

Now you can.

2011 NSRC State Conference

**Applications of Complementary and
Alternative Medicine (CAM)
in Respiratory Care**

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Acknowledgements: Michelle Stoltenberg

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World View

“To have a holistic approach to healthcare is to hold a world view that emphasizes healing as always possible no matter what the individual situation.”

(Frisch, 2002)

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***Nature is doing her best
each moment to make us well.
She exists for no other end.***

Do not resist.

***With the least inclination to be well,
we should not be sick.***

~ Henry David Thoreau ~

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Definition from National Institute of Complementary and Alternative Medicine/National Institute of Health

Complementary and alternative medicine is a group of diverse medical and health care systems, practices, and products that are not part of conventional (standard) medicine. Conventional medicine is medicine as practiced by holders of M.D. (medical doctor) or D.O. (doctor of osteopathy) degrees and by their allied health professionals, such as nurses, physical therapists, and dietitians.

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- Complementary medicine is used *along with* conventional medicine.
- Alternative medicine is used *instead of* conventional medicine.
- Integrative medicine combines standard medicine with CAM practices that have been shown to be effective.

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According to the August 2006 issue of “Modern Healthcare”, 60% of adult Americans and 35% of Americans over 65 years of age use some type of alternative health care.

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Alternative therapies include, but are not limited to the following disciplines: folk medicine, herbal medicine, homeopathy, faith healing, acupuncture, energy healing, chiropractic, acupuncture, naturopathy, massage, and music therapy.

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Reductionism vs. Holism

Reductionism is an approach to building descriptions of systems out of the descriptions of the subsystems that a system is composed of, and ignoring the relationships between them.

The reductionist interventionist nature of orthodox medicine results in a disease oriented symptomatic approach to patient care.

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- Holistic Health is an approach to life, rather than focusing on illness or specific parts of the body, this ancient approach to health considers the whole person and how he or she interacts with his or her environment.
- It emphasizes the connection of mind, body, and spirit.

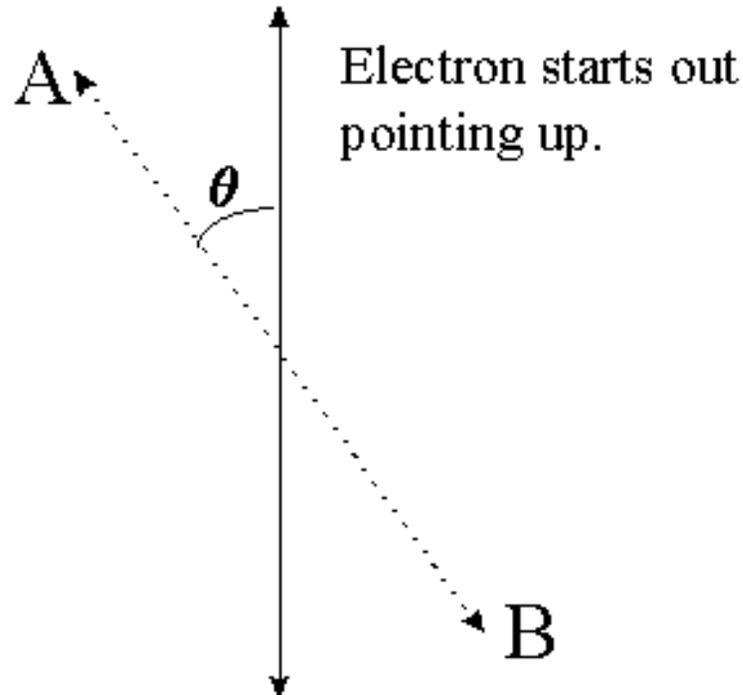
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Bio-Psych-Social-Spiritual Model

The philosophy which recognizes the integration and oneness of mind-body-spirit. This version adds a dimension of community and social needs for meaningful relationships.

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Bell's Theorem



A measurement in the A/B direction will yield "A" with probability $\cos^2(q/2)$, and "B" with probability $1-\cos^2(q/2)$, *i.e.* $\sin^2(q/2)$.

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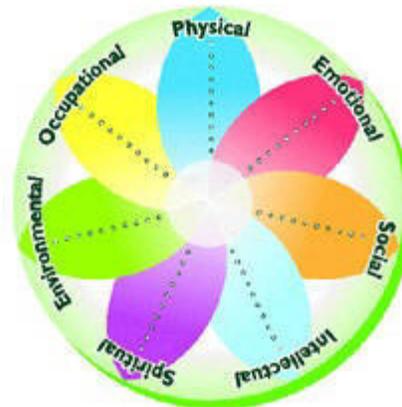
MIND/BODY/SPIRIT

- Implications in Respiratory Care
- Implications for Treatment Setting
- Implications for the therapist
- Implications for Family Involvement
- Implications for Nutrition
- Implications for Mood/Anxiety

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Health vs. Wellness

1. **Definition of health** – the general condition of the body or mind, especially in terms of the presence or absence of illnesses, injuries, or impairments.
2. **Definition of wellness** – “Wellness is a multidimensional state of being describing the existence of positive health in an individual as exemplified by quality of life and a sense of well-being.” Wellness is an active process of becoming aware of and making choices toward a more successful existence.



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Leading Causes of Death in the U.S.

- Heart disease
- Cancer
- Stroke (cerebrovascular diseases)
- Chronic lower respiratory diseases
- Accidents (unintentional injuries)
- Diabetes

**5 out of the top 6 leading causes of death
have preventable factors**

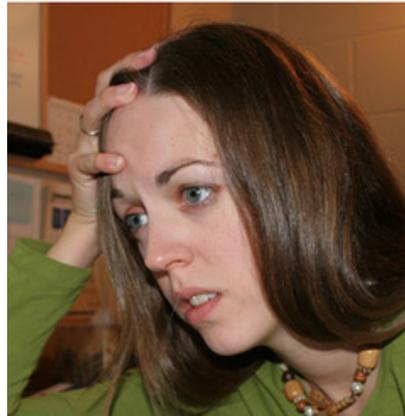
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Leading Causative Factors

