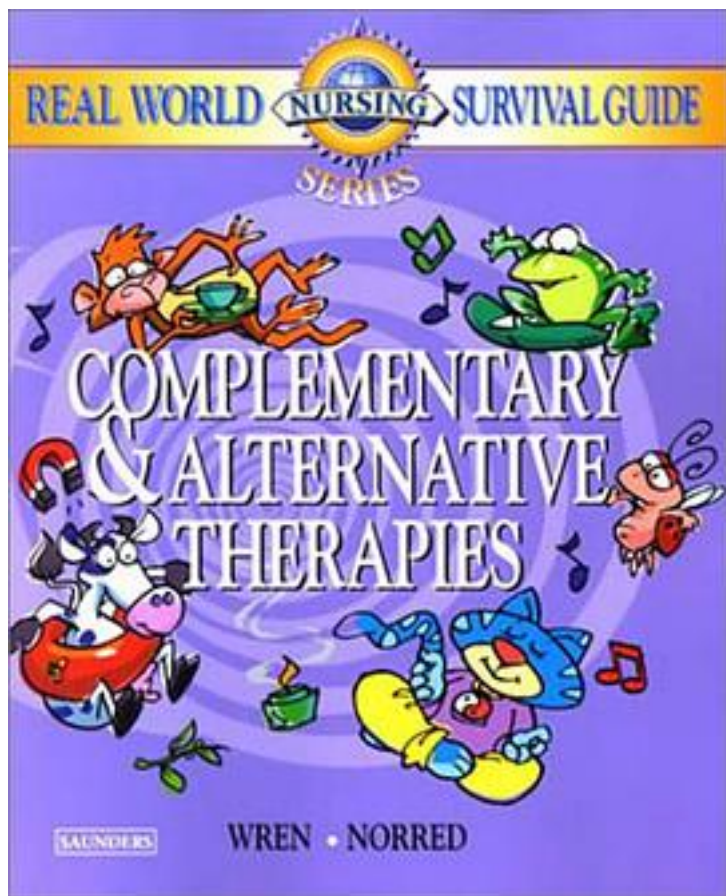


Complementary and Alternative Therapies



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"Real World Nursing Survival Guide: Complementary and Alternative Therapies" is a study and review aid for nursing students who are struggling with this challenging and relatively uncharted subject area. This book offers a visual, interactive approach that clearly and engagingly explains how to integrate complementary and alternative

therapies into more conventional nursing care. This 'real world guide' consists of four parts. Part One: Pharmacologic Therapies discusses 30 commonly-used herbal products and dietary supplements, covering actions, dose, side effects, indications and uses, contraindications and precautions, patient history, potential drug interactions, and patient education. Part Two: Non-Pharmacologic Therapies discusses 25 alternative therapies, covering benefits and uses, risks and precautions, patient education, and practitioners. Part Three: Helpful Cross-References includes an alphabetical index of conditions and uses for which the therapies are effective, as well as an index of side effects of the various therapies. Part Four contains a variety of learning activities with answers. The questions are referenced by section to give students an opportunity to test their knowledge and review topics that they still find difficult.

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