

AMERICAN HOLISTIC NURSES' ASSOCIATION

GUIDE TO

COMMON CHRONIC CONDITIONS

SELF-CARE OPTIONS TO COMPLEMENT
YOUR DOCTOR'S ADVICE

ARTHRITIS • ASTHMA • CANCER • CHRONIC FATIGUE

DEPRESSION • DIABETES • DIGESTIVE DISORDERS

FIBROMYALGIA • HEART CONDITIONS • PAIN

SLEEP DISORDERS • AND MORE

Carolyn Chambers Clark, ARNP, EdD, HNC

American Holistic Nurses' Association

Guide to Common Chronic Conditions

American Holistic Nurses' Association

Guide to Common Chronic Conditions



Self-Care Options to Complement
Your Doctor's Advice

Carolyn Chambers Clark, A.R.N.P., Ed.D., H.N.C.



John Wiley & Sons, Inc.

Copyright © 2003 by Carolyn Chambers Clark. All rights reserved

Published by John Wiley & Sons, Inc., Hoboken, New Jersey
Published simultaneously in Canada

Design and production by Navta Associates, Inc.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Section 107 or 108 of the 1976 United States Copyright Act, without either the prior written permission of the Publisher, or authorization through payment of the appropriate per-copy fee to the Copyright Clearance Center, 222 Rosewood Drive, Danvers, MA 01923, (978) 750-8400, fax (978) 750-4470. Requests to the Publisher for permission should be addressed to the Permissions Department, John Wiley & Sons, Inc., 111 River Street, Hoboken, NJ 07030, (201) 748-6011, fax (201) 748-6008, email: permcoordinator@wiley.com.

Limit of Liability/Disclaimer of Warranty: While the publisher and author have used their best efforts in preparing this book, they make no representations or warranties with respect to the accuracy or completeness of the contents of this book and specifically disclaim any implied warranties of merchantability or fitness for a particular purpose. No warranty may be created or extended by sales representatives or written sales materials. The advice and strategies contained herein may not be suitable for your situation. You should consult with a professional where appropriate. Neither the publisher nor author shall be liable for any loss of profit or any other commercial damages, including but not limited to special, incidental, consequential, or other damages.

For general information about our other products and services, please contact our Customer Care Department within the United States at (800) 762-2974, outside the United States at (317) 572-3993 or fax (317) 572-4002.

Wiley also publishes its books in a variety of electronic formats. Some content that appears in print may not be available in electronic books.

Library of Congress Cataloging-in-Publication Data:

Clark, Carolyn Chambers.

American Holistic Nurses' Association complete guide to mind, body,
and spirit care for common chronic conditions / Carolyn Chambers Clark.

p. ; cm.

Includes bibliographical references and index.

ISBN 0-471-21296-2 (pbk.)

1. Holistic nursing. 2. Chronically ill—Care. [DNLM: 1. Chronic Disease—Popular Works. 2. Health Promotion—Popular Works. 3. Psychophysiology—Popular Works. 4. Risk Factors—Popular Works. WT 500 C592a 2002] I. Title: Complete guide to mind, body, and spirit care for common chronic conditions. II. Title.

RT42 .C575 2002

616—dc21

2002014034

Printed in the United States of America

10 9 8 7 6 5 4 3 2 1

This book is dedicated to my grandson, Niall,
who is just beginning his journey toward self-care.

Contents

Foreword ix

Acknowledgments xi

Why You May Need This Book 1

<i>Conditions</i>	AIDS	9
	Allergies	17
	Alzheimer's Disease	38
	Arthritis	49
	Cancer	62
	Carpal Tunnel Syndrome	90
	Chronic Fatigue Syndrome	100
	Depression	107
	Diabetes	119
	Digestive Problems	131
	Fibromyalgia	150
	Heart and Blood Vessel Disorders	160
	Kidney Disease	185
	Liver and Gallbladder Diseases	195
	Multiple Sclerosis	204
	Osteoporosis	209

Overweight/Obesity	216
Pain	227
Parkinson's Disease	238
Sleep Disorders	244
<i>References</i>	253
<i>Index</i>	293
<i>About the AHNA</i>	301

Foreword

Do you worry that your medical care is becoming depersonalized? While medicine can produce astounding results—we're now able to transplant a heart, or compose a shiny, new hip out of an alloy that would take us fifteen minutes to learn how to pronounce—it can make you, the patient, feel like no one person is overseeing and responsible for your care.

Think of it this way: the doctor in the ER, who perhaps first recognizes the broken hip, then will send you to an orthopedist. He or she will be responsible for putting in the new hip—but then you must seek the advice of an entirely new doctor, a physiatrist who will help you to take charge of your rehab.