- Stress
- Smoking
- Poor diet
- Lack of exercise

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Stress at Work



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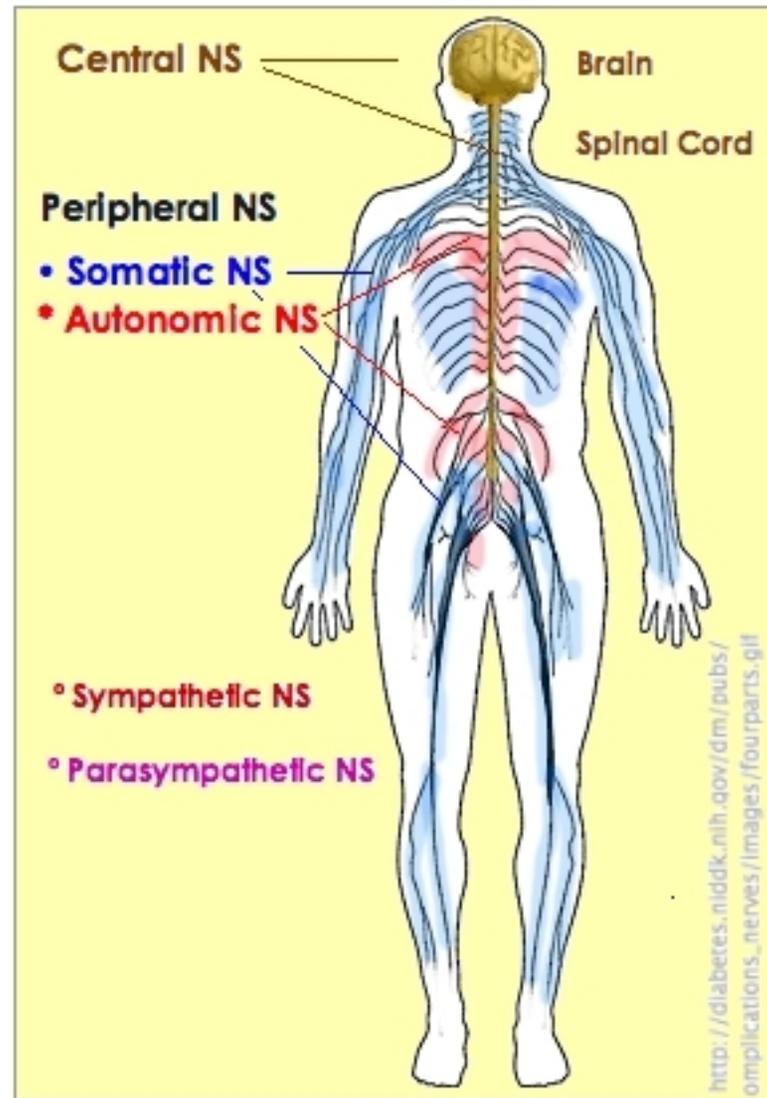


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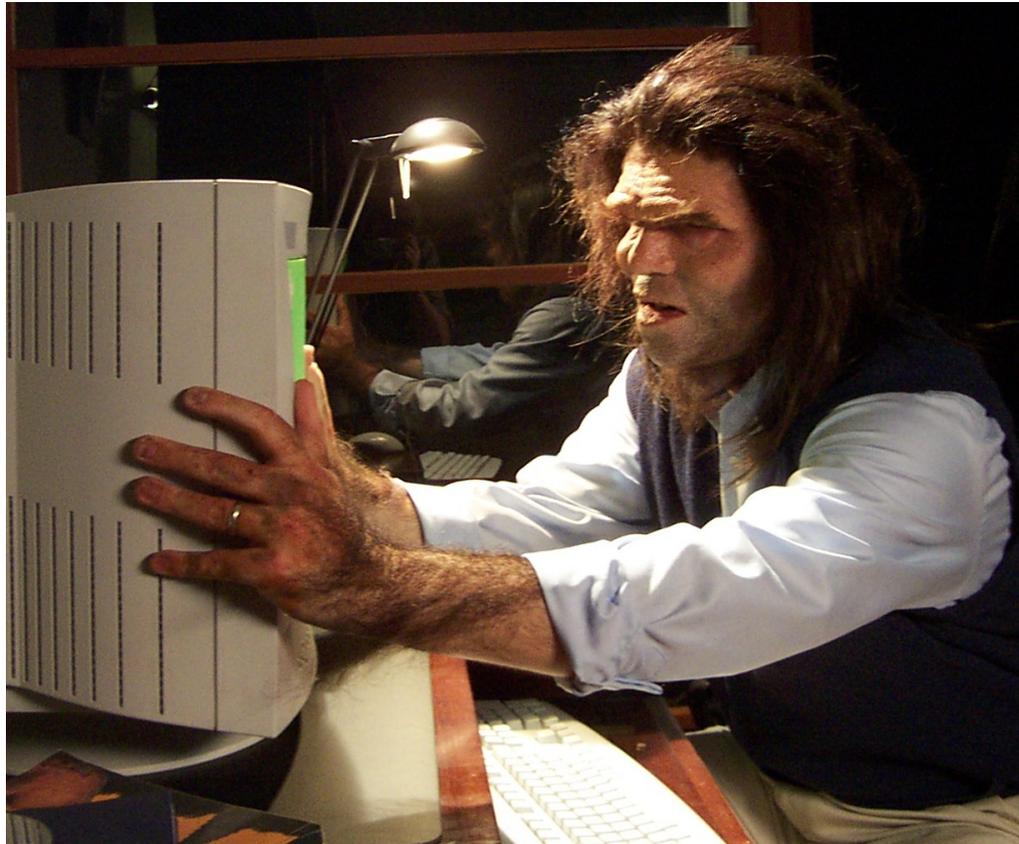


