

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



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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 medical 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

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 sophomore 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 knowledgeable in the best care practices.

References

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Objectives

The project will focus on incorporating the education of CAM into a Baccalaureate of Science of Nursing program. Assimilating the study of CAM modalities throughout the curriculum will allow the students to be able to practice CAM modalities across the patient's lifespan

1. The students will be able to identify the principles of Holistic Health into their daily life and clinical practice
2. The students will be able to incorporate the education of CAM modalities in nursing academia
3. The CAM curriculum will assist the nursing students to understand various healing approaches for a variety of diseases and conditions as well as preventive health and overall improved Life style

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



Data Collection and Management

A survey will be given to recent one-year graduates with regard to knowledge and implementation of CAM modalities surveys.

Surveys and evaluations will be given to nursing students at each phase of the program

