Predominantly a vegan diet (no animal products except fish); initially used in the management of a variety of cancers; emphasis placed on whole cereal grains, vegetables, and unprocessed foods
 - c. Orthomolecular medicine: Increased intake of nutrients such as vitamin C and beta-carotene. Diet treats cancer, schizophrenia, autism, and certain chronic

- diseases such as hypercholesterolemia and coronary artery disease.
- d. European phytochemicals: Products developed under strict quality control in sophisticated pharmaceutical factories, packaged professionally in tablets or capsules. Examples of well-studied herbal medicines include ginkgo biloba, milk thistle, and bilberry. Herbs have a wide variety of uses.
- e. Traditional Chinese herbal medicines: Over 50,000 medicinal plant species, many of which have been studied extensively; herbs considered the backbone of medicine
- f. Ayurvedic herbs: Traditional Hindu system of herbs used for over 2000 years
5. a. Acupressure: Therapeutic technique of applying digital pressure in a specified way on designated points on the body to relieve pain, produce analgesia, or regulate a body function
- b. Chiropractic medicine: System of therapy that involves manipulation of the spinal column and includes physiotherapy and diet therapy
- c. Feldenkrais method: Alternative therapy based on establishment of good self-image through awareness and correction of body movements. Technique integrates the understanding of the physics of the body's movement patterns with an awareness of the way people learn to move, behave, and interact.
- d. Tai chi: Technique that incorporates breath, movement, and meditation to cleanse, strengthen, and circulate vital life energy and blood. Therapy stimulates the immune system and maintains external and internal balance.
- e. Massage therapy: Manipulation of soft tissue through stroking, rubbing, or kneading to increase circulation, improve muscle tone, and relaxation
- f. Simple touch: Touching the client in appropriate and gentle ways to make connection, display acceptance, and give appreciation
6. a. Art therapy: Use of art to reconcile emotional conflicts, foster self-awareness, and express clients' unspoken and frequently unconscious concerns about their disease
- b. Biofeedback: A process providing a person with visual or auditory information about autonomic physiological functions of the body, such as muscle tension, skin temperature, and brain wave activity, through the use of instruments
- c. Dance therapy: Intimate and powerful medium for therapy because it is a direct expression of the mind and body. Therapy treats persons with social, emotional, cognitive, or physical problems.
- d. Breathwork: Using any of a variety of breathing patterns to relax, invigorate, or open emotional channels
- e. Guided imagery: Therapeutic technique for treating pathological conditions by concentrating on an image or series of images
- f. Meditation: Self-directed practice for relaxing the body and calming the mind using focused rhythmic breathing
- g. Music therapy: Uses music to address physical, psychological, cognitive, and social needs of individuals with disabilities and illnesses. Therapy improves physical movement and/or communication, develops emotional expression, evokes memories, and distracts people who are in pain.
- h. Healing intention: Variety of techniques used in multiple cultures that incorporate caring, compassion, love, or empathy with the target of prayer
- i. Psychotherapy: Treatment of emotional and mental disorders by psychological techniques

- j. Yoga: Discipline that focuses on the body's musculature, posture, breathing mechanisms, and consciousness. Goal of yoga is attainment of physical and mental well-being through mastery of body achieved through exercise, holding of postures, proper breathing, and meditation.
7.
 - a. Biofield therapies: Are intended to affect energy fields that purportedly surround and penetrate the human body
 - b. Bioelectromagnetic-based therapies: Involve the unconventional use of electromagnetic fields, such as pulsed fields, magnetic fields, or alternating current or direct current fields
 8. Increased heart and respiratory rates, tightened muscles, increased metabolic rate, general sense of fear, nervousness, irritability, and negative mood
 9. The state of generalized decreased cognitive, physiological, and/or behavioral arousal
 10. Teach the individual how to effectively rest and reduce tension in the body
 11. The individual to relax individual muscle groups passively
 12. To lower heart rate and blood pressure, decrease muscle tension, improve well-being, and reduce symptom distress
 13. Fearing loss of control, feeling like they are floating, and experiencing induced anxiety related to these feelings
 14. Any activity that limits stimulus input by directing attention to a single unchanging or repetitive stimulus
 15. Anxiety states, chronic bereavement, chronic fatigue syndrome, chronic pain, drug abuse, hypertension, irritability, low self-esteem, mild depression, sleep disorders
 16. Contraindicated for people who have a strong fear of losing control or who are hypersensitive; medication use
 17. Visualization techniques that use the conscious mind to create mental images to stimulate physical changes in the body, improve perceived well-being, and/or enhance self-awareness
 18. One form of self-directed imagery that is based on the principle of mind-body connectivity
 19. Used to visualize cancer cells being destroyed by cells of the immune system, control or relieve pain, and achieve calmness and serenity
 20. A group of therapeutic procedures that use electronic or electromechanical instruments to measure, process, and provide information to persons about their neuromuscular and autonomic nervous system (ANS) activity
 21. Treating migraines, strokes, and a variety of gastrointestinal and urinary tract disorders
 22. Repressed emotions or feelings are sometimes uncovered, and the client has difficulty coping.
 23. Therapy that involves the practitioner scanning the body of the client and diagnosing areas of accumulated tensions and redirecting these energies to bring the person back into balance
 24.
 - a. The process whereby the practitioner becomes aware and fully present during the entire treatment
 - b. The practitioner moves his or her hands in a rhythmic and symmetrical movement from head to toes, noticing the quality of energy flow.

- c. The practitioner facilitates the symmetrical and rhythmical flow of energy through the body.
 - d. The practitioner directs and balances the energy, attempting to rebalance the energy flow.
 - e. Reassessment of the energy field
25. Increases hemoglobin levels, reduces anxiety levels, reduces headaches, improves mood
 26. Contraindicated in persons who are sensitive to human interaction and touch and sensitivity to energy repatterning
 27. Spinal manipulation directed at certain joints, a holistic therapy
 28. Restoring structural and functional imbalances
 29. Malignancy, bone and joint infections, fractures, dislocations, and arthritis
 30. Comprises several modalities—herbs, acupuncture, moxibustion, diet, exercise, and meditation
 31.
 - a. Opposing, yet complementary phenomena that exist in a state of dynamic equilibrium
 - b. Vital energy of the body
 - c. Channels of energy that run in regular patterns through the body and over its surface
 - d. Holes through which qi can be influenced by the insertion of needles
 - e. Stimulating certain points on the body by the insertion of special needles to modify the perception of pain, normalize physiological functions, or treat and prevent disease
 32. Low back pain, myofascial pain, headaches, sciatica, shoulder pain, tennis elbow, osteoarthritis, whiplash, and musculoskeletal sprains
 33. Infections, broken needles, puncture of internal organ, bleeding, fainting, seizures, miscarriage, and posttreatment drowsiness
 34. Therapy whose goal is to restore balance within the individual by facilitating the person's self-healing ability
 35. Treatment of liver and gallbladder conditions, depression, antivirals
 36. Contamination with other chemicals or herbs; toxic agents; a variety of standards utilized from one company to another
 37. A multiple-practitioner treatment group, a pluralistic, complementary health care system that is consistent with the holistic approach nurses learn to practice
 38.
 2. The perception that the treatments offered by the medical profession do not provide relief for a variety of common illnesses
 39.
 3. They have not received approval for use as drugs and are not regulated by the Food and Drug Administration (FDA); therefore they can be sold as food or food supplements only.
 40.
 2. It is important for the nurse to know the current research being done in this area to provide accurate information, not only to clients but to other health care professionals.