

# Complementary/Alternative Therapies in Nursing

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**Complementary/Alternative Therapies in Nursing** From Brand: Springer Publishing Company

## Designated a Doody's Core Title!

...the editors have made wise choices in expanded content and new topics for this text. It is a must have book particularly for novices beginning their journey into CAM use and practice in nursing." (4 Stars)--*Doody's Book Review Service*

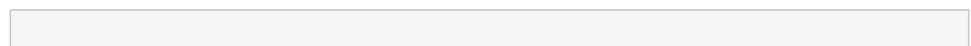
As the consumer demand for and use of complementary therapies continues to increase, it is critical to have knowledge about complementary therapies for professional nursing practice: to provide your patients with information about therapies, to be informed about research and practice guidelines related to complementary therapies, to alert your patients to possible contraindications with traditional medicines, and to incorporate some of these therapies into your own self-care.

Now in its fifth edition, *Complementary/Alternative Therapies in Nursing* continues to provide the scientific basis for the use of therapies with an emphasis on evidence-based practice. A new chapter dedicated solely to research has been added to this edition, and the studies related to each therapy continue to be included in each chapter.

A uniform format used throughout the book gives easy access to information about each therapy. Each chapter contains:

- A description of the therapy
- Scientific basis for use of the therapy
- Inclusion of one or two techniques that can be used to implement the therapy
- Conditions and patient populations in which the therapy has been used
- Suggestions for research

Precautions to be aware of when using a therapy are noted in the intervention section.



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## **Complementary/Alternative Therapies in Nursing** From Brand: Springer Publishing Company **Bibliography**

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## **Editorial Review**

### **Review**

"An excellent resource and a meticulous review of numerous therapies...The editors have wisely arranged for nurse experts to write detailed and thorough analyses of their areas of expertise. This is evident in the quality of the discussions and ensures that the nuances of each therapy are presented. Each author writes from experience, demonstrating superb understanding of the implications of integrating complementary therapies within the clinical setting....Cohesive, well organized, and up to date...This book is a necessary resource for nurses both in practice and in research who wish to learn more about complementary care therapies."--*Nursing Education Perspectives*

"*Complementary/Alternative Therapies in Nursing, Fifth Edition*, guides nurses in the art and science of holistic nursing and healing. It builds upon and extends previous editions with the essential philosophical knowledge, self as healer, and current evidence-based practices. The book's six parts--foundations for practice, mind-body therapies, energy and biofield therapies, manipulative and body-based therapies, biologically based therapies, and perspectives on future research and practice--assist nurses with a clear way to organize their knowledge and educate patients about complementary and alternative therapies. It is crucial that nurses continue to become more informed about complementary and alternative therapies so they may safely and appropriately become integrated into current nursing practice, education, and research."

--**Barbara Dossey**, PhD, RN, AHN-BC, FAAN, Director, Holistic Nursing Consultants, Santa Fe, New Mexico

"This is an important book not just for nurses, but for all those interested in integrating complementary therapies and learning about them from an evidence-based prospective. Required reading for all nursing courses."

--**Jane Buckle**, PhD, RN, Principal Lecturer/Programmes Manager: Thames Valley University, London UK

"After a detailed overview of complementary/alternative medicine, this book describes various modalities in a comprehensive encyclopedic style. Topics covered include the history of the modality, when certifications are required to practice it, current and future research, efficacy, safety, and contraindications. With a wide range of treatments outlines, such as meditation, prayer, energy work, biofeedback, yoga, herbs, humor, music intervention, and guided imagery, the book encourages readers to understand the use of these practices for patient care and self-care."

--*Progress Notes*, Kaplan University's School of Nursing and Health Science Newsletter

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#### About the Author

**Mariah Snyder** PhD, RN, is Professor Emeritus at the University of Minnesota School of Nursing. Her professional career has included teaching courses on complementary therapies, conducting research on the use of complementary therapies in persons with dementia and managing stress in persons with chronic illnesses, and assisting international nurses to incorporate complementary therapies in practice and education. Dr. Snyder was a founding member of the Center for Spirituality and Healing in the Academic Health Center and was a primary contributor to the development of its interdisciplinary minor--the first such minor in the United States. Her retirement activities include using complementary therapies in women with addictions and who are imprisoned, and assisting with developing the library at Cristo Rey Jesuit High School in Minneapolis, MN, a college preparatory school for students from economically poor families.

**Ruth Lindquist**, PhD, RN, ACNS-BC, FAAN, FAHA is a Professor in the School of Nursing, and faculty member of the Center for Spirituality and Healing in the Academic Health Center of the University of Minnesota. She is a research consultant for the Women's Heart Health Program of the Minneapolis Heart Institute at Abbott Northwestern Hospital. Her research as a Densford Scholar in the Katharine J. Densford International Center for Nursing Leadership focused on critical care nurses' attitudes toward and use of complementary/alternative therapies. Her recent research focuses on cardiovascular patient response to the use of therapies in the context of hospitalization with acute cardiac conditions, and the use of complementary therapies, exercise, and cardiac support groups to reduce stress and improve quality of life of women with heart disease.

## **Users Review**

### **From reader reviews:**

#### **Margaret Coleman:**

Here thing why this Complementary/Alternative Therapies in Nursing are different and trusted to be yours. First of all studying a book is good however it depends in the content from it which is the content is as yummy as food or not. Complementary/Alternative Therapies in Nursing giving you information deeper and in different ways, you can find any book out there but there is no guide that similar with Complementary/Alternative Therapies in Nursing. It gives you thrill looking at journey, its open up your personal eyes about the thing that will happened in the world which is maybe can be happened around you. You can bring everywhere like in playground, café, or even in your technique home by train. When you are having difficulties in bringing the published book maybe the form of Complementary/Alternative Therapies in Nursing in e-book can be your substitute.

#### **Teresa Bradshaw:**

The actual book Complementary/Alternative Therapies in Nursing has a lot info on it. So when you check out this book you can get a lot of gain. The book was written by the very famous author. Mcdougal makes some research before write this book. This book very easy to read you can get the point easily after perusing this book.

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