

Learner Feedback Questions #313

- Which of the following statements about complementary and alternative medicine (CAM) is true?
 - Interventions are used when conventional interventions fail.
 - CAM still has made little gain in mainstream medicine in the U.S.
 - The practices deal with adjusting internal influences rather than external ones.
 - The focus is to maintain homeostasis in the body and mind.
- Chiropractic treatments are contraindicated in patients:
 - who are older than 65
 - are in a poor nutritional state
 - with osteoporosis
 - who had general surgery within the past 6 months
- The best indicator hypnosis will produce positive outcomes for a person is:
 - type of presenting behavior
 - frequency of sessions
 - the person's ability to verbalize changes
 - practicing the hypnosis techniques consistently
- Swedish massage for pregnant women:
 - is indicated in the first and second trimester of pregnancy
 - addresses skeletal and circulatory changes precipitated by hormonal shifts of pregnancy
 - is done with less firm pressure than with non-pregnant individuals
 - should only be done during labor when a nurse is present
- Reflexology:
 - limits finger pressure to the soles of the feet
 - unblocks energy pathways
 - practitioners agree therapy effects are nonspecific
 - is contraindicated in patients with lymphatic disorders
- With acupuncture:
 - in most cases, results are not experienced immediately
 - it takes several treatments until patients get comfortable with the needles
 - the therapist receives all data about the patient by palpation
 - the treatment can be safely combined with conventional medicine
- Currently, most CAM interventions are:
 - covered by most insurance plans
 - considered for use before first-line surgery or radical medical treatments
 - still do not have the backing of mainstream medicine
 - considered too expensive for individuals to consider
- Lymphatic massage is:
 - not approved for use in the U.S.
 - requires a firm touch to reduce swelling
 - used in Europe for the treatment of sprains, spasms and bruises
 - is contraindicated with children and adults

- Rolfing:
 - is a new therapy used to realign the body and conserve energy
 - is a painless procedure
 - should not be used on patients with musculoskeletal injuries
 - incorporates deep pressure on muscles with stretching
- The best resource a consumer can use to gain information about CAM is:
 - the Joint Commission
 - CDC
 - National Center for Complementary and Alternative Medicine
 - local or state medical board

Evaluation

- I can discuss the principles of and uses for chiropractic interventions.
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree
- I can describe uses for medical hypnosis.
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree
- I can discuss the types of and uses for therapeutic massages.
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree
- I can discuss the knowledge base for acupuncture and related Asian medicine techniques.
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree
- The objectives relate to the overall goal of the article.
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree
- The article is well-written and logically organized, and defines terms adequately.
 - strongly agree
 - agree
 - neutral
 - disagree
 - strongly disagree

Complementary & Alternative Medicine

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Registration/Answer Form #313

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EVALUATION

- A B C D E
- A B C D E
- A B C D E
- A B C D E
- A B C D E
- A B C D E

How many minutes did you need to complete this CE offering?
Minutes: _____

Before August 17, 2011, print this page, complete the multiple choice questions by circling the correct answer and mail or fax to: *ADVANCE for Nurses*, Learning Scope, 2900 Horizon Dr., King of Prussia, PA 19406; 610-278-1426.

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