

Chapter 6

Complementary and Alternative Therapies

Learning Objectives

- 1) Explain the major difference between alternative and complementary therapies.
- 2) Analyze how the concept of holistic care relates to integrative medicine.
- 3) State the purpose of the National Center for Complementary and Alternative Medicine (NCCAM).
- 4) Examine what is meant by the term *whole medical systems*.
- 5) List three biologically based practices.

Learning Objectives

- 6) Discuss the basic premise of mind-body medicine.
- 7) Identify the theory underlying energy medicine therapies.
- 8) Describe four mental health problems that may be helped by complementary and alternative medicine (CAM) therapies.
- 9) Examine seven alternative approaches to mental health care.
- 10) Specify two precautions related to CAM therapies.

Alternative and Complementary Therapies (p. 56)

- Allopathic medicine
 - Uses medical and surgical methods to treat disease
- Complementary medicine
 - Treatments that agree or “work with” allopathic therapies
 - Massage
- Alternative medicine
 - Treatments that are used instead of conventional medicine
 - Herbal therapy

Integrative Medicine (p. 57)

- Integrative medicine attempts to blend the most effective practices and treatments from both conventional and alternative treatment systems.
 - Emphasis is on interrelationships among body, mind, and spirit.
 - Holistic care
 - We are no longer content to treat the illness. We are learning to treat the whole person.

National Center for Complementary and Alternative Medicine (p. 57)

- National Center for Complementary and Alternative Medicine
 - Dedicated to exploring complementary and alternative healing practices in the context of rigorous science
 - CAM therapies can be divided into two basic groups.
 - Body-based CAM
 - Energy-based CAM

Body-Based CAM (p. 57)

- Whole medical systems
- Whole medical systems are built on complete systems of theory and practice.
- Include modern and Western medicine
- All systems believe that wellness is a state of balance (physical, mental, and spiritual).
- Illness is an imbalance.

Body-Based CAM (p. 57)

- Whole medical systems
 - Ayurveda
 - Focus is on the innate harmony of the body, mind, and spirit.
 - Homeopathy
 - Uses natural substances in micro-doses to relieve symptoms
 - Naturopathy
 - Views disease as an alteration in the process by which the body heals itself
 - Traditional Chinese medicine (TCM)
- Based on the view that the body is a delicate balance of opposing forces: yin and yang

Biologically-Based Practices (p. 59)

- Biologically-based practices attempt to improve the human condition through the use of substances extracted from nature.
- Examples
 - Aromatherapy
 - Use of certain scented essential oils to promote health and well-being
 - Dietary supplements
 - “Dietary ingredient” supplement to the diet
 - Herbal products
 - Use of certain plants (herbs) to treat disease and alleviate suffering

Body-Based Practices (p. 60)

- Practices that focus on moving the body into an improved state of function through treatment
- Examples
 - Chiropractic treatment
 - Relationship between body structure (the spine) and function is the subject of study for chiropractic care.
 - Chelation
- Uses the chemical ethylenediaminetetraacetic acid (EDTA) and its ability to bind with heavy metals

Body-Based Practices (p. 60)

- Examples
 - Eye movement desensitization
 - Uses controlled eye movements to help reprocess traumatic memories
 - Massage
 - Manipulation of muscles and connective tissue to relax the body and enhance well-being
 - Phototherapy
 - Use of bright lights for the treatment of depression

Energy-Based CAM Therapies

(p. 60)

- Energy-based therapies base their practices upon two types of energy fields.
 - Veritable
 - Putative
- Energy medicine shows us that illness results when the body's energies are out of balance.
- Therapies are intended to restore the amount and flow of body energy.

Mind-Body Medicine (p. 60)

- Belief that the mind and the spirit have the ability to affect the body and its functions
 - The risks of mind-body therapies are minimal.
- Expressive therapies are thought to help people express thoughts and emotions that they are unable to state verbally.
- Hypnotherapy, meditation, prayer, and spiritual healing are believed to promote relaxation, decrease stress, and relieve emotional or physical pain.

Energy Medicine (p. 61)

- Practitioners believe in a vital, life-force energy that flows through the human body.
- Energy medicine is divided into two parts.
 - Biofield therapies
 - Examples include acupuncture, biofeedback, Qi Gong, Reiki, therapeutic touch, and color therapy.
 - Electromagnetic field therapies
 - The use of energy to treat illness
- Examples include magnetic therapy, repetitive transcranial magnetic stimulation (TMS), pulsating electromagnetic therapy, and millimeter wave therapy

Technology-Based CAM (p. 63)

- Mental health advice is becoming just a click away.
 - Telemedicine
 - Uses video and computer technology to deliver health care
 - Telephone counseling
 - Uses active listening skills to provide information and referrals
 - Radio psychiatry
 - Psychiatrists and psychologists who offer information, discussion, advice, and referrals in response to callers' mental health questions
 - Electronic communications
 - Communicating with others who may share the same problems
 - Treatment is now available online.

CAM Mental Health Therapies

(p. 63)

- Alternative approaches to mental illness emphasize the interactions of body, mind, and spirit.
 - Animal-assisted therapy
 - Culturally based healing
 - Diet and nutrition
 - Expressive therapies
 - Pastoral counseling
 - Self-help groups
 - Stress reduction and relaxation

Caution on CAM Therapies

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- Many CAM therapies are relatively new and remain unproven by data.
 - Adverse effects
 - Some CAM therapies may have adverse or unwanted effects.
 - Implications for care providers
 - Always consult your supervisor and the client's primary care provider before suggesting anything to the client.

Question 1

Which of the following is not a body-based practice?

- 1) Chiropractic treatment
- 2) Chelation
- 3) Eye movement desensitization
- 4) Acupuncture

Question 2

Which of the following is not an example of a biologically-based practice?

- 1) Aromatherapy
- 2) Medications
- 3) Dietary supplements
- 4) Herbal therapies

Question 3

The client explains that she uses mind-body therapies when she is anxious about her upcoming surgery. The client would use all of the following techniques except:

- 1) Music
- 2) Meditation
- 3) Hypnotherapy
- 4) Biofeedback

Question 4

The client tells the nurse that he believes in biofield therapies. Which of the following is not a type of biofield therapy?

- 1) Qi Gong
- 2) Reiki
- 3) Color therapy
- 4) Sonic therapy

Question 5

Which of the following is not a form of electromagnetic therapy?

- 1) Magnetic therapy
- 2) Repetitive TMS
- 3) Pulsating electromagnetic therapy
- 4) Ayurveda therapy