Complementary & Alternative Therapies For Nursing Practice

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Use of complementary and alternative therapies: a national survey of critical care. were using one or more complementary and alternative therapies in practice. Nurses viewed complementary and alternative therapies positively overall,
Beyond that, complementary and alternative therapies are difficult to define, largely because the field is so diverse; it encompasses practices spanning diet and exercise changes, hypnosis, chiropractic adjustment, and poking needles into a person’s skin (aka acupuncture). Technically, “alternative” treatments are used in place of conventional medicine; when used alongside standard medical practices, alternative approaches are referred to as “complementary” medicine. The field of alternative therapies is diverse: It encompasses practices spanning diet and exercise changes, hypnosis, chiropractic...