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NERVOUS SYSTEM

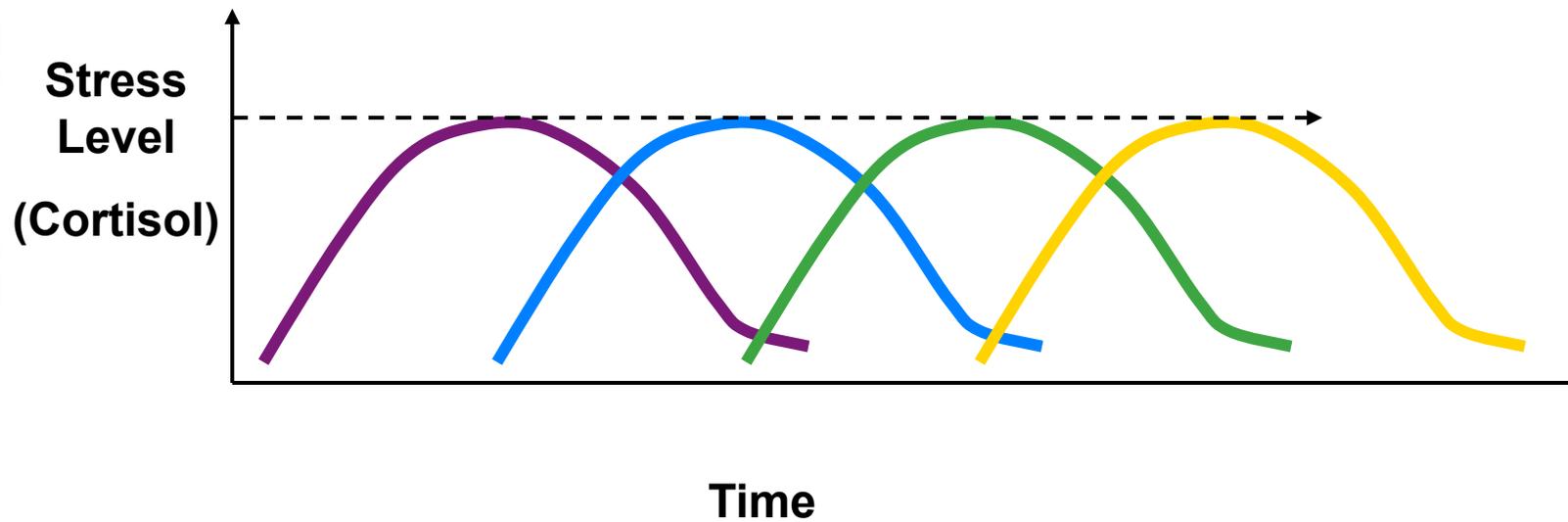


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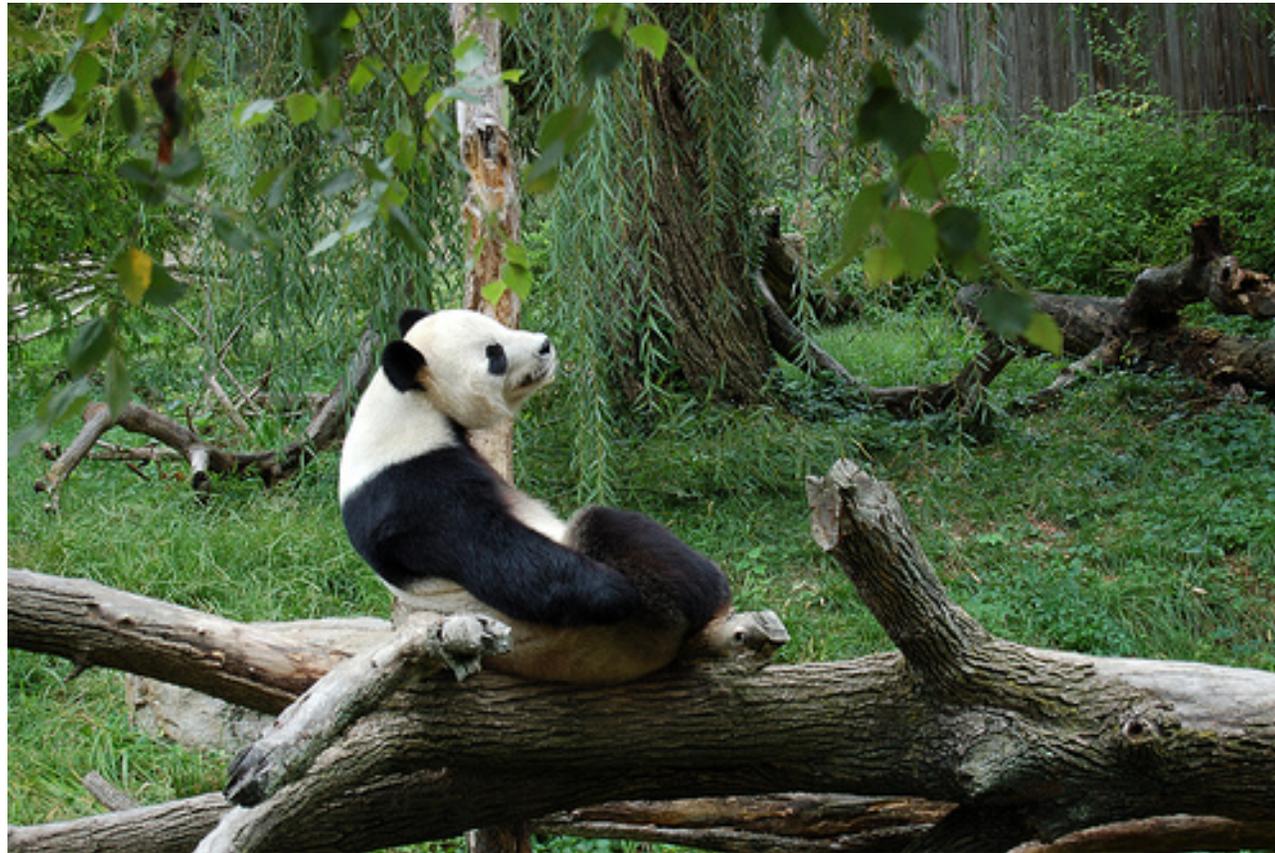
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Stress Cycle



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Relaxation

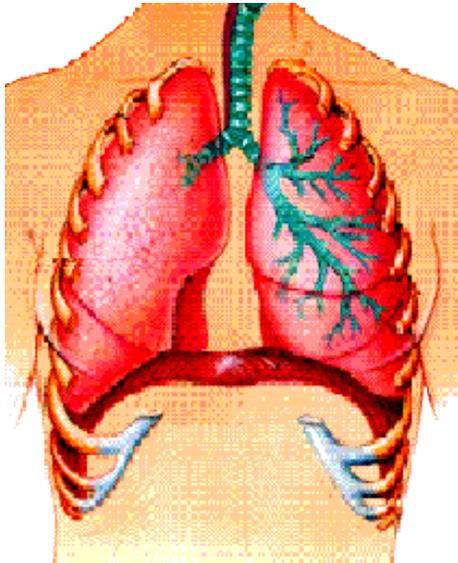


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Health Benefits of Relaxation

- * It increases blood flow and slows the heart rate
- * It decreases respiratory rate
- * It lowers oxygen consumption
- * Decreases muscle tension
- * Reduces anxiety
- * Enhances the immune system

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- Slow deep breathing can activate the parasympathetic system
- Practice slow deep breaths
- Talk slower
- Drink a glass of water

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Breathing



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Guided Imagery Techniques

- Relaxation is one of the methods of dealing with anxiety and nervousness, which often accompanies COPD.
- Studies show increased relaxation outcomes in people with COPD who use guided imagery techniques.
- Guided imagery is a meditative relaxation technique sometimes used with biofeedback. Audiotapes and books are available as well as interactive guided imagery, classes, workshops and seminars to help you with this therapy.

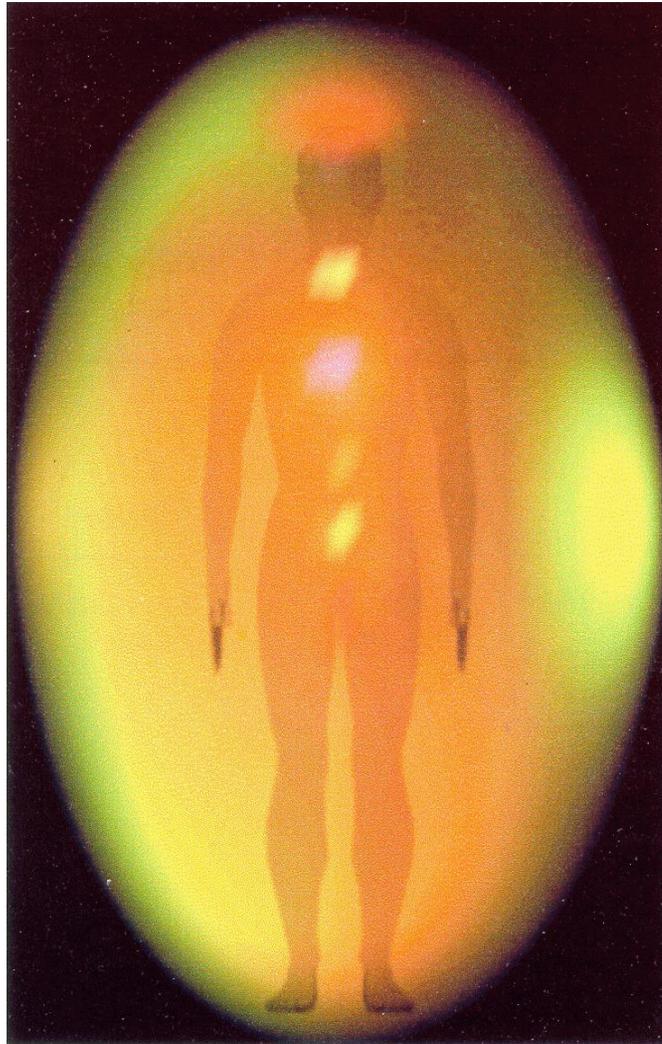
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Human Energy Field

