

Complementary and Alternative Therapies EAQ Practice Test (Sample)

Study Guide



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SAMPLE

Questions

- 1. Which complementary treatment modality would the nurse suggest to a postmenopausal patient with high blood pressure?**
 - A. Orthomolecular medicine**
 - B. Relaxation therapy**
 - C. Acupuncture**
 - D. Homeopathy**
- 2. Which relaxation technique involves counting breaths?**
 - A. Visual imagery**
 - B. Self-hypnosis**
 - C. Mindfulness meditation**
 - D. Guided relaxation**
- 3. Which condition will be assisted by complementary therapies?**
 - A. Chronic headaches**
 - B. Chronic back pain and arthritis**
 - C. Short-term anxiety**
 - D. Minor skin irritations**
- 4. Which therapy involves the insertion of thin needles in a specific body region?**
 - A. Chiropractic adjustment**
 - B. Acupuncture**
 - C. Massage therapy**
 - D. Reflexology**
- 5. Which of the following is a benefit of breathwork and imagery?**
 - A. Improved physical strength**
 - B. Enhanced emotional balance**
 - C. Increased cardiovascular health**
 - D. Quicker healing of injuries**

- 6. Why is passive relaxation therapy beneficial for bedridden and debilitated patients?**
- A. Is useful for patients who have no energy for muscle contraction**
 - B. Encourages deep muscle engagement**
 - C. Requires active participation from the patient**
 - D. Promotes social interaction during therapy**
- 7. What must a nurse ensure has occurred when using nursing-accessible complementary therapies?**
- A. Patient has provided permission and consent**
 - B. Nurse has completed additional training**
 - C. Insurance approval has been received**
 - D. All therapies are FDA approved**
- 8. What expected outcome will the nurse assess when a patient begins using biofeedback in addition to relaxation?**
- A. Learning how to control some autonomic nervous system responses**
 - B. Immediate cessation of all symptoms**
 - C. Understanding theoretical concepts behind relaxation**
 - D. Reduction in the need for medication**
- 9. What is a common factor associated with the aging of the skin?**
- A. Increased hydration**
 - B. Exposure to UV rays**
 - C. Use of herbal products**
 - D. Consumption of antioxidants**
- 10. Which area would be treated when providing holistic care?**
- A. Physical needs only**
 - B. Mind, body, and spirit of the patient and their families**
 - C. Emotional needs exclusively**
 - D. Social support systems only**

Answers

SAMPLE

1. A
2. C
3. B
4. B
5. B
6. A
7. A
8. A
9. B
10. B

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Explanations

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1. Which complementary treatment modality would the nurse suggest to a postmenopausal patient with high blood pressure?

A. Orthomolecular medicine

B. Relaxation therapy

C. Acupuncture

D. Homeopathy

The suggestion of orthomolecular medicine for a postmenopausal patient with high blood pressure is relevant as this approach focuses on the use of optimal amounts of substances that are natural to the body, including vitamins, minerals, and other nutrients, to maintain health. In managing high blood pressure, orthomolecular medicine may involve recommending specific dietary changes and supplementation to support cardiovascular health and overall well-being. For instance, some studies suggest that certain nutrients, like omega-3 fatty acids, potassium, and magnesium, may help regulate blood pressure. In the context of postmenopausal women, who may experience changes that affect their cardiovascular health, recommendations through orthomolecular approaches can also take into consideration hormonal changes and their impact on blood pressure. By focusing on a personalized nutrition plan that encompasses the unique health needs of the individual, orthomolecular medicine presents a holistic approach that complements standard medical treatments. Other treatment modalities such as relaxation therapy, acupuncture, and homeopathy have their own benefits but may not directly address the physiological aspects associated with high blood pressure in the same manner as orthomolecular medicine. While relaxation techniques can help in reducing stress effects on blood pressure, they might not have the same targeted nutritional support that orthomolecular medicine offers. Acupuncture could

