

Benefits of Complementary and Alternative Medicine Therapy

Literature Review

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Aromatherapy is a holistic, healing treatment that uses natural plant extracts to promote a person's health and well-being. People use aromatic essential oils to improve the health of their body, mind, and spirit (Cronkleton, 2018). Individuals can apply essential oils via massage, inhalation, compression, or added to bathwater. The safest way of using essential oils is inhalation and cutaneous administration (Genç et al., 2020). Health claims include pain management, improvement of sleep quality, stress and anxiety relief, headache and migraine relief, and the ability to boost one's immunity. For example, Lavender oil is said to have an antiseptic, anti-inflammatory, pain-relieving, and relaxing effect in general and prevents sleep problems (Genç et al., 2020). Researchers have tested aromatherapy and its health claims in many qualitative research studies. Through this literature review, these research articles are reviewed to determine the effectiveness of these oils.

Usage of aromatherapy in symptomatic management in cancer patients: a systematic review

The primary purpose of this study is to compare different aromatherapy practices and methods of applying them in the management of symptoms seen in cancer patients. Cancer patients often have to deal with awful symptoms, such as pain, dyspnea, fatigue, and depression (Dilek & Necmiye, 2020). The key question that the authors are addressing is whether aromatherapy truly works, and which method of application is most effective. The most important information in this article is how essential oils affect people, and which symptoms of cancer and chemotherapy are affected the most.

Key Points

The main inference of this article is that aromatherapy is helpful and recommended when dealing with the management of cancer symptoms. The key concept that we need to understand is that aromatherapy is beneficial to most people. One must note that everyone reacts differently to treatments. Within this study, researchers applied aromatherapy to manage four different symptoms. In pain management, anxiety and depression management, sleep disorder management, and management of nausea and vomiting. Participants received aromatherapy via topical application and inhalation. Results showed that there was an improvement in all four symptoms (Dilek & Necmiye, 2020).

Assumptions

The primary assumption underlying the authors thinking is that there are no possible side effects of aromatherapy. When a person applies the oils topically, instead of inhaling, the side effects may include allergic reactions, skin irritation, and sun sensitivity (Bauer, 2017). Further research is needed to determine how essential oils might affect children and pregnant or breastfeeding women, as well as how the oils might interact with medications and other treatments. Researchers believe aromatherapy works by stimulating smell receptors in the nose, which then sends messages through the nervous system to the limbic system (Bauer, 2017). Aromatherapy inhibits gamma-aminobutyric acid and reduces pain by affecting the glutamate bonds of neurotransmitters in cancer patients. In reducing pain, especially the substance linalool, found in, lavender oil is effective.

Deficit/Conclusion

In conclusion, aromatherapy is beneficial in cancer patients who experience symptoms such as pain, dyspnea, fatigue, and depression. Researchers created this study to determine if using

essential oils in treatments was effective and to determine which form of application was superior. After researching and experimenting, researchers found that overall aromatherapy was beneficial to cancer patients in creating comfort as they suffer from the problems associated with their disease and chemotherapy (Dilek & Necmiye, 2020). If we take this line of reasoning seriously, the implications are possible relief from pain, fatigue, depression, and anxiety. If we do not take this line of reasoning seriously, one may experience more discomfort and look for another route to achieve the level of comfort needed. Aromatherapy is an excellent non-pharmacological option for patients seeking relief; it can be helpful for nurses to know this, as most cancer patients are already on an array of medications.

Use of non-pharmacological interventions for comforting patients in palliative care: a scoping review

The primary purpose of this article is to examine non-pharmacological interventions that health care members implement and evaluate to provide comfort in palliative care. Palliative care aims to provide the most comfort possible for people who suffer from advanced and incurable diseases (Coelho et al., 2017). The use of non-pharmacological interventions in palliative care settings has been increasing within the last several years. Non-pharmacologic interventions include physical and psychological strategies to reduce pain. Professionals can use them as a first-line measure and as a supplement in combination therapy (Lewis et al., 2018). The key question the authors are addressing is which non-pharmacologic interventions are being the most often. The most important information in this article is that nurses should implement comfort

measures to meet the patients' needs and reassess comfort levels after their implementation, no matter what type of non-pharmacologic intervention is done.

Key Points

The main inference of this article is that comfort is a critical element of care. The key concept that we need to understand is that most people dealing with chronic, advanced, or incurable diseases need both pharmacological and non-pharmacological interventions. Pharmacological techniques have improved and are now more capable of managing physical pain, but most patients still wish to receive non-pharmacological techniques as well (Coelho et al., 2017). Within this study, two independent reviewers examined 18 full-text articles that included studies of 10 non-pharmacological interventions to provide comfort. Of those 18 articles, 11 used a quantitative design, one used a qualitative design, and three used a mixed-methods design. The most implemented and evaluated interventions to provide comfort were music therapy, massage therapy, and aromatherapy.

