

Ignatavicius: Medical-Surgical Nursing, 6th Edition

Chapter 2: Introduction to Complementary and Alternative Therapies

Test Bank

MULTIPLE CHOICE

1. Which activity would be appropriate for the National Center for Complementary and Alternative Medicine?
 - a. Funding a study on the effectiveness of herbal therapy for weight loss
 - b. Educating new mothers on the benefits of complementary therapy
 - c. Engaging in fundraising
 - d. Providing a scholarship for a student to study naturopathy

ANS: C

The purposes of the National Center for Complementary and Alternative Medicine are to fund studies examining the effectiveness of various complementary therapies, advance the knowledge about complementary therapies of health professionals, and serve as a clearinghouse for information about these therapies. It does not fund scholarships nor is it a nonprofit organization. It focuses on advancing knowledge for health professionals rather than the general public.

DIF: Cognitive Level: Comprehension REF: p. 8

OBJ: Learning Outcome 3

TOP: Client Needs Category: Physiological Integrity (Basic Care and Comfort)

MSC: Integrated Process: Teaching/Learning

2. A client is anxious about having a dressing change. What statement indicates that the nurse is promoting appropriate complementary therapy?
 - a. "I'll call the doctor and ask for a larger dose of pain medication before the dressing change."
 - b. "As we begin the next dressing change, I want you to think of a beautiful, calm place where you feel happy and peaceful."
 - c. "I'll get another nurse to stay in the room with us during the dressing change so that you can squeeze her hand during the procedure."
 - d. "Are you familiar with controlled deep breathing? It's a very effective technique."

ANS: B

Because the client's primary problem is anxiety rather than pain at this point, the use of guided visual imagery should be the most effective intervention. Calling the physician for more pain medication, having another nurse present to help comfort the client, and attempting to teach the client controlled deep breathing will not address the main problem of the client.

DIF: Cognitive Level: Application REF: N/A for Application and above

OBJ: Learning Outcome 2

TOP: Client Needs Category: Health Promotion and Maintenance (Health Promotion Programs)

MSC: Integrated Process: Nursing Process (Planning)

3. The nurse has designed a treatment plan that includes the use of massage. Which intervention will the nurse implement first?
- Assesses the client to determine the most effective type of massage technique to use
 - Inspects the skin over the tissue to be massaged to ensure that it is not infected or bruised
 - Determines if a licensed therapist will be needed to carry out the massage technique
 - Obtains the permission of the client to implement this type of technique

ANS: D

The permission of the client to use the procedure must be obtained before any of the other interventions can be implemented.

DIF: Cognitive Level: Application REF: N/A for Application and above
OBJ: Learning Outcome 4
TOP: Client Needs Category: Physiological Integrity (Basic Care and Comfort)
MSC: Integrated Process: Nursing Process (Assessment)

4. Which client requires the most immediate intervention by the nurse?
- A client who has been using aromatherapy to treat her depression
 - A client who has been using herbal preparations to treat her hypertension
 - A client who has been using therapeutic touch to decrease her level of pain
 - A client who has been using tai chi to improve her joint flexibility

ANS: B

The client who has been using herbal preparations to treat her hypertension may have endangered her life if she has inadvertently ingested a substance that interacts poorly with another drug or can be toxic. Aromatherapy may be used as a complementary therapy to treat depression. Therapeutic touch has been shown to decrease pain, and tai chi may assist in mobility. These therapies are appropriate and not life-threatening.

DIF: Cognitive Level: Application REF: N/A for Application and above
OBJ: Learning Outcome 9
TOP: Client Needs Category: Physiological Integrity (Reduction of Risk Potential)
MSC: Integrated Process: Nursing Process (Assessment)

5. A client scheduled for surgery has been taking garlic supplements. Which action is most important for the nurse to take?
- No action is necessary because the herbal agent is harmless.
 - Notify the charge nurse that the client has been taking garlic.
 - Note the new information on the client's record and place in the chart.
 - Notify the surgeon that the client has been taking garlic capsules.

ANS: D

Because garlic has the potential to decrease clotting, much in the same way as aspirin, the surgeon will have to decide whether the surgery will be postponed. The nurse should never assume that any herbal supplement is “harmless” because many can interact with medications and diet. The decision is better left to the surgeon. The nurse will put the information on the client’s chart, but that is not the only action that the nurse should take. The nurse needs to explain why the answer is right and wrong. Give the student information in the answer.

