

Student Name
Chamberlain College of Nursing
NR 578- Primary Care Management of Adolescents and Adults
Dr. Rollinson
Week 2- iHuman Reflection
Due Date

Complementary and alternative therapies can be very useful, but for this patient I would suggest using evidenced based articles to help determine safe options. CAM products can be safe because they include herbs, plant-based treatments, non-botanical supplements, and mind-body therapies (Endocrine Society, 2022). However, they can interact with other medications, but Maya Delgado does not take medications, except multivitamins at times. In her case, Ginseng is a supplement that she can use because it can help with sleep and mood but can cause headaches and upset stomach (Endocrine Society, 2022). Also, flaxseed can be used to improve cholesterol levels, which in her case would be useful given her labs. However, flaxseed can cause abdominal bloating, nausea, and diarrhea. If she did not want to use medications while using prescription medications, acupuncture would be beneficial with insomnia, mood swings, or hot flashes (Endocrine Society, 2022). According to the Office of Women's Health, there is one study that