2. Which relaxation technique involves counting breaths?

A. Visual imagery

B. Self-hypnosis

C. Mindfulness meditation

D. Guided relaxation

Mindfulness meditation is a practice that often incorporates the technique of counting breaths as a way to enhance focus and awareness. In this context, individuals are encouraged to pay attention to their breathing patterns, and counting each inhalation and exhalation can serve as a focal point to quiet the mind. This method is particularly beneficial for cultivating present-moment awareness and reducing distractions that may arise during meditation. Counting breaths allows practitioners to develop a deeper connection with their body and mind, fostering relaxation and enhancing overall mental clarity. By concentrating on the rhythm of their breath and the act of counting, individuals can effortlessly bring themselves back to the present moment whenever their thoughts begin to wander, which is a core aspect of mindfulness practice. This technique also helps in developing a sense of calm and increasing emotional regulation, making mindfulness meditation a valuable tool for stress reduction and emotional well-being. Other choices like visual imagery, self-hypnosis, and guided relaxation may involve different techniques and focal points, but counting breaths is most associated with mindfulness meditation as a primary method for guiding relaxation and enhancing awareness.

3. Which condition will be assisted by complementary therapies?

- A. Chronic headaches
- B. Chronic back pain and arthritis**
- C. Short-term anxiety
- D. Minor skin irritations

Chronic back pain and arthritis are conditions that can greatly benefit from complementary therapies. These chronic conditions often involve ongoing pain and discomfort that conventional medical treatments may not fully address. Complementary therapies, such as acupuncture, massage therapy, cognitive behavioral therapy, and yoga, have been found to help manage pain and improve mobility. They can aid in reducing stress, enhancing relaxation, and promoting overall well-being, which is particularly beneficial for individuals dealing with the persistent symptoms associated with these conditions. The nature of chronic pain necessitates an approach that combines different treatment modalities, which is a hallmark of complementary therapies. By incorporating these practices, individuals suffering from chronic back pain and arthritis can experience improved quality of life, greater physical function, and an enhanced sense of control over their condition.

4. Which therapy involves the insertion of thin needles in a specific body region?

- A. Chiropractic adjustment
- B. Acupuncture**
- C. Massage therapy
- D. Reflexology

Acupuncture is a therapeutic practice that involves the insertion of thin needles into specific points on the body, known as acupuncture points or meridians. This ancient practice is rooted in Traditional Chinese Medicine and is based on the concept of balancing the flow of energy, known as "Qi," throughout the body. By stimulating these points, acupuncture aims to alleviate various health issues, including pain management, stress relief, and overall wellness. Chiropractic adjustment primarily focuses on the manipulation of the spine and musculoskeletal system to improve alignment and function, while massage therapy involves the manipulation of muscles and soft tissues to promote relaxation and relieve tension. Reflexology, on the other hand, is a practice that applies pressure to specific reflex points on the hands and feet, which are believed to correspond to different body organs and systems but does not utilize needle insertion. Thus, acupuncture is distinct in its technique of using needles as a central component of its therapy.

5. Which of the following is a benefit of breathwork and imagery?

- A. Improved physical strength**
- B. Enhanced emotional balance**
- C. Increased cardiovascular health**
- D. Quicker healing of injuries**

The benefit of breathwork and imagery that is particularly noteworthy is enhanced emotional balance. Breathwork involves specific breathing techniques designed to promote relaxation, reduce stress, and facilitate emotional processing. This practice can help individuals become more in tune with their emotions, fostering a sense of calm and stability. Additionally, imagery, often used in conjunction with breathwork, allows individuals to visualize calming and positive scenarios, which can further support emotional regulation and balance. While improved physical strength, increased cardiovascular health, and quicker healing of injuries may be associated with various forms of exercise or medical treatments, they are not direct outcomes of breathwork and imagery practices. The primary focus of breathwork and imagery is on the emotional and mental aspects of well-being rather than physical fitness or specific health metrics related to the heart and injury recovery. Thus, enhancing emotional balance is the most fitting benefit related to these practices.

6. Why is passive relaxation therapy beneficial for bedridden and debilitated patients?

- A. Is useful for patients who have no energy for muscle contraction**
- B. Encourages deep muscle engagement**
- C. Requires active participation from the patient**
- D. Promotes social interaction during therapy**

Passive relaxation therapy is particularly beneficial for bedridden and debilitated patients primarily because it caters to their limited energy and physical capabilities. These individuals often lack the strength or capacity to actively engage in muscle contraction due to their condition. By allowing caregivers or therapists to perform gentle movements and stretches on behalf of the patient, this therapy helps in relieving tension, reducing pain, and promoting overall relaxation without requiring the patient to exert themselves physically. This approach is crucial for maintaining some level of comfort and promoting well-being in patients who cannot participate actively in traditional exercise. It addresses their specific needs and provides a means of relaxation that they would not be able to achieve on their own.