Assumptions

This study recorded the characteristics of the interventions, such as duration, frequency, and dose. It also marked the context as to where the interventions took place, the age ranges and median age used, and whether the patients had cancer (Coelho et al., 2017). All of the studies reviewed had participants over the age of 18. The primary assumption underlying the author's thinking is whether the characteristic differences alter non-pharmacological techniques' effects. Both the duration and frequency of significantly differed between the ten interventions. Had they all had the same amount of sessions, the results could be different.

Deficit/Conclusion

In conclusion, professionals use many non-pharmacological techniques when it comes to providing comfort for patients with chronic, advanced, and incurable diseases. Researchers created this study to examine the different interventions that health care members implement to deliver palliative care. After reviewing many articles, the two reviewers decided that professionals often use aromatherapy to help soothe their patients. If we take this line of reasoning seriously, the implications are that providers will offer aromatherapy as an extra comforting tool. If we fail to take this line of reasoning seriously, the repercussions are patients either trying a different type of non-pharmacological technique or settling with pharmacological methods alone. The main point of view presented in this article is that non-pharmacological interventions are great additions and sometimes substitutions for comfort measures.

Older people's perspectives on use of complementary and alternative medicine and acupressure: A qualitative study

The primary purpose of this study is to explore older people's knowledge, experience, and perception of complementary and alternative medicine. The researchers also examined their acceptance of acupressure intervention. Many older people live with chronic conditions that contribute to the reduced quality of life and health status. Because of this, prescription and polypharmacy are widespread in the older population. The key question the author is addressing is whether older adults are aware of and willing to use complementary and alternative medicine. The most critical information in this article is that polypharmacy increases the risks of adverse drug reactions, hospitalization, cognitive impairment, and mortality. For conditions such as sleep disturbances, older adults should consider non-pharmacological treatment approaches to

minimize the impact of using multiple drugs (Hmwe et al., 2020).

Key Points

The main inference of this article is that complementary and alternative medicine (CAM) may be beneficial for older people. CAM is a term used to describe a range of nontraditional therapies, in the sense that they are not part of standard medical care. Within this study, researchers interviewed 15 participants to determine their demographics and knowledge (Hmwe et al., 2020). The key concepts that we need to understand in this article are that all participants had one or more chronic diseases and were taking two or more prescribed medications. Traditional Chinese medical theory describes invisible channels in your body that carry energy, called meridians (Wheeler, 2019). They create a communication system throughout the body, beginning at the fingertips and connect to the brain and then an organ. When one of these meridians is blocked or out of balance, sickness occurs. Acupressure uses specific points along these meridians to help restore health and balance.

Assumptions

The main assumption underlying the author's thinking is that the participants' answers were accurate throughout the interviewing process. The participants' ages were between 77 and 98 years old. With age, it is common to develop some memory problems (Mayo Clinic Staff, 2019). It is possible that more participants had heard of CAM before and forgot. It is also possible that some participants lied about knowing what complementary and alternative medicine was to seem more knowledgeable. Most participants claimed to know what CAM was and had positive views about it.

Deficit/Conclusion

In conclusion, this study revealed the diverse views on CAM and acupressure among older people living in a residential aged care facility in Australia. Although many of the participants had limited knowledge, they had positive views on the use of CAMs (Hmwe et al., 2020). There are many advantages of using CAM and acupressure in older people, including limited side effects compared to Western medicine. Researchers found that acupressure is very safe and has no adverse side effects. If we take this line of reasoning seriously, the implication is that acupressure can make an essential contribution to the health of older adults. If we fail to take this line of reasoning seriously, the repercussions are older adults continuing to take multiple medications and increasing the risk of adverse side effects. The main point of view presented in this article is that most older adults have heard of CAM therapy, but many have never experienced it.

Conclusion

By definition, complementary medicine is a group of diagnostic and therapeutic disciplines that professionals use together with conventional medicine (Shiel, 2017). Professionals use complementary medicine with traditional medicine and alternative medicine in place of traditional medicine. From the research found from these journal articles and throughout writing this paper, this nursing student is now more knowledgeable about complementary and alternative therapies. During trigger point injection in individuals with myofascial pain syndrome, inhaled aromatherapy provided comfort and relief of pain and anxiety. In comfort theory, researchers organize concepts into three types and four comfort settings (Kasar et al., 2020). The three types of comfort are relief, ease, and transcendence. The four parameters in which an individual experiences comfort are environmental, psychospiritual, physical, and sociocultural.

Complementary and alternative medicine therapies are beneficial to most people who need relief beyond traditional pharmacological interventions.

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