

COMPLEMENTARY THERAPIES

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BACKGROUND INFORMATION:

We are, at almost every point of our day, immersed in cultural diversity: faces, clothes, smells, attitudes, values, traditions, behaviors, beliefs, rituals.

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Given the rapidly shifting demographics in the United States it is axiomatic that transcultural consideration and the availability of CAM or CAT (Complementary Alternative Medicine or Therapy) procedures are emerging as significant sub-sets of well-being in health care.

Attention to the particular and unique aspects of the patient and the provision of treatment supportive of cultural expectations facilitates compliance but more importantly leads to the often under-appreciated psychosocial component of care: well-being. Well-being is reflected in the subjective experience of the patient in relation to not only health care procedure, but their relationship with health care providers.

OBJECTIVES OF PROJECT:

To offer alternative treatment during the patients' hospital admission.

PROCESS OF IMPLEMENTATION:

Develop twelve alternative modalities

STATEMENT OF SUCCESSFUL PRACTICE:

Twelve modalities are available including relaxation, therapeutic touch, massage therapy, music, aromatherapy, dietary supplements, naturopathy, chiropractic, acupuncture, heart math, pet therapy and prayer blanket

IMPLICATIONS FOR ADVANCING THE PRACTICE OF PERIANESTHESIA NURSING:

Health and well-being as end products of appreciation lead to the role of CAM or CAT in any treatment venue. Without argument regarding the efficacy of alternative treatment, there is no doubt that where culturally appropriate or where patient characteristics invite such, Complementary Alternative Medicine CAM or Complementary Alternative Therapy CAT provides valid means to enhanced well-being.