

THE PRACTICE OF NURSING CAM, Integrative Health Care and Wellness

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Definitions

- CAM - Complementary and alternative medicine is a group of diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine. Complementary medicine is used with conventional medicine; alternative medicine is used in place of conventional medicine.
- IHC - Integrative healthcare is healing-oriented healthcare that takes account of the whole person (body, mind, and spirit), including all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of all appropriate therapies, both conventional and alternative.

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Historical perspectives of health care

- Cartesian model – atomistic, allopathic
- Holistic – bio-psycho-social-spiritual
- CAM – modalities
- Integrative health care – East meets West
- Vibrational – nonlocal, transcendent

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Reasons for CAT (Complementary & Alternative Therapies) growth

- Patients want to avoid effect of meds or treatments that are worse than disease
- Patients seek provider who listens and cares
- Patients want to be treated in holistic manner, to be active participant

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History of NIH & NCCAM

- 1991 Office of Alternative Medicine (OAM) established
- 1995 Research Center Program for CAM research established
- 1996 OAM designated a WHO collaborating center

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History of NIH & NCCAM (cont.)

- 1997 First CAM phase III clinical trial – St. John's Wort for depression
- 1998 OAM becomes NCCAM (National Center for Complementary & Alternative Medicine)
- 2001 CAM on PubMed

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Consumers Impact Vote with their Dollars

- 1992 – Office of Alternative Medicine (OAM), 2 million budget
- 1997 – visits to CAM practitioners exceeds total number to PCPs, 60% of therapies used not reported to PCPs, \$32.7 billion spent on CAM therapies
- 1998 – National Center for Complementary and Alternative Medicine (NCCAM), 50 million budget
- 2004 – NIH funding for CAM Research tops 100 million

DIETARY SUPPLEMENTS

- Vitamins, minerals, herbs or other botanicals, amino acids, or any combination
- Intended to take as part of a diet, not a food replacement
- Supplements are government regulated – as a “food”
 - Does not have to prove safety
 - Does not have to prove efficacy
 - Does not have to prove quality
 - Must meet the standards for all food for preparation, packing, and storage
 - The labeled ingredients might not match the actual product



DIETARY SUPPLEMENTS UNDER STUDY

Supplement	Use
Yeast-fermented rice	Lower Cholesterol
Garlic	Lower Cholesterol
Ginger & Turmeric	Reduce inflammation in arthritis and asthma
Chromium	Treatment of type 2 diabetes
Green tea	Prevention of heart disease
Glucosamine hydrochloride & chondroitin sulfate	Reduce knee pain associated with osteoarthritis
Black cohosh	Reduction of menopausal symptoms
Echinacea	Decrease severity of colds in children
Ginkgo biloba	Prevent or delay cognitive dysfunction in older adults
Ginger	Alleviate N/V following chemotherapy

NCCAM Classification of Therapies



- Mind-Body: includes yoga, Tai Chi, meditation, imagery, art and music therapy, journaling, humor, body psychotherapy
- Alternative Medical Systems: Traditional Chinese Medicine (acupuncture, herbals, etc.), Ayurvedic Medicine, unconventional Western Systems (homeopathy), naturopathy

NCCAM classification continued

- Biological-based Therapies: herbs, special diet therapies (Pritikin, Ornish, macrobiotic), pharmacological/biological/instrumental interventions (bee pollen, cartilage, iridology)

NCCAM classification continued

- Manipulative and Body-Based Systems: chiropractic, massage and body work (cranial-sacral, reflexology, polarity, Trager, Alexander technique, Feldenkrais, rolfing), physical therapies (hydrotherapy, light and color therapies, colonic)
- Energy Therapies: Therapeutic Touch, healing touch, Reiki, QiGong, magnets

Characteristics of CAM Therapies

- **Promote the body's self-healing abilities** (This is perhaps the most important principle, influencing all others)
- **Emphasize effective communication between patient and healer**, which builds trust and promotes integration
- **Emphasize self care** and empowerment of the patient in the healing process
- **Recognize mind, body, and spirit** as interactive and inseparable

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Characteristics of CAM Therapies, continued