I work in the emergency room, so I can't paint an accurate picture of what your surgery would entail, although I may be responsible for your diagnosis. The same kind of thing holds true for the other doctors in the picture. And your general practitioner, who sees you back in the office after you've gone through the procedure, may have only a faint appreciation of what you've just been through.

There is one person who can help you keep on top of it all. Not only you but also we, the doctors, can turn to our trusty counterparts and coequal professionals, the nurses, who are so adept and concerned about making you aware of the big picture and how to make sense of it all. Thank God for nurses.

The real difference between a doctor and a nurse is perspective. Doctors don't feel their job is done until a diagnosis is made and a plan of action is reached. But nurses haven't done their job until you know how to manage the illness you've got. That means learning the prescribed medications and the nonmedication treatments, it means learning the role you may have played in achieving the state you're in, and it means finding out what you can do to stop the progress of your disease and/or improve your condition in all possible ways.

As a stalwart member of the American Holistic Nurses' Association (AHNA), Carolyn Chambers Clark, a nurse practitioner with a doctorate in education, has prepared an important work for you that focuses on your body, mind, and spirit. This holistic book takes you beyond what I may say or do to inform you of the diagnoses for twenty serious, chronic conditions, and teaches you to see the condition as a process. And once you understand where you are as a point along a spectrum from health to illness, you can learn self-care measures to work in concert with your doctor's prescriptions and muster the energy to get back to health again.

Julian B. Orenstein, M.D.
Potomac, Maryland

Acknowledgments

A big “thank you” to all the people who contributed to this project:

to Julian Orenstein, who served as medical consultant

to Elizabeth Zack, my editor at Wiley, for her valuable help in preparing the manuscript; and to Jenny Bent, my literary agent.

I am grateful to my many teachers and colleagues who informed my work: Hildegard Peplau, Janice Manaser Geller, Sheila Rouslin Welt, Phyllis Class, Shirley Smoyak, Elizabeth Maloney, Halbert Dunn, Dee Krieger, Jean Penny, Susan DiFabio, and Judith Ackerhalt.

Finally, I thank the many clients who have asked important questions and reported significant results.

American Holistic Nurses' Association

Guide to Common Chronic Conditions

Why You May Need This Book

You may need this book for three very important reasons:

1. Your healthcare practitioner may not have the time to explain everything to you.
2. A medical approach is not always, and often is not, a holistic self-care approach that takes into account all the things you can do to get well and stay well.
3. You find yourself wanting more medical information, so you look on the Internet and listen to TV or radio and even scan the newspapers, only to discover conflicting and incorrect information.

Here Are the Answers to Your Questions

You're not feeling well and you go to the doctor. As usual, there are many patients in the waiting room and you barely catch a glimpse of your harried doctor. After you've waited for quite a while, the doctor examines you quickly, gives you a diagnosis, scribbles a prescription, and rushes off to the next patient. You're there, prescription in hand, not 100 percent sure what's really wrong with you, how you got that way, or what to do about it other than to have your prescription filled. Down the hall, you stop a nurse, who explains it all to you, plus tells you what to watch out for when you take the medication. The nurse also suggests some other

things you can do to feel more comfortable. You leave feeling calmer and with some understanding of what to do and why.

Maybe another familiar situation occurs when you're in the hospital for surgery. You wait all morning to see the doctor because you have a thousand questions to ask. The doctor hurries in, asks you how you are, and then rushes out. You watch the doctor leave, realizing you didn't ask any of the questions you wanted to ask.

A little while later, a nurse comes by and asks if you need anything. Before you know it, you're asking all the questions you forgot to ask your doctor. By the time the nurse leaves, you feel a whole lot better. Someone cares. The nurse has time to listen and give you answers to your questions in words you can understand.

We all know that doctors are busy people. They are in the business of curing, and that takes a lot of time. Nurses are busy, too, but they are in the business of *caring*. That's their job. They soothe your feverish brow, give you the lowdown on your condition, translate your doctor's orders, tell you the side effects of the medications your doctor prescribes, listen to your woes, and suggest treatments that fit right in with what your doctor has ordered. In this sense, nurses are the perfect complement to doctors, and their advice can add a lot to what your doctor says.

You Have a Right to Know about Measures You Can Take to Be Well

That's what this book is meant to do: give you some answers; talk to you in language you can understand; explain side effects or unwanted reactions to your medicines, treatments, or surgery; and add a few simple, safe things you can add to your daily regime to help you feel better—kind of like wrapping a warm, cozy blanket around you. It's okay, the nurse is in and is listening to you, maybe even anticipating your questions.

This book takes the stance that health is not a drive-through window. You have a very important role to play in getting well and staying well. The top three killers—heart disease, cancer, and stroke—have one thing in common: they're all strongly influenced by lifestyle or what you do. You can take charge and get well by eating right, exercising, and reducing your stress, among other actions. The specifics of how to do these appear for each condition.