- * Aura
- * Chakra
- * Energy Meridian

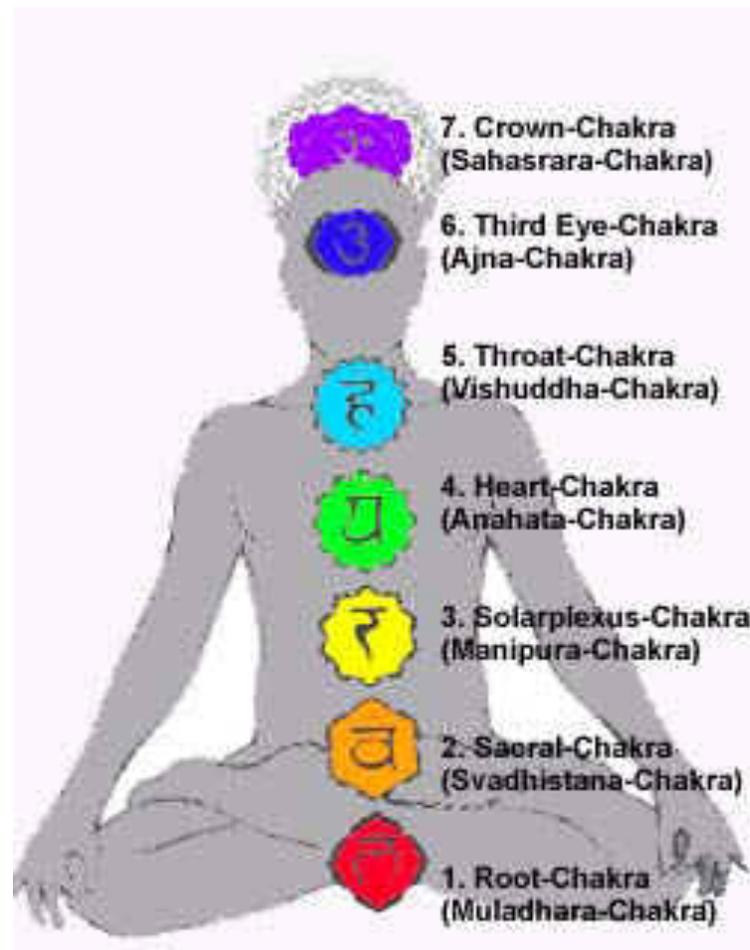
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Aura

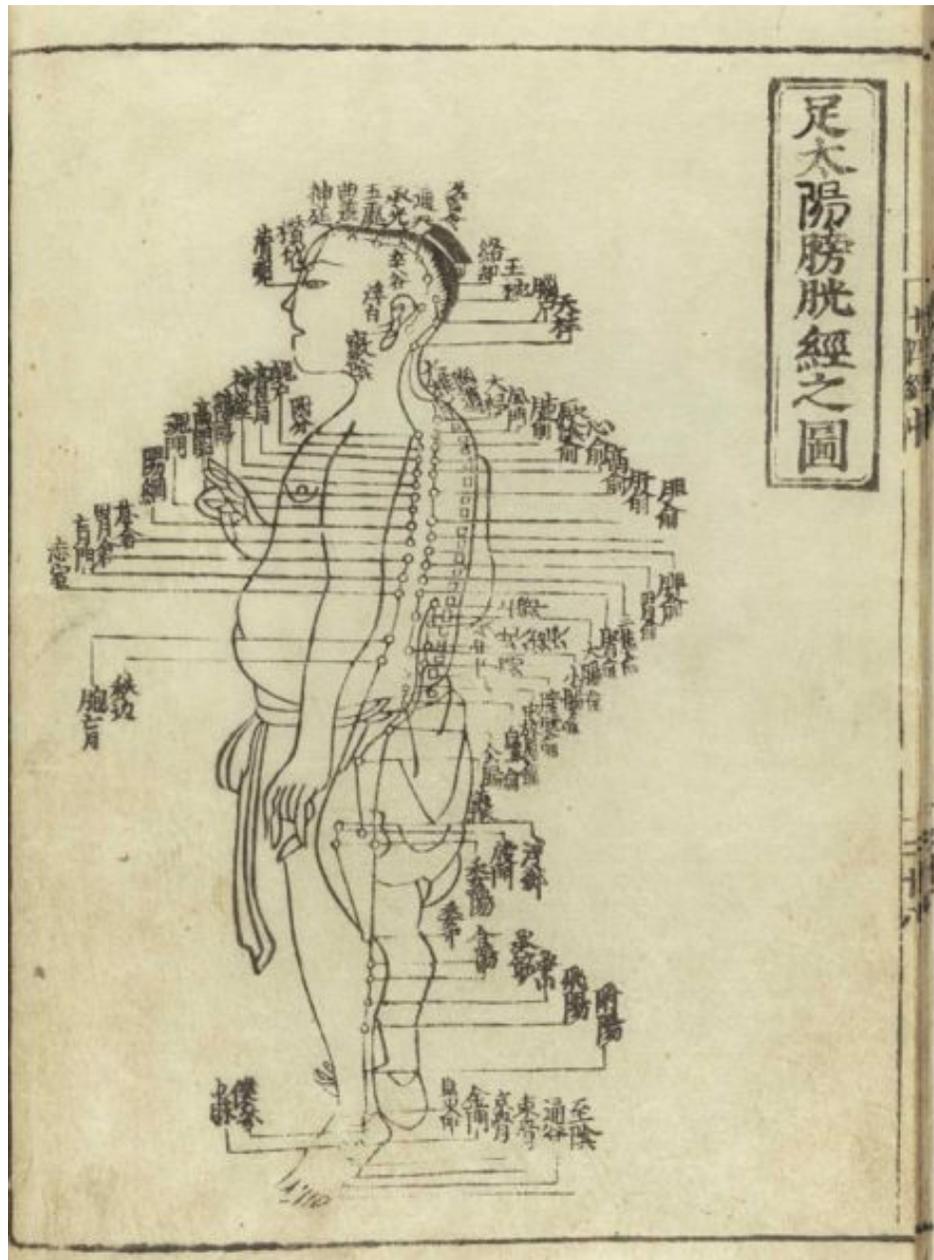


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Chakra



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Healing Touch

- Energy-based technique used to balance and align the human energy field
- Body, mind, emotion, and spirit
- All healing is primarily self-healing
- Complements conventional health care and is used in collaboration with other approaches to health and healing

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The Goal of Healing Touch

To restore harmony and balance in the energy system which places the client in a position of self-healing.

