


# Complementary and Alternative Therapies for Nursing Practice (4th Edition)

*By Karen Lee Fontaine RN MSN*

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**Complementary and Alternative Therapies for Nursing Practice (4th Edition)** By Karen Lee Fontaine RN MSN

**The most complete, up-to-date, and research-based guide to integrating Complementary and Alternative practices into nursing.**

Now fully updated and reflecting extensive new research and evidence, ***Complementary and Alternative Therapies for Nursing Practice, Fourth Edition*** is today's most comprehensive overview of alternative health practices and complementary therapies from a nursing perspective. It begins by explaining philosophical approaches to both Western biomedicine and alternative or complementary medicine, introducing concepts such as energy, breath, spirituality, and healing. Next, it presents diverse systems of health care practice, including the values, attitudes, and beliefs that accompany them. Detailed sections thoroughly discuss botanical and manual healing, mind-body and spiritual approaches, and more. The appendix provides specific information on alternative therapies for many common health problems. This edition contains new evidence throughout, including significantly updated Considering the Evidence features presenting eight systematic reviews of randomized control trials, and two new primary research studies. Coverage updates include an expanded discussion of the use of music in therapy, including music-thanatology for palliative care.

**Teaching and Learning Experience**

This text will help nursing students assimilate thousands of years of healing knowledge from around the world, merging Complementary and Alternative Medicine (CAM) approaches with Western-based nursing practices. It provides:

- **Strong focus throughout on applying evidence and research in real-world nursing practice**: Presents the latest evidence, including systematic reviews of randomized control trials and primary research; shows nurses how to evaluate that evidence and use it in practice
- **Comprehensive coverage of virtually all areas of Complementary and Alternative Medicine (CAM):** Includes wide-ranging coverage of systematized practices such as traditional Chinese medicine, ayurvedic Medicine, Native American healing and curanderismo; as well as full sections on botanical healing, manual healing, mind-body techniques, spiritual

therapies, and more

- **Helps nurses use CAM both as part of an integrated nursing practice, and to improve their own lives and well-being:** Offers specific guidance on integrating CAM with western medicine, using it in client education, and personally applying CAM practices to manage stress and other health concerns

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**Complementary and Alternative Therapies for Nursing Practice (4th Edition) By Karen Lee Fontaine RN MSN Bibliography**

- Sales Rank: #101867 in Books

- Published on: 2014-01-22
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x .90" w x 5.90" l, .0 pounds
- Binding: Paperback
- 448 pages

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