7. What must a nurse ensure has occurred when using nursing-accessible complementary therapies?

- A. Patient has provided permission and consent**
- B. Nurse has completed additional training**
- C. Insurance approval has been received**
- D. All therapies are FDA approved**

When utilizing nursing-accessible complementary therapies, it is essential for the nurse to ensure that the patient has provided permission and consent. This is crucial because complementary therapies, like any medical intervention, require the patient's informed consent to respect their autonomy and ensure their comfort with the treatment being provided. Consent means the patient is fully aware of what the therapy involves, any potential risks or benefits, and that they have the opportunity to ask questions or decline the treatment if desired. While additional training for the nurse, insurance approval, and FDA approval of therapies are important considerations in the larger context of healthcare provision, the foremost step prior to implementing complementary therapies is obtaining the patient's informed consent. This establishes trust and a collaborative relationship between the nurse and patient, fostering a supportive environment for care.

8. What expected outcome will the nurse assess when a patient begins using biofeedback in addition to relaxation?

- A. Learning how to control some autonomic nervous system responses**
- B. Immediate cessation of all symptoms**
- C. Understanding theoretical concepts behind relaxation**
- D. Reduction in the need for medication**

When a patient begins using biofeedback in conjunction with relaxation techniques, one of the primary expected outcomes is learning how to control some autonomic nervous system responses. Biofeedback involves the use of electronic monitoring to convey information about physiological functions, thus enabling individuals to gain awareness and control over bodily processes that are typically automatic, such as heart rate, muscle tension, and skin temperature. Through biofeedback, patients can identify their body's reactions to stressors and work towards managing those reactions more effectively. This aligns directly with the goals of relaxation techniques, as both approaches are intended to reduce stress and enhance self-regulation. For example, a patient may learn how to lower their heart rate or reduce muscle tension through focused practice, ultimately leading to a greater sense of control over their physical and emotional responses. The other outcomes are less aligned with what biofeedback aims to achieve. Immediate cessation of all symptoms is often unrealistic, as both relaxation techniques and biofeedback focus more on gradual improvement rather than instant results. Understanding theoretical concepts behind relaxation isn't an expected outcome of using biofeedback; rather, it is more about practical application and personal experience. Lastly, while a reduction in medication needs may occur as a result of improved self-regulation and symptom management, this is not a direct

9. What is a common factor associated with the aging of the skin?

- A. Increased hydration**
- B. Exposure to UV rays**
- C. Use of herbal products**
- D. Consumption of antioxidants**

The aging of the skin is significantly influenced by exposure to UV rays. Ultraviolet (UV) radiation from the sun can damage the DNA in skin cells, leading to premature aging, which manifests as wrinkles, loss of elasticity, and uneven skin tone. Over time, cumulative sun exposure can deplete collagen and elastin in the skin, essential proteins that maintain firmness and elasticity. Because UV rays cause oxidative stress, they contribute to oxidative damage, a key factor in the skin aging process. Hydration is often considered beneficial for the skin, and while hydration is essential for maintaining skin health, it does not directly contribute to the aging process in the same way that UV exposure does. The use of herbal products and the consumption of antioxidants may support skin health but are not commonly recognized as primary factors in the aging process. In contrast, UV exposure is a well-established environmental factor that significantly accelerates skin aging.

10. Which area would be treated when providing holistic care?

- A. Physical needs only**
- B. Mind, body, and spirit of the patient and their families**
- C. Emotional needs exclusively**
- D. Social support systems only**

Holistic care encompasses a comprehensive approach that addresses the entire individual, including the mind, body, and spirit, along with considering the well-being of their families. This perspective acknowledges that health is not just the absence of disease but a state of overall wellness that involves emotional, psychological, and spiritual elements. When delivering holistic care, practitioners focus on the integration of various aspects of a person's life, recognizing that these dimensions deeply influence each other. For instance, a person's emotional state can impact their physical health, and the support they receive from their family and community can affect both mental and spiritual well-being. This kind of care aims to promote overall healing and balance within the individual and their relationships, rather than isolating treatment to any single aspect of their being, such as physical needs, emotional needs, or social support systems. Hence, the recognition and nurturing of all three areas—mind, body, and spirit—combined with family involvement, is paramount in holistic care practices.