Complementary and alternative medicine or modalities (CAM) are defined by the National Center for Complementary and Integrative Health (NCCIH) as therapies that are not currently considered mainstream within the healthcare system. The Handbook of Integrative Oncology Nursing Evidence-based Practice is a valuable resource for nurses exploring CAM. The United States National Library of Medicine (NLM) at the National Institutes of Health (NIH), CINAHL covers nursing, alternative/complementary medicine, consumer health and 17 allied health disciplines. A well-rounded understanding of CAM requires knowledge of its integration into nursing practice, as evidenced by the importance of awareness and education in clinical settings. Using alternative medicine not only is effective in reducing anxiety, as demonstrated by studies on its efficacy in pain management, but also improves patient outcomes. Thus, nurses must be equipped to integrate complementary and alternative therapies into their practice effectively.
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