DIF: Cognitive Level: Application REF: N/A for Application and above
 OBJ: Learning Outcome 2
 TOP: Client Needs Category: Health Promotion and Maintenance (High-Risk Behaviors)
 MSC: Integrated Process: Nursing Process (Planning)

6. Which client is the best candidate for animal-assisted therapy?
- A middle-aged adult in a psychiatric facility with a history of schizophrenia
 - An older adult client in hospice care
 - An older adult client in a nursing home who is catatonic
 - An adolescent in a drug treatment facility with a history of violent outbursts

ANS: B

A client in hospice care may benefit from animal-assisted therapy, because this type of therapy may decrease stress. A client in a psychiatric facility who has schizophrenia may not yet be stable enough to experience this type of therapy. A client who is catatonic and not interacting with the environment is not likely to benefit from this therapy. A client who is prone to violent outbursts would not be able to benefit from this type of therapy.

DIF: Cognitive Level: Application REF: N/A for Application and above
 OBJ: Learning Outcome 6
 TOP: Client Needs Category: Physiological Integrity (Basic Care and Comfort)
 MSC: Integrated Process: Nursing Process (Assessment)

7. A client receiving chemotherapy for cancer is also taking echinacea. Which action is most important for the nurse to take?
- Notify the physician that the client has been taking echinacea daily.
 - Encourage the client to be more forthcoming with her health care providers in the future.
 - Notify the facility’s pharmacist that the client has been taking echinacea daily.
 - Encourage the client to continue to take echinacea if she believes that it is effective.

ANS: A

The physician should be notified of the client’s use of echinacea because it could interfere with her chemotherapy medications. Although it is important that the client be forthcoming with her provider, this is not the primary intervention. The client should not be encouraged to continue a practice that could be dangerous. Notifying the facility’s pharmacist will not change the client’s use of a potentially dangerous substance.

DIF: Cognitive Level: Application REF: N/A for Application and above

OBJ: Learning Outcome 2

TOP: Client Needs Category: Health Promotion and Maintenance (Health and Wellness)

MSC: Integrated Process: Nursing Process (Planning)

8. Which statement indicates that the nurse understands the risks associated with herbal preparations?
- Herbs are guaranteed to be safe and effective but are not necessarily natural.
 - Herbs require a different type of prescription than standard prescribed medications.
 - Herbs are not classified as drugs and are not regulated by the U.S. Food and Drug Administration (FDA).
 - Herbs are guaranteed to be all natural and of high quality but are not necessarily effective.

ANS: C

Herbal preparations are not classified as medications and are not regulated by the FDA. They do not require a prescription because they are not medications. Unfortunately, herbs are not under regulation by the government, and are not guaranteed to be natural, safe, or effective. This is one of the major disadvantages of herbal therapy.

DIF: Cognitive Level: Comprehension REF: p. 12

OBJ: Learning Outcome 1

TOP: Client Needs Category: Health Promotion and Maintenance (Health and Wellness)

MSC: Integrated Process: Teaching/Learning

9. A client asks the nurse to pray with them. The nurse is an atheist. Which statement by the nurse is the correct response?
- “Yes, let’s pray together.”
 - “No, I’m sorry, I can’t do that.”
 - “No, I don’t believe in prayer.”
 - “I’ll hold your hand while you pray.”

ANS: D

By stating that the nurse will hold the client’s hand, the nurse offers support for the client’s choice without compromising their beliefs. The nurse should not participate in an activity that is against his or her beliefs. The nurse should not just state that she can’t do this or tell the client her personal views or preferences.

DIF: Cognitive Level: Application REF: N/A for Application and above

OBJ: Learning Outcome 7

TOP: Client Needs Category: Physiological Integrity (Basic Care and Comfort)

MSC: Integrated Process: Nursing Process (Planning)

10. The client has been diagnosed with cancer and is experiencing depression and insomnia as side effects of her chemotherapy treatment. She tells the nurse that she has been supplementing her antidepressant medication with lavender oil and sandalwood but they aren’t working. Which statement by the nurse is the correct response?
- “Tell me more about exactly what you are taking, how much you take, and when

- you take the pills.”
- “Perhaps you’re not using enough of the oil or are using it incorrectly.”
 - I’ll speak with your doctor to get you some medication that you can take while continuing the aromatherapy.”
 - “You don’t want your doctor to put you on sleeping pills and antidepressants. Keep using them.”

ANS: A

The nurse should continue the assessment of the client to determine exactly what type of complementary therapy she is using and whether the regimen is dangerous.