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Specific Benefits of Healing Touch

- Acceleration of wound healing
- Relief of pain
- Increased relaxation
- Reduced need for pain medication
- Reduction of anxiety and stress
- Prevention of illness
- Enhancement of spiritual development

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History....Healing Touch

- Grew out of nursing practice of Janet Mentgen, RN, MS
- 1989 Pilot program at University of Tennessee
- 1990 HT program sponsored by American Holistic Nurses' Association
- 1993-1996 – Certification program
- 1994 NANDA Code Nursing Dx “Energy Field Disturbance”
- 2003 Billing Code

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Types of Massage

- Sports massage
- BART (Bonding & Relaxation Techniques)
- Bowen
- Craniosacral therapy
- Myofascial release
- Lymph drainage therapy
- Shiatsu

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Chinese Medicine



The Taoist Philosophical Approach to Treatment

Qi
Yin and Yang
Universal Laws
5 Elements

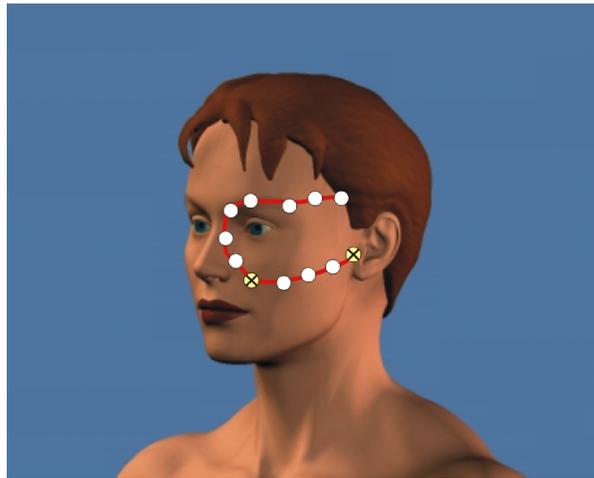
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Facial Trigger Points

Apply light pressure to each point.



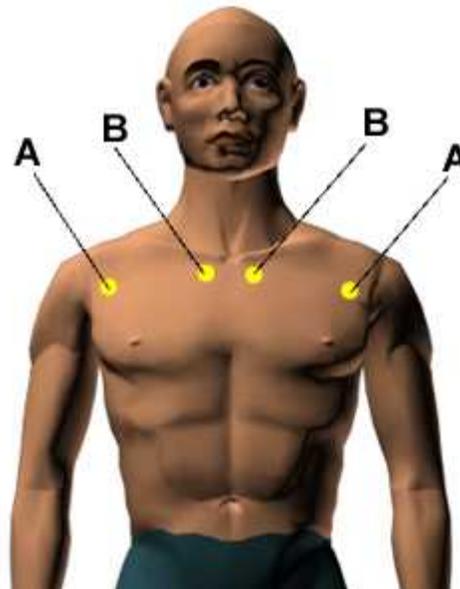
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Point Ho Ku Headache Maneuver



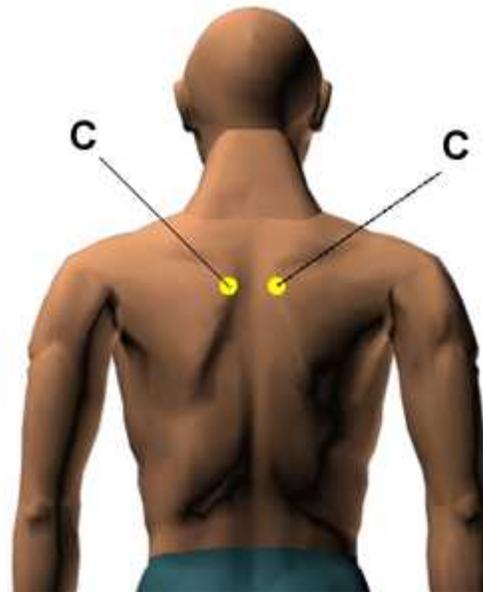
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Acupressure Points (Front)

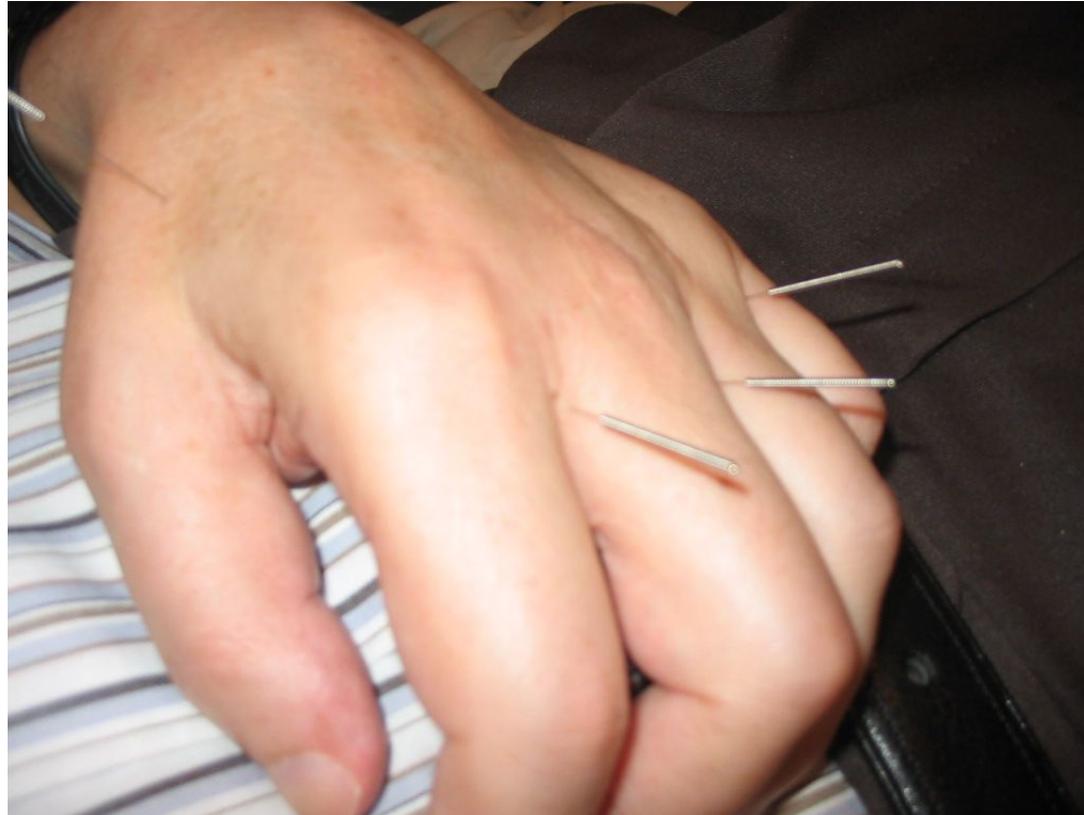


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Acupressure Points (Rear)