Some strategies, such as losing weight and keeping it off, may mean

a change in the way you think about food, from “I need to have French fries and burgers every day” to “Food is a medicine, a healing source.”

The book provides safe procedures to use instead of always reaching for a pill. Just because a drug is legal doesn't mean it's *safe*. As pharmaceutical companies push more and more aggressively to sell their drugs on television and in other ways, they play down the side effects and dangers of their drugs. Remember: advertisements help make money; they don't protect you from harm.

Today, physicians and even many nurse practitioners are feeling the pressure from their bosses and insurance companies. The time they can take with you during your visits with them shrinks. They may barely have the time to tell you what medication to take or what surgery is suggested and have little time to listen to your concerns.

This book maintains that self-help information is as important in many cases as pills and procedures. It contends that you are an important individual deserving of a holistic approach. What does that mean? It means taking into account that your body parts are connected into a unique whole person, that healing and not just curing is valuable, and that there is always something you can do despite your diagnosis.

Why a Nurse?

A nurse is the perfect person to explain your doctor's orders because the education a nurse receives for giving you care is similar to the model used to educate doctors. Nurses are taught medical care, but they are also taught to focus on *your reactions* to your illness or condition. They see you as a total person, in the context of your family, occupation, and culture, not only a collection of symptoms. This holistic approach helps nurses tune into your reactions to what's happening to you and help you learn how to deal with them.

The American Holistic Nurses' Association

The American Holistic Nurses' Association (AHNA) is the voice of holistic nursing practice in the United States and in other parts of the world. Its members embrace caring and healing in their work with clients and also integrate these concepts in their lives. The AHNA believes that health and disease are part of the human experience and that disease and

distress can provide opportunities for you to increase your awareness of the interconnectedness of your body, mind, and spirit. Two of the AHNA's objectives are to:

1. encourage nurses to be wellness role models for their patients and clients
2. improve the quality of healthcare by promoting education, participation, and self-responsibility for wellness in their patients and clients (Dossey 2001)

The AHNA has developed a certification program leading to the title holistic nurse certified (HNC), which means that those who pass the certification exam are board-certified to provide care for you that enhances your body, mind, and spirit. Holistic nurses not only care *for* you, they also care *about* you, and are dedicated to teaching you how to provide high-level self-care that complements your doctor's medical care.

What Do Nurses Know?

In medical school, medical students learn about how to diagnose what's wrong with you and what medications and treatments may help. In nursing school, nurses learn about medical conditions and their treatments, but they also learn a lot more. They are interested in helping you attain a balance, whether it's to find what's lacking in your diet or whether you need an exercise program or how to obtain support from family or others. One of the things nurses are absolute experts on is nutrition. Physicians receive very little, if any, education on nutrition in medical school. Some other areas nurses are experts in are how to:

- protect you from infection
- communicate with you and your family in a way that helps you grow
- teach you about the effects of what you eat on how well you heal
- promote health and well-being and prevent illness in the home, hospital, school, and community
- teach you to control your symptoms, especially pain
- include you in decisions about your care
- prepare you for medical procedures in a way that reduces your anxiety

- work effectively with your sexuality issues and concerns
- teach you about labor, birth, and caring for a child
- identify domestic violence
- teach you about complementary and alternative therapies
- support your right to be treated with kindness and respect

Why I'm the Right Nurse to Write This Book

Now that you know what nurses do, you can see that a nurse is the perfect person to write this book. You may still wonder why I'm the person writing it. Here are some of my reasons:

I've been a registered nurse since 1964, when I graduated from the University of Wisconsin. Since then, I've added a couple of graduate degrees (M.S. from Rutgers University and Ed.D. from Columbia University); worked in numerous hospitals, clinics, and private practice situations; taught and supervised nursing students; and even started my own wellness institute. I'm a Fellow of the American Academy of Nursing, a Certified Holistic Nurse, a Diplomate of the American Board of Forensic Nursing, and a Fellow and Advisory Board Member of the American Association of Integrative Medicine (AAIM).

I've also been writing nursing and health-related texts for twenty years, and three of the texts (*The Encyclopedia of Complementary Health Practice*, *Integrating Complementary Procedures into Practice*, and *Wellness Practitioner*) won Book of the Year awards from the *American Journal of Nursing*. And I've taken and taught many research courses, so I can tell you about the studies that provide significant evidence, and which indicate steps you should take to enhance your wellness.

During all of these experiences, I've met clients, sometimes even those in my own family, who asked me questions about medications, treatments, or surgery. They feel comfortable asking me, and to tell the truth, it makes me feel good to help them. Because I know you're out there with valid questions about the treatment your doctor orders for you, I've written this book.

For the medical diagnosis and treatment, I worked with a medical consultant to make sure I didn't make any assumptions about medical diagnosis or treatment. For a special seal of approval, I went to the Amer-