DIF: Cognitive Level: Application REF: N/A for Application and above

OBJ: Learning Outcome 1

TOP: Client Needs Category: Health Promotion and Maintenance (Self-Care)

MSC: Integrated Process: Nursing Process (Assessment)

11. The client is undergoing treatment for cancer. She is experiencing a high level of anxiety and tells the nurse that she is interested in exploring complementary therapies that might decrease her level of anxiety. Which complementary therapies would be highest priority for the nurse to implement with this client?
- Music, relaxation, and touch
 - Acupuncture, massage, and imagery
 - Hypnotherapy, spirituality, and relaxation
 - Massage, acupressure, and music

ANS: A

Music, relaxation, and touch are low-risk complementary and alternative treatments that can be used by nurses in a variety of settings. Treatments such as aromatherapy, acupuncture, acupressure, and hypnotherapy are procedures that require additional training.

DIF: Cognitive Level: Comprehension REF: p. 9-13

OBJ: Learning Outcome 5

TOP: Client Needs Category: Physiological Integrity (Basic Care and Comfort)

MSC: Integrated Process: Nursing Process (Implementation)

12. Which statement best demonstrates that the nurse understands the purpose of relaxation therapy?
- “Relaxation reduces physical, mental, and emotional tension.”
 - “Relaxation has been shown to increase immune system functioning.”
 - “Relaxation is used only for individuals undergoing painful procedures.”
 - “Relaxation is best suited to people who do not have a terminal diagnosis.”

ANS: A

By reducing physical, mental, and emotional tension, relaxation is believed to result in changes opposite those of the “fight-or-flight” mechanism. Relaxation has not been found to increase immune system functioning, and is not suited only for clients with a terminal diagnosis.

DIF: Cognitive Level: Knowledge REF: p. 9

OBJ: Learning Outcome 8

TOP: Client Needs Category: Physiological Integrity (Basic Care and Comfort)
MSC: Integrated Process: Nursing Process (Evaluation)

13. A nurse is assisting a client preparing for surgery by using progressive muscle relaxation. Which rationale best supports the use of this therapy at this time?
- This therapy rebalances or repatterns a person's energy field.
 - This therapy improves flexibility and assists with positioning during surgery.
 - This therapy applies pressure, releasing congestion and promoting energy flow.
 - This therapy provides intentional tensing and releasing of successive muscle groups.

ANS: D

Progressive muscle relaxation provides the intentional tensing and releasing of successive muscle groups, thereby promoting relaxation and decreasing anxiety. Anxiety reduction would be the best rationale for a client preparing for surgery. The other statements are inaccurate descriptions of progressive muscle relaxation and its use.

DIF: Cognitive Level: Knowledge REF: p. 9
OBJ: Learning Outcome 5
TOP: Client Needs Category: Physiological Integrity (Basic Care and Comfort)
MSC: Integrated Process: Caring

14. A client tells a nurse that she is considering using herbal supplements to replace her prescription medications. What is the nurse's best response?
- "Herbs are not classified as drugs in the United States, so there is no contraindication to using them."
 - "Herbs have pharmacologic effects on the body and can interact with some prescription medications."
 - "It is never permissible to use herbal supplements with prescription medications."
 - "I will refer you to an herbalist who can help you decide which medications you can take."

ANS: B

Although herbs are not classified as drugs, they do possess pharmacologic properties. In caring for clients, the nurse should inquire if the client takes herbal preparations and, if so, for what purpose. Many herbal preparations have not been adequately studied and some can interact with prescription medications, causing toxic effects. The nurse should not refer the client to an herbalist. The client should be instructed that there are contraindications to herbal usage but could be used with prescription medications, depending on the medication, the herbal substance, and the condition of the client.

DIF: Cognitive Level: Application REF: N/A for Application and above
OBJ: Learning Outcome 2
TOP: Client Needs Category: Health Promotion and Maintenance (Health and Wellness)
MSC: Integrated Process: Nursing Process (Planning)

15. A client who is status post–aortic valve replacement takes sodium warfarin (Coumadin) daily and has started taking Ginkgo biloba. What will the nurse tell the client?
- “Memory problems following valve replacement surgery are common, but temporary.”
 - “Ginkgo biloba has been shown to interact with many anticoagulant drugs.”
 - “This drug combination is most effective if the Ginkgo biloba is taken twice daily.”
 - “Keep a record of episodes of forgetfulness to monitor effectiveness of the medication.”

ANS: B

Taking Ginkgo biloba with warfarin increases the client’s risk of bleeding. Therefore, the client needs to be informed of this and should be monitored for bruising or bleeding associated with the use of this combination. Memory problems are not common or temporary after valve replacement, but a symptom of another problem. Ginkgo biloba is not more effective if taken twice daily. It would be difficult to keep a record of forgetfulness, and this herb is not “proven” to be effective.