- **Address underlying causes of illness** – including emotional, environmental, and spiritual factors – rather than just its clinical manifestations
- **Prevent ill health** by remaining in balance and harmony with the psychosocial and physical environment
- **Enhance wellness** with optimal diet, exercise, and a reduced stress lifestyle
- **Individualize treatment** to the particular patient, rather than focusing on the disease condition

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Characteristics of CAM Therapies, continued

- **Emphasize the use of natural non-pharmaceutical substances** or non-surgical techniques in the care of the patient
- **Appreciate the electromagnetic and energetic nature of the human organism** and the importance of vitality in healing
- **Acknowledge the healing journey** and that the return to wholeness can be a gentle and gradual, developmental process

(adapted from Gaylord & Coeytaux, 2002)

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Nursing Role in Holism/IHC

- Self care
- Obtain health history from patients re their use of CAT
- Respect patient's choices
- Increase knowledge of CAT
- Refer patients/consult with CAT provider
- Consider exploring use of CAT

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Self Care

- Clarify values and beliefs
- Set realistic goals
- Challenge “caregiver fantasy”
- Manage stress

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Optimal Healing Environment

- Everything that surrounds the nurse, health care practitioners, patient/client, family and community – includes external physical space, internal space (mental, emotional, social, and spiritual), patterns and processes of care.
- Optimal healing environments: Structural, architectural, human and care processes that promote health, healing, and well-being

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Optimal Healing Environment

- For patients – considerations: Noise, stress, loss of control
- Options and Choices (control) to decrease stress -
Meditation, Imagery, Aromatherapy, Music, Exercise, Touch: Massage therapy, Therapeutic Touch
- Access to Social Support

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Mind/Body Modalities

- Meditation-many types, imagery, music/sound therapy, hypnotherapy
- Uses: Relaxation, reduction of stress/anxiety, overall sense of well-being, alter perception of pain



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Aromatherapy

- Olfactory Nerves – primitive cells, bypass hypothalamus – odors have direct contact with nerves
- Direct effect on limbic system (memory, learning, & emotion)
- Essential Oils



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Therapeutic Touch

- A consciously directed process of energy exchange during which the practitioner uses the hands as a focus to facilitate healing.
- Used to promote healing, reduce pain and anxiety.
- Founded by Dolores Kreiger, PhD, RN & Dora Kunz, a healer and Theosophist.



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You Are The Most Important Part of the Healing Environment

- You: Mind-Body-Spirit are the most valuable part of the healing environment
- If you bring a whole healed person to each encounter with a patient imagine what healing would take place
- Take a Breath – Be Fully Present
- What you focus on expands:
 - Thoughts/Feelings/Actions
- How You Live and Work is a Reflection of Who You Are

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Resources

- NCCAM: <http://nccam.nih.gov>
- CAM on Pub Med: <http://www.ncbi.nlm.nih.gov/pubmed/>
- CAM on Medline: <http://www.nlm.nih.gov/medlineplus/complementaryandalternativemedicine.html>
- Herbs and Supplements on Medline: http://www.nlm.nih.gov/medlineplus/druginfo/herb_All.html
- American Holistic Nursing Association: <http://ahna.org/edu/certification.html>
- University of Texas MD Anderson Cancer Center Complementary/Integrative Medicine Educational Resources (CIMER): <http://www.mdanderson.org/departments/CIMER/>

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Resources

- UW SON CAM certificate
<http://www.son.washington.edu/admissions/certificates/cam/>
- Summer course enrollment
<http://www.summer.washington.edu/summer/enroll/>
- UW SOM CAM grant
<http://www.uwcam.org/>
- Bastyr University <http://www.bastyr.edu/>

Summer course enrollment

Complete and submit the University of Washington summer-only application form online. Alternatively, the form can be downloaded and submitted as a hard copy. Download and print the form at:

<http://www.summer.washington.edu/summer/enroll/>

Printed applications can be mailed or delivered in person to the UW Registration Office, 225 Schmitz Hall, Box 355850, Seattle, WA 98195-5850. **After June 1, all applications must be submitted in person.**

A \$50 nonrefundable application fee must accompany your application form. Students are automatically admitted upon submission of the application form and fee.

The UW Registration Office will mail you an Enrollment Confirmation Acknowledgement containing your UW ID number and personal access code (PAC), which you will need to register. Registration opens **April 20** and can be completed online at www.myuw.washington.edu.

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