

Traditional Chinese Medicine for cancer-related symptoms.

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Abstract

OBJECTIVE:

To familiarize oncology nurses about the theory and research related to Traditional Chinese Medicine (TCM) for management of cancer-related symptoms.

DATA SOURCES:

Peer-reviewed journal articles, TCM texts, professional experience.

CONCLUSION:

The increasing integration of TCM into mainstream medicine mandates that oncology professionals be familiar with the benefits as well as risks. Clinical research on acupuncture in cancer care is growing and demonstrates it is safe for cancer patients, although results on efficacy across symptoms have been mixed.

IMPLICATIONS FOR NURSING PRACTICE:

Informed oncology nurses can assist patients by making appropriate referrals to licensed acupuncturists and qualified TCM practitioners to help alleviate unpleasant symptoms associated with cancer and conventional cancer treatment.

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