

Answers

CHAPTER 5 COMPLEMENTARY AND ALTERNATIVE MODALITIES

AUDIO CASE STUDY

Susan and Complementary Therapy

1. Complementary modalities are added on to traditional therapies. Alternative modalities are used instead of traditional therapies.
2. Susan used biofeedback, progressive muscle relaxation, and imagery.
3. Patients should learn everything they can about a therapy before trying it. They should find information from reliable sources—not dot-com websites that are selling products. Before trying something new, patients should check with their health-care providers to make sure there are no interactions or contraindications.

VOCABULARY

Sample sentences will vary for the Vocabulary problems.

1. (5)
2. (4)
3. (6)
4. (2)
5. (1)
6. (3)

COMPLEMENTARY MODALITY: GUIDED IMAGERY

Purpose: To help the patient use mental images to reduce stress and promote changes in attitude or behavior. May be useful in treating stress-related conditions, such as high blood pressure or insomnia, and may even boost the immune system.

Teaching plan: See Box 5-1 in textbook.

CRITICAL THINKING

1. Feverfew is used for migraine headaches.
2. Capsaicin is used for pain associated with a variety of disorders.
3. St. John's wort is used for depression.
4. Several sources should be consulted before taking herbs. The internet has a lot of good information, but the source should be carefully evaluated. An excellent

resource is www.nccih.nih.gov/health. A pharmacist knowledgeable in herbs and herb–drug interactions, as well as the health-care provider, should be consulted. Additionally, it is always wise to consult with your health-care practitioner before adding herbal therapies.

5. “Mrs. Lawless, I am concerned that these herbs could interact with your heart failure medications. I will check with your doctor and the hospital pharmacist to be sure they are safe before you take them.”

REVIEW QUESTIONS

*The correct answers are in **boldface**.*

1. (4) is correct. Progressive muscle relaxation is being added to a traditional therapy, making it complementary. (1) Inhalers and oral medications are both traditional therapies for asthma. (2) Cardiac rehabilitation is a traditional therapy. (3) would be considered an alternative modality because echinacea is being used in place of a traditional therapy.
2. (1) is correct. Warm and cold compresses would be considered an alternative modality because they are used in place of NSAIDs. (2) Because chemotherapy is still being used, the addition of the spiritual healer would be considered complementary. (3) Antibiotics and bronchodilators are both traditional medical therapies. (4) Aspirin is a traditional therapy for a headache.
3. (3) is correct. *Allopathy* is the proper term for traditional Western medicine. (1, 2, 4) are all nontraditional medical practices.
4. (1) is correct. Echinacea has been shown in studies to be potentially effective against colds and viruses. (2) Feverfew is used for headaches and inflammation, among other things. (3) Chamomile is used for anxiety. (4) Ginger is used for nausea.
5. (1, 2, 6) are correct. Energetic modalities include biofeedback, magnet therapy, Reiki, spiritual healing, and therapeutic touch. (3, 5) Music therapy and yoga are mind–body therapies. (4) Heat/cold is considered a miscellaneous therapy and is not designed to alter energy fields.
6. (4) is correct. The patient should keep the eyes closed during imagery, so this statement indicates that more teaching is needed. (1, 2, 3) are all parts of guided imagery.
7. (2) is correct. Chiropractors do not perform surgery. (1, 3, 4) are potentially true, but the nurse needs to safeguard the patient by informing the patient that a chiropractor is not trained or qualified to do surgery.

8. (2) is correct. The health-care provider can help determine which alternative modalities are safe. (1) Any therapy can be potentially safe or unsafe. (3) Many alternative modalities are safe when used correctly. (4) Alternative and complementary modalities can be effective for chronic pain.
9. (3) is correct. It is least appropriate to tell the patient he will be able to reduce his pain medications; this is a possibility but not a guarantee. (1, 2, 4) are all appropriate measures to take before beginning to practice any new alternative modality.
10. (4) is correct. Ginseng can lower blood glucose and can interfere with warfarin and aspirin. The patient needs to be aware of the risks and then be encouraged to speak with the health-care provider. (1) Ginseng can lower glucose, but it should not be encouraged without health-care provider approval. (2) While the patient may check out a website before taking the ginseng, she must be educated while she is still in the hospital. (3) It might be safe to take some herbal agents with the prescribed medications; the patient needs to understand how to exercise caution.