

The purpose of this continuing education series is to increase the pediatric nurse's awareness and understanding about a sampling of complementary and alternative medicine (CAM) interventions.

CAM therapies are becoming increasingly common in pediatrics, with 70% of pediatricians reporting they have patients who use them. An important role for pediatric nurses is understanding and learning to use these therapies. Exploring a sampling of CAM interventions can help prepare pediatric nurses to provide appropriate care and guidance to children and their families.

This continuing nursing education series consists of three articles. The first article reports outcomes from a massage intervention with teen mothers and their babies. The second article describes the philosophical basis of yoga, the basic components of a yoga practice, safety concerns, and how to locate and evaluate a yoga program for children. The third article presents findings from an evaluation of the postoperative use of a guided imagery audio CD.

### ASSIGNMENT

- Huth, M., Daraiseh, N., Henson, M., & McLeod, S. (2009). Evaluation of the *Magic Island: Relaxation for Kids*® compact disc. *Pediatric Nursing*, 35(5), 290-295.
- Oswalt, K., Biasini F., Harrison, L., & Mrug, S. (2009). Outcomes of a massage intervention on teen mothers: A pilot study. *Pediatric Nursing*, 35(5), 284-289, 317.
- White, L.S., (2009). Yoga for children. *Pediatric Nursing*, 35(5), 277-283, 295.

## Earn 3.0 Contact Hours

### OBJECTIVES

1. Discuss the importance of understanding relevant CAM therapies.
2. List three benefits of infant massage training for teenage mothers and their babies.
3. Describe the component of a yoga practice for children.
4. Discuss the implications of using a guided imagery CD postoperatively to reduce pain, increase relaxation, and stimulate imagery.
5. Identify opportunities for pediatric nurses to keep current on CAM issues.

This offering for 3.0 contact hours is provided by Anthony J. Jannetti, Inc.

Anthony J. Jannetti, Inc is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC-COA).

Anthony J. Jannetti, Inc. is an approved provider of continuing education by the California Board of Registered Nursing, CEP No. 5387.

Articles accepted for publication in the continuing education series are refereed manuscripts that are reviewed in the standard *Pediatric Nursing* review process with other articles appearing in the journal.

This test was reviewed and edited by Judy A. Rollins, PhD, RN, *Pediatric Nursing* associate editor, Veronica D. Feeg, PhD, RN, FAAN, *Pediatric Nursing* editor, and Sally S. Russell, MN, CMSRN, CPP, AJJ Education Director.

### QUESTIONS

1. **Teen mothers are**
  - a. not at risk for depression.
  - b. less responsive to their child's needs.
  - c. very knowledgeable about normal child development.
  - d. more likely to spend time looking at their babies.
  - e. None of the above
2. **Infant massage is beneficial for**
  - a. the parent only.
  - b. the child only.
  - c. both the parent and the child.
  - d. neither the parent nor the child.
  - e. infants of teen parents only.
3. **This study found that infant massage was associated with**
  - a. lower maternal depression scores.
  - b. higher parental stress.
  - c. poorer maternal evaluations of infant temperament.
  - d. a and c.
  - e. All of the above.
4. **Infant massage benefits teen mothers and their infants by**
  - a. increasing teen mothers' knowledge about infant behaviors.
  - b. providing the dyad with an opportunity for positive mother-infant interaction.
  - c. increasing maternal confidence.
  - d. encouraging comfort with physical contact.
  - e. All of the above.
5. **Infant massage training would be a valuable addition to teen parenting education because it is**
  - a. inexpensive.
  - b. time consuming.
  - c. complicated.
  - d. not complicated.
  - e. a and d.
6. **Styles of Hatha yoga that are not appropriate for children include**
  - a. Bikram.
  - b. Kripalu.
  - c. Ananda.
  - d. Iyengar.
  - e. Viniyoga.
7. **The suspected physiological effects of yoga include**
  - a. increased gastric motility.
  - b. lowered blood glucose levels.
  - c. decreased blood flow to the frontal cortex.
  - d. increased dominance of the parasympathetic nervous system.
  - e. decreased stability of the autonomic nervous system.
8. **The minimal acceptable qualifications for a pediatric yoga instructor include**
  - a. 200-hour certification in yoga and a regular yoga practice.
  - b. 50-hour certification in yoga for children from the Yoga Alliance.
  - c. weekend or week-long training for yoga for children and a regular yoga practice.
  - d. week-long training for yoga with children and regular yoga practice.
  - e. weekend training in yoga for children and training in child development.
9. **The most appropriate environment of a yoga studio for children includes**
  - a. warm, uncluttered, spacious room.
  - b. warm, uncluttered, carpeted floor.
  - c. soft music playing, cool and spacious room.
  - d. level, uncluttered, with an unscented candle burning.
  - e. warm, level floor, with incense burning.
10. **Empirical evidence suggests that yoga for children**
  - a. reduces stress, increases physical functioning, increases attention.
  - b. reduces stress, decreases the risk for cancer, and improves behavior.
  - c. increases physical functioning, reduces stress, and manages symptoms of asthma.
  - d. reduces anxiety, improves balance, and improves behavior.
  - e. increases physical functioning, improves behavior, decreases acne.
11. **At what developmental age does a child's use of vivid imagination peak?**
  - a. Adolescent
  - b. School age
  - c. Infant
  - d. Preschool
  - e. Toddler

