

FREQUENTLY ASKED QUESTIONS ABOUT INTEGRATIVE MEDICINE

What are the qualifications of the person offering the therapy ?

The integrative medicine services of Nurse On Board are provided by highly experienced Registered Nurses. Those who are providing treatments and therapies are operating within their scope of nursing practice and have the appropriate knowledge, experience, and education/certification to be offering these care options.

How much does the therapy cost?

All Nurse on Board services are provided for the standard hourly fee, except shift nursing. You can rest assured that Registered Nurses abide by the Standards of Nursing Practice as per the College of Nurses of Ontario- “nurses in independent practice do not recommend or promote unnecessary services to clients. In addition, if your nursing practice involves direct interaction with individual clients, you should not offer discounts or coupons for your services”.

What are the benefits that can be expected from this therapy?

Energy healing benefits can ease the pain or discomfort of chronic pain and/or promote accelerated recovery from illness or surgery. It can provide a client greater sense of control by becoming more actively involved in their healing. Clients claim that Reiki helps reduce stress and anxiety when they were used as a complementary treatment to promote their overall wellness. Also, Reiki augments the abilities of the immune system. At the end of a session, it is typical to feel relaxed, recharged and refreshed.

Is this approach suitable for my symptoms?

It is important to note that energy therapy sessions should never take the place of medical treatments. However, people with certain health conditions may be interested in trying complementary sessions alongside their regular treatments. For example, some people with cancer may find this beneficial as it may help them to relax during or between treatments which that can cause overwhelming fear and stress.

Can I use the therapy along with other treatments?

Yes, evidence suggests that integrative medicine often induces relaxation, helps people cope with difficulties, relieves emotional stress, and improves overall well-being. As indicated on the Mayo Clinic website, “Integrative medicine is an approach to healthcare that includes practices not traditionally part of conventional medicine, such as herbs and supplements, meditation, wellness coaching, acupuncture, massage, movement, resiliency, and nutrition. In many situations, as evidence of their usefulness and safety grows, these therapies are used with conventional medicine”. These options can be integrated to a patient's treatment plan, complementing conventional therapies such as surgery and medications. Well designed research studies have shown the value of integrative medicine.

Will it interact or interfere with food, alcohol, prescription drugs, treatments, and laboratory tests?

No, though it is advised during the first 24 to 48 hours after treatment, to avoid alcohol, drink more water, and ensure healthy food choices, to optimize the benefit of the treatment.

How is the therapy given?

The typical duration of a session is 45 to 90 mins, and the number of sessions vary, depending on what a client wishes to accomplish and/or the specific issue. Sessions are done lying down on a massage table, or in a chair if preferable, involving a gentle touch with a variety of hand positions.

How will I know it is working?

Energy therapy sessions work whether you feel it or not. The healing inner message has to do with relaxing, removing thoughts of resistance, and allowing the spirit of light and love to flow. You may feel heat, warmth, or subtleness. Most enter a calm relaxed state relieving tension. After an energy healing session, you may experience headache, fatigue or emotional upset with the release of toxins as part of the body's healing process. Drinking lots of water to help flush away these toxins is helpful to have more energy and alertness.

Is the therapy or treatment safe for me? What are the risks or possible side effects?

As a Registered Nurse offering integrative therapies, safety regarding all interventions, both traditional and integrative, are evaluated and the risks and benefits are thoroughly explained. Integrative modalities that are offered through Nurse On Board do not pose any risks, and these concerns would be discussed before providing care. There are no contraindications for energy healing. It is regarded as a completely safe and gentle practice, and is not intended to replace traditional medical approaches.

As self care, it is advised during the first 24-48 hours after a treatment, to allow for time to rest and emotions to flow, to truly give your immune system a boost as the energy works through you. Energy healing flows where you need it the most. The experience can feel lovely, floaty, and free; others have commented on feelings of sadness and grief. Trust that this will pass and try to suspend judgement of whether a feeling is good or bad. Sometimes you think you are having a session for a physical health condition, and it triggers a deep emotional healing. Simply being present to the feeling, breathing into it, and exhaling with the feeling and gradually the feeling will soften like a knot unravelling. As your body gets rid of toxins and welcomes the energy of healing you may feel headaches, flatulence, diarrhea, fatigue and/or achiness. Your body is cleansing away old beliefs and physical toxins. Healthy eating and drinking water will help speed this up and make it an easier process.

Where can I find reliable information about the Integrative Medicine?

[Mayo Clinic Integrative Medicine Overview](#)

[Holistic Nursing and Nurse Coaching](#)

[Wishes have Wings: Soaring with the Chakra Angels](#)