Provides a reliable resource for nurses looking for information on the types
of therapies patients may be using outside of their care.

This new guide defines complementary and alternative medicine (CAM), examines
the issue of making integrative assessments, identifies commonly used therapies,
and takes a close look at how symptoms can be managed using CAM therapies.
Sixteen symptoms are covered: anorexia-cachexia syndrome, anxiety, cognitive
dysfunction, constipation, depression, diarrhea, fatigue, hormonal changes and
hot flashes, insomnia, mucositis, myelosuppression, nausea and vomiting, pain,
sexuality alterations, taste changes, and xerostomia.
For each symptom, the book identifies treatments that have strong scientific
evidence; good to moderate scientific evidence; and weak, negative, or conflicting
scientific evidence. In addition, you’ll find extensive information on herbs and
herbal extracts, nutritional considerations when undergoing CAM therapies, the
ONS position on CAM, the 10 "cardinal rules" of herb use, and a listing of
resources.