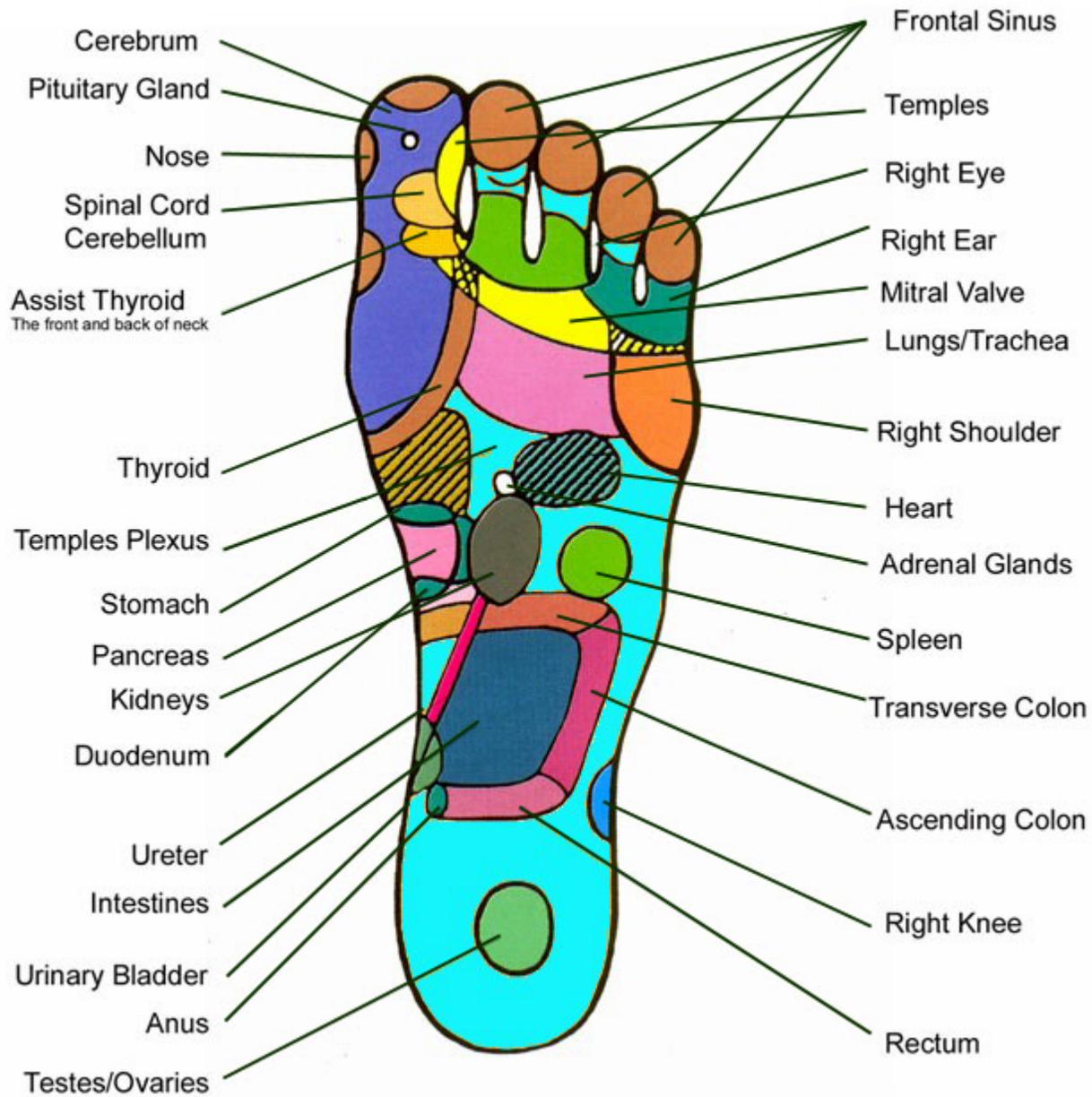


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Detailed Reflexology Chart

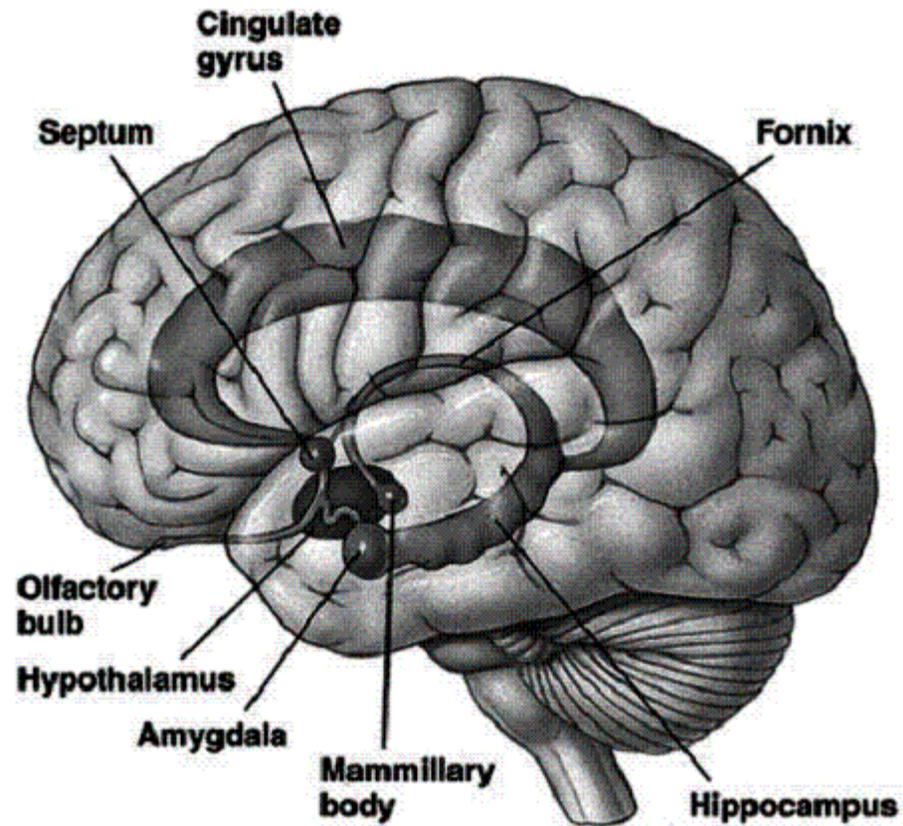
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Hospital

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► **Location of Major Limbic System Structures**