**12. Children who listened to the CD reported**

- a. lower pain, not a significant increase in relaxation.
- b. no change in pain, no change in relaxation.
- c. lower pain, increased in relaxation.
- d. higher pain, decrease in relaxation.
- e. no change in pain, increase in relaxation.

**13. The most frequently reported sense was**

- a. auditory
- b. taste.
- c. tactile.
- d. visual.
- e. smell.

**14. The type of validity assessed in this study was**

- a. reliability.
- b. content.
- c. convergent.
- d. interrater.
- e. construct.

**15. When providing interventions for post-operative pain in school-age children which of the following is correct?**

- a. Opioids should be avoided because of the risk for respiratory depression.
- b. Guided imagery should be used only for mild, limited pain.
- c. When guided imagery is combined with medication, pain may be reduced.
- d. Using guided imagery alone will always reduce pain.
- e. The parents must be present for the guided imagery to be effective.

**Answer Form: A Sampling of Complementary and Alternative Medicine Interventions**

**\*PED J0905**

Check the box next to the correct answer.

1. A	2. A	3. A	4. A	5. A	6. A	7. A	8. A	9. A	10. A	11. A	12. A	13. A	14. A	15. A
B	B	B	B	B	B	B	B	B	B	B	B	B	B	B
C	C	C	C	C	C	C	C	C	C	C	C	C	C	C
D	D	D	D	D	D	D	D	D	D	D	D	D	D	D
E	E	E	E	E	E	E	E	E	E	E	E	E	E	E

**COMPLETE THE FOLLOWING:**

*This test may be copied for use by others.*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**POSTTEST INSTRUCTIONS**

1. Select the best answer and check the corresponding box on the answer form. Retain the test questions as your record.
2. Complete the information requested in the space provided.
3. Detach the answer form or a copy of the answer form and mail to: *Pediatric Nursing* CNE Series, Jannetti Publications Inc.; East Holly Avenue Box 56; Pitman, NJ 08071-0056 with a check or money order payable to Jannetti Publications, Inc. for \$10.00 (subscriber) or \$15.00 (Regular).
4. Test returns **must** be postmarked by October 31, 2011. If you pass the test (70% or better), a certificate for 3.0 contact hours will be awarded by Anthony J. Jannetti, Inc.

Please allow 6-8 weeks for processing. For recertification purposes, the date that contact hours are awarded will reflect the date of processing.

**Test Scoring, CNE Awarding/Recording fees:**

PN Subscriber	\$10.00
Regular Price	\$15.00
Exp. Date	_____

Evaluation	Strongly disagree	1	2	3	4	5	Strongly agree
1. The objectives relate to the overall purpose/goals of the education activity.		1	2	3	4	5	
2. The activity met the stated objectives.							
a. Use style sheet labeled EVALUATION QUEST to format the text for here.		1	2	3	4	5	
b. Discuss the importance of understanding relevant CAM therapies.		1	2	3	4	5	
c. List three benefits of infant massage training for teenage mothers and their babies.		1	2	3	4	5	
d. Describe the component of a yoga practice for children.		1	2	3	4	5	
e. Discuss the implications of using a guided imagery CD postoperatively to reduce pain, increase relaxation, and stimulate imagery.		1	2	3	4	5	
f. Identify opportunities for pediatric nurses to keep current on CAM issues.							
3. Home study format was appropriate.							
4. The content was relevant to my practice.		1	2	3	4	5	
5. The content met my needs.		1	2	3	4	5	
6. How much time was used to complete reading assignment and posttest:							
a. Less than 1 hour _____							
b. 1-2 hours _____							
c. 2-3 hours _____							
d. 3 hours or more _____							

Comments \_\_\_\_\_

Signature \_\_\_\_\_