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.