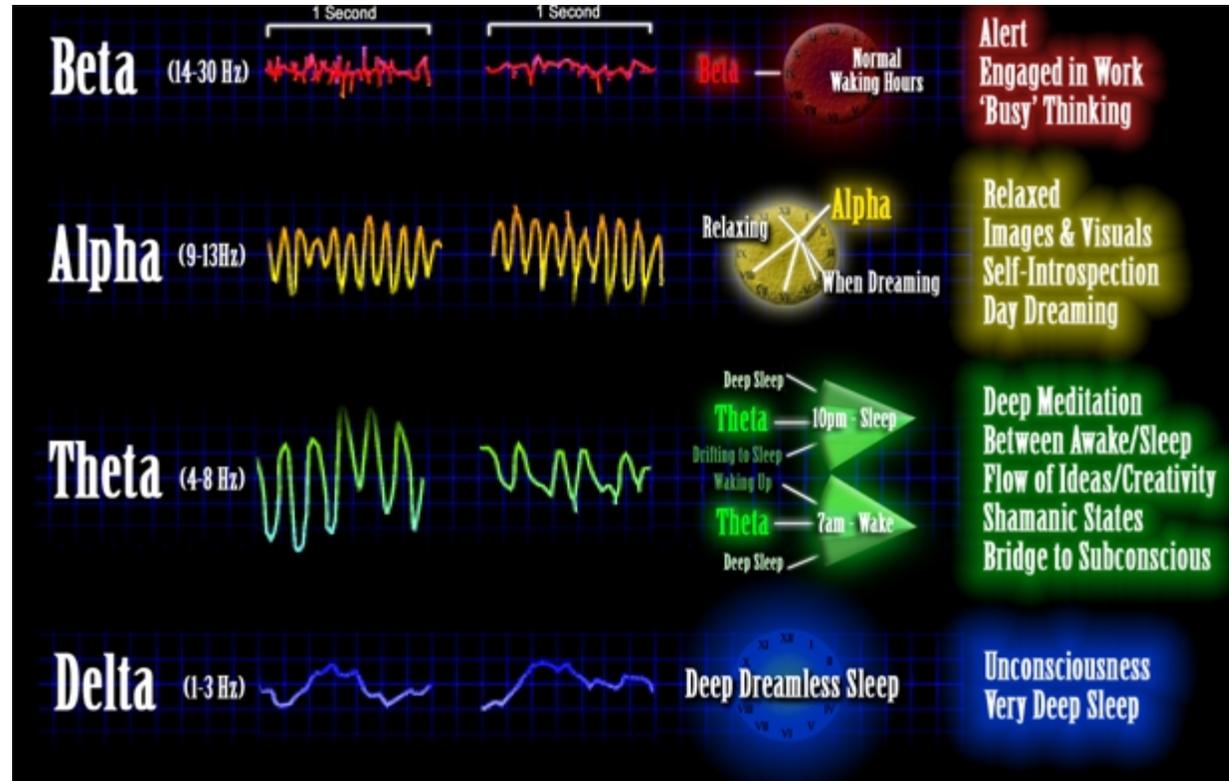


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Brain Wave Patterns



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Brain Wave Patterns

Frequency Range:	Name:	Usually associated with:
13 to 40 Hz	Beta waves	Active, busy, or anxious thinking, and active concentration
7 to 13 Hz	Alpha waves	Relaxation (while awake), artistic mood creativity
4 to 7 Hz	Theta waves	Dreams, meditation, hypnosis, deep relaxation
< 4 Hz	Delta waves	Deep dreamless sleep, deep meditation

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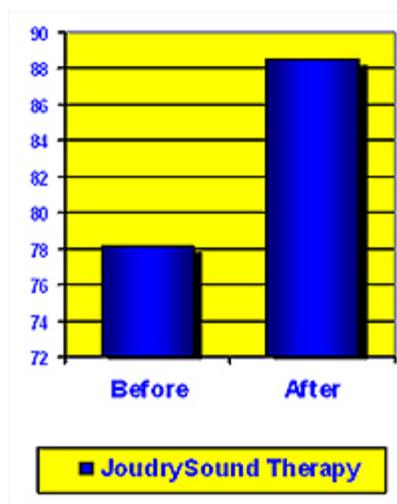
Summary of Research by Elizabeth & Derek Rintel, 1995

SOUND THERAPY FOR THE LEARNING DISABLED CHILD: The Effect of High Frequency Filtered Music on Listening and Learning Ability

A group of Remedial Learning Children were exposed to Joudry Sound Therapy Tapes for 32 hrs over a period of sixteen weeks.

The results were as follows:

Goldman-Fristoe-Woodcock Test of Auditory Discrimination (in percentiles for age group)



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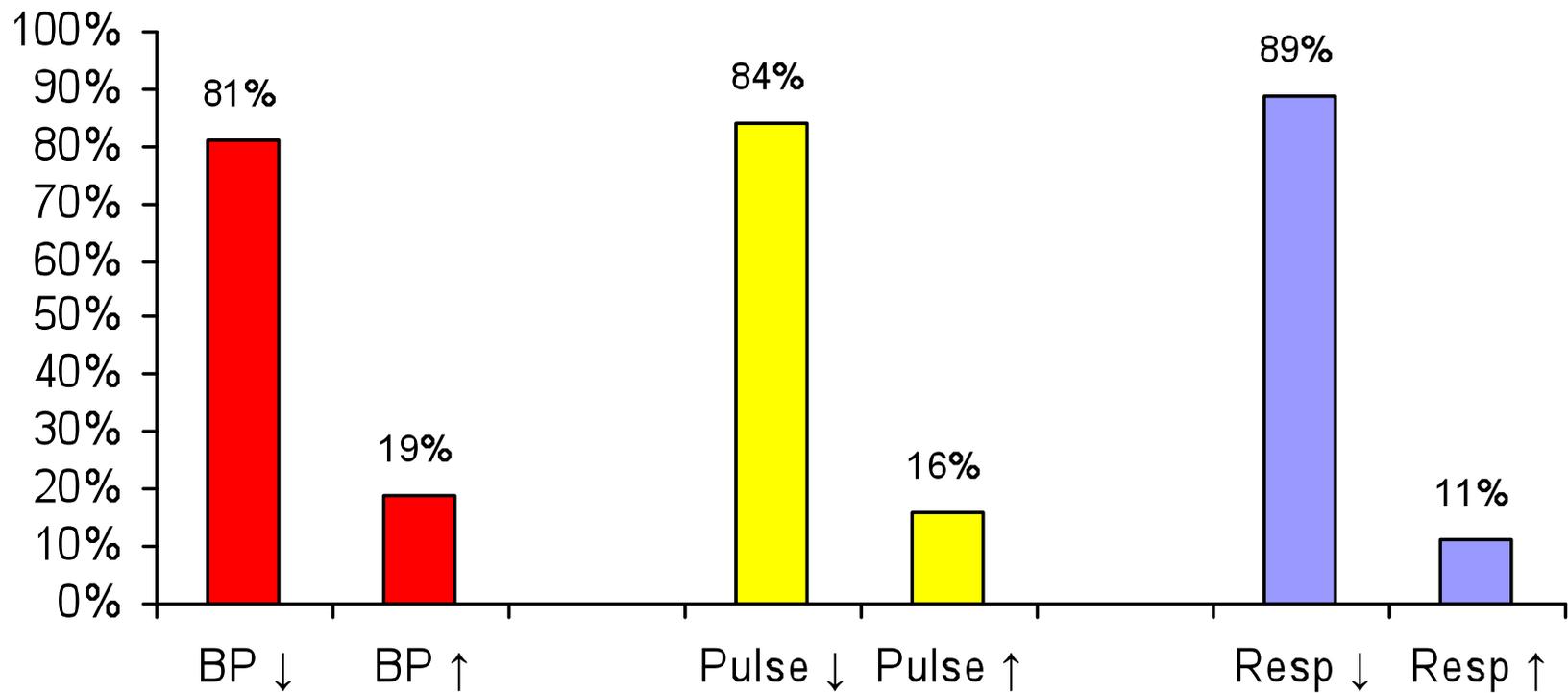
Holistic Intervention Cart



- Diffuser
- Essential Oils
 - Bergamot
 - Grapefruit
- CD Player
- Music
 - Calming music
 - Nature sounds
- Instructions

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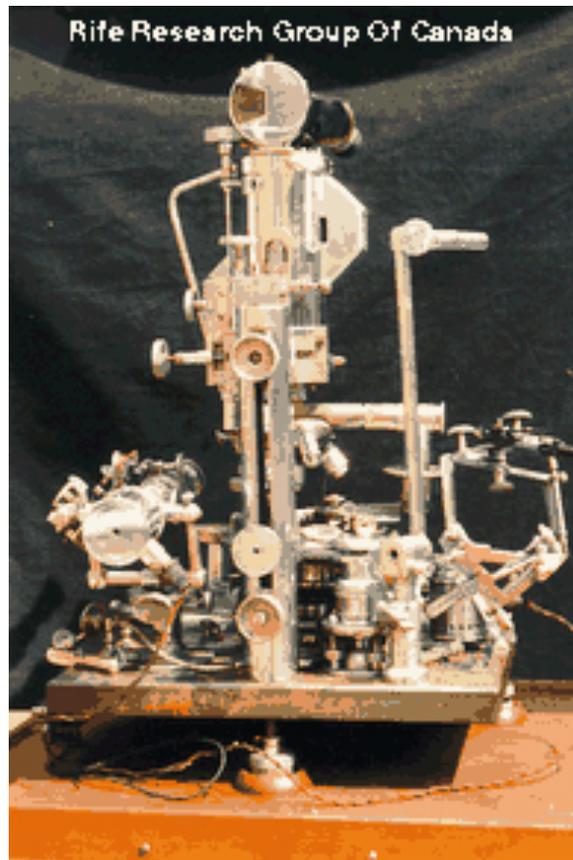
Holistic Cart Outcome (N = 74)



When BP ↓ it was lowered an average of 28 points.

