Caring for the unabridged patient. Why Nursing Schools have a duty to integrate CAM modalities into their curriculum

Donna Carrazzone, DNP, FNP-C
School of Nursing, College of Mount Saint Vincent, Bronx, NY, USA
Sylvia Colon Cabassa, DNP, RT®, RN, FNP-C
Henry P. Becton School of Nursing & Allied Health Fairleigh Dickinson University, Teaneck, NJ, USA

Abstract

The Mayo Clinic recognizes that complementary medicine has never been more popular. Approximately 30 percent of adult’s report using complementary and alternative medicine (CAM). Healthcare providers are embracing CAM therapies, too, often combining them with mainstream therapies-developing the term integrative medicine.

Defining CAM

A group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine. Complimentary medicine is used together with conventional medicine and alternative medicine and used in place of conventional medicine.

Examples of Alternative Medicine

1. Natural Products
   Herbal medicines, vitamins, minerals, dietary supplements and probiotics
2. Mind and Body Medicine
   Meditation, yoga, acupuncture, deep-breathing, exercises, guided imagery, hypnotherapy, progressive relaxation, Qi gong, and tai chi
3. Manipulative and Body-Based Products
   Spinal manipulation and massage therapy
4. Other CAM practices
   Movement therapies, energy, manipulation therapies and whole medical systems therapies

Methodology

This evidence based practice project offers a paradigm shift with favor to teach holistic nursing modalities to nursing students. This project will be the first of a 3 part series of the education of CAM modalities in a BSN program.

1. Self-care for nurses—this first phase will be an introduction to the sophomores nursing students.
2. Holistic Nursing and CAM modalities—second phase The junior level nursing students will be educated.
3. The final stage is where the students will utilize their knowledge by integrating Holistic Nursing into practice.

Literature Review

Research has significantly shown an increase use of CAM modalities among patients and healthcare providers. The amount of medical schools offering courses on CAM in healthcare practices and interventions, increased from 45 to 125 schools in the 1996-1997 academic year to 75 schools in 1998 (Wetzel et al., 2003) and 98 medical schools in 2002-2003 academic year (Barzansky and Etzel, 2003). Nursing needs to be on the cutting edge in providing the best patient care to obtain desirable nursing care outcomes. Teaching CAM modalities in our curriculums will help provide nurses with the knowledge and tools of implementing CAM modalities for their patients and themselves. This allow nurse and knowledgable in the best care practices.

References