DIF: Cognitive Level: Application

REF: N/A for Application and above

OBJ: Learning Outcome 2

TOP: Client Needs Category: Health Promotion and Maintenance (Disease Prevention)

MSC: Integrated Process: Nursing Process (Planning)

16. Which statement indicates the client needs further teaching about complementary therapy?
- “I’ve decided to use herb therapy for cancer treatment, so I can cancel my radiation treatments.”
 - “I’m hoping that massage therapy will help reduce the amount of pain medication I use for my myalgia.”
 - “I think it helps me get better faster when I picture the drugs punching out the germs in my body.”
 - “I intend to pray about my cancer treatment several times a day. It makes me feel so much better.”

ANS: A

Complementary therapies are intended to be used with, rather than replace, traditional forms of therapy to integrate the mind, body, and spirit into the healing process. The client must have this information clarified so that he will follow his recommended regimen for cancer treatment. The other statements appropriately indicate that the client understands the purpose of complementary therapy.

DIF: Cognitive Level: Application

REF: N/A for Application and above

OBJ: Learning Outcome 2

TOP: Client Needs Category: Health Promotion and Maintenance (Principles of Teaching/Learning)

MSC: Integrated Process: Nursing Process (Assessment)

17. Which teaching strategy is appropriate for a client wishing to use complementary therapy to supplement traditional treatment for cancer?

- a. Instruct the client to make a follow-up appointment with the health care provider after using alternative treatments to assess the client's response to the treatment.
- b. Instruct the client never to use alternative or complementary treatments for serious illnesses.
- c. Explain to the client that physicians and nurses are not prepared to recommend and monitor alternative treatments.
- d. Explain to the client that physicians and nurses do not incorporate such treatments into their practice.

ANS: A

Complementary or alternative treatments may be used in association with traditional therapy. The client using complementary or alternative therapy should be advised to make a follow-up visit with the health care provider to assess the client's response to the therapy and to detect any adverse effects.

DIF: Cognitive Level: Knowledge REF: p. 9

OBJ: Learning Outcome 2

TOP: Client Needs Category: Health Promotion and Maintenance (Principles of Teaching/Learning) MSC: Integrated Process: Nursing Process (Assessment)

18. Which complementary or alternative therapy would the nurse recommend to a client with "stiff joints" to improve mobility?
- a. Imagery
 - b. Animal-assisted therapy
 - c. Tai chi
 - d. Magnet therapy

ANS: C

Tai Chi is an active holistic therapy that integrates body movements, concentration, muscle relaxation, and breathing to improve body function, such as flexibility and posture. Imagery has been used successfully to reduce pain, nausea and vomiting, and anxiety. Animal-assisted therapy is generally used with clients who need to improve motor skills or the ability to concentrate. Magnet therapy is used primarily to relieve chronic pain. Aromatherapy uses essential oils to achieve relaxation, improve concentration, and ease depression.

DIF: Cognitive Level: Application REF: N/A for Application and above

OBJ: Learning Outcome 7

TOP: Client Needs Category: Physiological Integrity (Basic Care and Comfort)

MSC: Integrated Process: Nursing Process (Assessment)

19. A client experiencing nausea and vomiting from chemotherapy for cancer might benefit from which of the following alternative or complementary therapies?
- a. Meditation
 - b. Imagery
 - c. Journaling
 - d. Magnet therapy

ANS: B

Imagery has been frequently used to help clients reduce nausea and vomiting. Meditation, journaling, and magnet therapy are more useful for chronic pain, hypertension, and improving emotional health.

DIF: Cognitive Level: Knowledge REF: p. 9
OBJ: Learning Outcome 6
TOP: Client Needs Category: Physiological Integrity (Basic Care and Comfort)
MSC: Integrated Process: Nursing Process (Assessment)

MULTIPLE RESPONSE

1. During an initial health assessment interview, the nurse learns that the client is taking warfarin (Coumadin) for a history of deep vein thrombosis. Later, the client states that she takes several herbal preparations. Which of the following herbal preparations would the nurse caution her to avoid? (*Select all that apply.*)
 - a. Ginkgo biloba
 - b. Garlic
 - c. Ginseng
 - d. Saw palmetto

ANS: A, B, C

Ginkgo biloba may increase the anticoagulant effects of warfarin. Garlic and ginseng have also been found to affect the international normalized ratio (INR).

DIF: Cognitive Level: Knowledge REF: N/A for Application and above
OBJ: Learning Outcome 2
TOP: Client Needs Category: Health Promotion and Maintenance (Disease Prevention)
MSC: Integrated Process: Nursing Process (Assessment)