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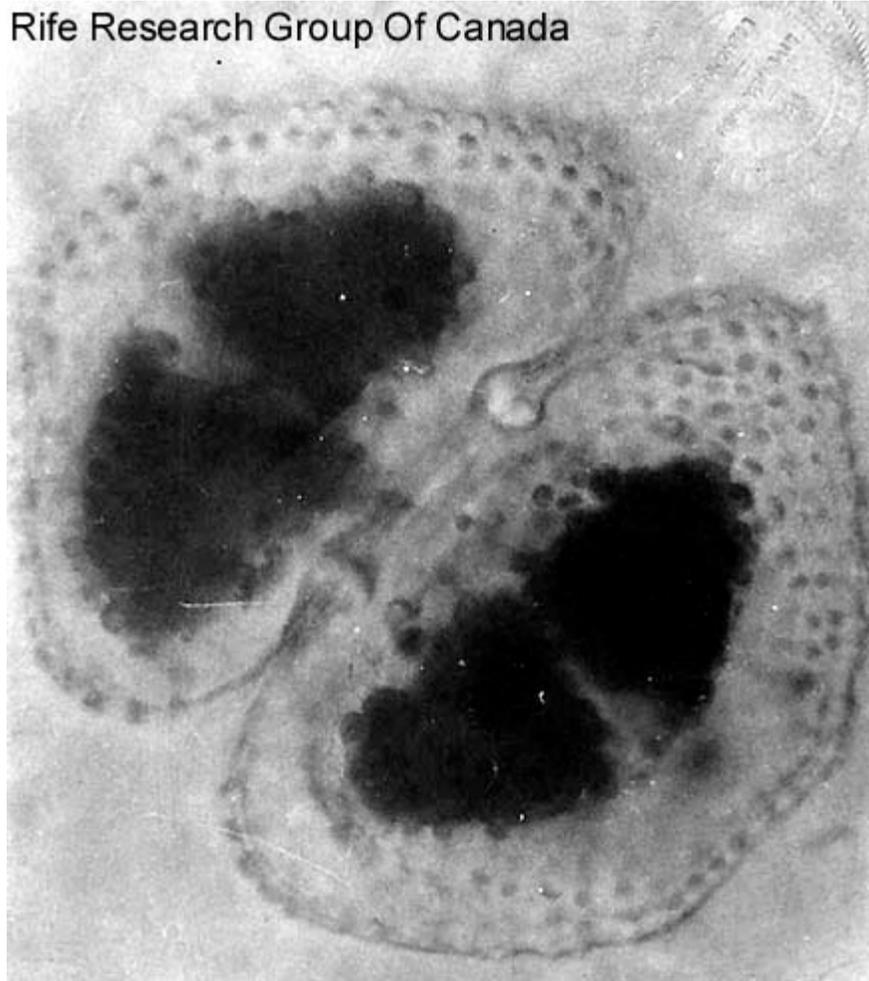
Rife Microscope



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Live Organism Seen from Rife Microscope

Rife Research Group Of Canada



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Phorle™

- photon resonant light emission device



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CHI and Far Infrared FDA Listed Medical Device



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Far Infra-Red Therapy



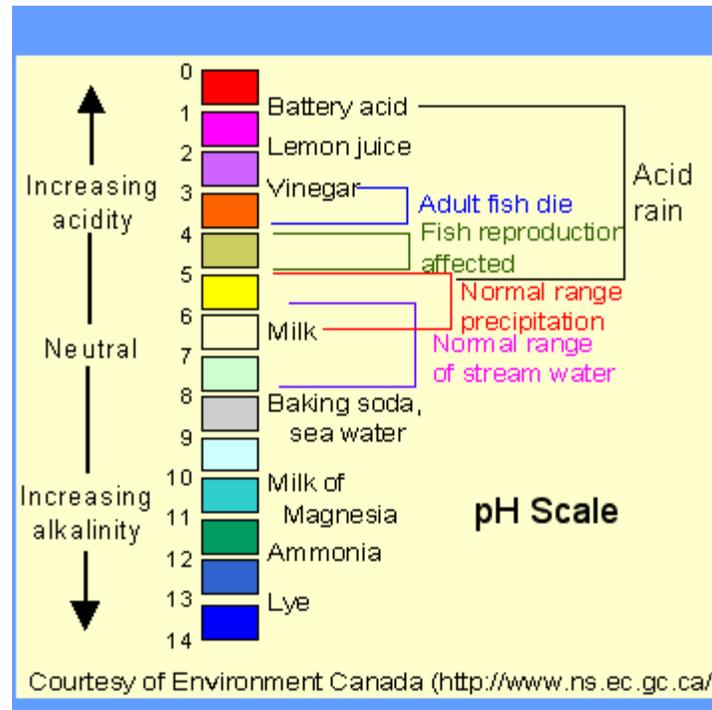
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Uses of Oxygen Therapy in Complementary Medicine

- Hyperbaric oxygen
- Ozone
- Oxidation Therapy (H₂O₂)
- Ionized Water
- Contraindications

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Acid Base Balance



Now you can.

What Can I Do?



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Determinants of Health

- Stress Management
- Nutrition
- Exercise
- Smoking Cessation
- Personal Development
- Belief System
- Relationships

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Research Information

- Based on previous studies that indicated a correlation between high lung function levels and a diet rich in various antioxidant vitamins, researchers at the University of Nottingham, UK, set out to investigate the relationship between lung function and the intake of magnesium, and vitamins C, E and A.
- The study included 2,500 subjects with asthma or COPD.

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Dietary Recommendations

- The single best intervention for COPD **is** smoking cessation; without that, all other interventions will be only marginally successful.
- Avoid fatty and fried foods, refined foods, sugar, coffee, coffee.
- Substantially limit meat consumption.

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Research Information

- The researchers were able to deliver two important conclusions: subjects who consumed higher amounts of vitamin C had better lung function than those with lower levels of vitamin C intake; and higher amounts of vitamin C and magnesium intake are associated with significantly improved lung function in the cases of those suffering from asthma or COPD.

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Supplement Guide

A basic multiple vitamin-mineral and antioxidant formula will help protect internally. The daily program should include at least:

- Vitamin C 1,000-2,000 mg.
- Beta-carotene 15,000-25,000 IU
- Vitamin A 5,000-10,000 IU
- Zinc 15-30 mg.
- Selenium 200-300 mcg.
- Vitamin E 400-800 IU

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Breathing



Now you can.

Have a cup of herbal tea



Now you can.

Or have a tea party



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Laughing



**Laughter gives us distance.
It allows us to step back
From an event, deal with it
And then move on**

---Bob Newhart

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Letting go of thoughts

Be conscious of negative thinking, let go of anger and perceived insults, refute irrational thoughts



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Practice Meditation



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THANK YOU!

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