

this time?

4. Does the evidence objectively support your argument (conclusion)?

### **Box 19-6**

## **Complementary Medicine Practices and Examples**

### **Nutrition, diet, and lifestyle or behavioral health changes:**

Macrobiotics, megavitamins, diets, lifestyle modification, health risk reduction and health education, wellness

**Mind–body control therapies:** Biofeedback, relaxation, prayer therapy, guided imagery, hypnotherapy, music or sound therapy, massage, aromatherapy, education therapy

**Traditional and ethnomedicine therapies:** Acupuncture, ayurvedic medicine, herbal medicine, homeopathic medicine, American Indian medicine, natural products, traditional Asian medicine

**Structural manipulation and energetic therapies:** Acupressure, chiropractic medicine, massage, reflexology, rolfing, therapeutic touch, Qi Gong

**Pharmacologic and biologic therapies:** Antioxidants, cell treatment, chelation therapy, metabolic therapy, oxidizing agents

**Bioelectromagnetic therapies:** Diagnostic and therapeutic application of electromagnetic fields (e.g., transcranial electrostimulation, neuromagnetic stimulation, electroacupuncture)

In addition to completing the nursing admission history, nurses should also perform a physical assessment (see [Chapter 4](#)) before planning care. At the very least, the nurse's physical assessment of the child should include observation of the body for any bruises, rashes, signs of neglect, deformities, or physical limitations. The nurse should also listen to the heart and lungs to assess overall