SECTION 1: Please fill in the appropriate response.
1. Nurses today should encourage and support patients in their efforts to take personal responsibility for their own health.

2. As a caregiver, my own practice of a healthy lifestyle will enhance my ability to motivate patients to adopt a healthy lifestyle for themselves.

3. The range of practice for nurses ought to include treatments that integrate natural therapies such as supplements, herbs, and other over-the-counter products.

4. Nurses should be as concerned with the wellness as with the illness of their patients.

5. As a future nurse, knowledge about complementary and alternative medicine (CAM) will be important to me.

6. Nursing students should have opportunities to learn from practitioners of CAM therapies during nursing-school training.

7. Nursing students should learn enough about CAM therapies during nursing school that they can communicate effectively with their patients about these therapies.

8. CAM therapies are generally safe.

9. Patients should be able to use CAM therapies independent of physician/nurse oversight.

10. Patients trust their doctor/nurse as much as or more than their CAM therapists.

11. Do you think each of the following methods would be useful in preparing you to advise patients on the use of CAM?
   a. textbook readings
   b. articles on clinical trials of CAM therapies
   c. lectures
   d. observation of CAM practitioners
   e. hands-on experience with CAM therapies and patients in clinical settings
   f. case-based learning
   g. using CAM therapies to promote my own health

12. CAM practitioners should be licensed by the state.

SECTION 2: This section asks you to reflect on each of the five major categories of CAM and check your response to several questions about each category. The same three questions are asked of each category. CAM practices are grouped into the categories defined by the National Center for Complementary and Alternative Medicine of the National Institutes of Health. A brief description of each category (A-E) is supplied.

A. Alternative Medical Systems are complete systems of theory and practice that have developed outside of the Western medical approach, e.g., traditional Asian medicine (including practices such as acupuncture), ayurvedic medicine, homeopathy, naturopathy.

13. Fill in the appropriate circles regarding your present knowledge about alternative medical systems.
   a. I know enough to treat a patient using an alternative system.
b. I know enough to explain an alternative system’s therapies to a patient.
c. I know something about this area, but not enough to explain therapies to a patient.
d. I know very little about alternative medical systems.

14. Fill in the appropriate circles regarding your level of personal experience with alternative medical systems.
a. I am a trained practitioner of an alternative medical system.
b. I myself have had treatment as a patient with an alternative medical system.
c. I have observed or talked with people using an alternative medical system.
d. I have no experience with alternative medical systems.

15. It is likely that I will refer my patients to a practitioner of an alternative medical system when I enter professional practice.

B. Mind-Body Interventions employ a variety of non-mainstream techniques intended to facilitate the mind’s capacity to affect bodily function and symptoms, e.g., meditation, dance therapy, prayer, mental healing, relaxation therapies, stress management.

16. Fill in the appropriate circles regarding your present knowledge about mind-body interventions.
a. I know enough to treat a patient using a mind-body intervention.
b. I know enough to explain a mind-body intervention to a patient.
c. I know something about this area, but not enough to explain an intervention to a patient.
d. I know very little about mind-body interventions.

17. Fill in the appropriate circles regarding your level of personal experience with mind-body interventions.
a. I am a trained practitioner of a mind-body intervention.
b. I myself have had treatment as a patient with a mind-body intervention.
c. I have observed or talked with people using a mind-body intervention.
d. I have no experience with mind-body interventions.

18. It is likely that I will refer my patients to a practitioner of a mind-body intervention when I enter professional practice.

C. Biological-based Therapies include natural and biologically based practices, interventions, and products, e.g., herbal, special dietary, orthomolecular, and individual biological therapies, nutritional supplements.

19. Fill in the appropriate circles regarding your present knowledge about biological-based therapies.
a. I know enough to treat a patient using a biological-based therapy.
b. I know enough to explain a biological-based therapy to a patient.
c. I know something about this area, but not enough to explain a therapy to a patient.
d. I know very little about biological-based therapies.

20. Fill in the appropriate circles regarding your level of personal experience with biological-based therapies.
a. I am a trained practitioner of a biological-based therapy.
b. I myself have had treatment as a patient with a biological-based therapy.
c. I have observed or talked with people using a biological-based therapy.
d. I have no experience with biological-based therapies.

21. It is likely that I will refer my patients to a practitioner of biological-based therapies when I enter professional practice.

D. Manipulative and Body-Based Methods include methods based on manipulation and/or movement of the body, e.g., chiropractic, osteopathy, massage therapy, or other body work.
22. Fill in the appropriate circles regarding your present knowledge about manipulative and body-based methods.
   a. I know enough to treat a patient using a manipulative or body-based method.
   b. I know enough to explain a manipulative or body-based method to a patient.
   c. I know something about this area, but not enough to explain a therapy to a patient.
   d. I know very little about manipulative and body-based methods.

23. Fill in the appropriate circles regarding your level of personal experience with manipulative and body-based therapy.
   a. I am a trained practitioner of a manipulative or body-based therapy.
   b. I myself have had treatment as a patient with a manipulative or body-based therapy.
   c. I have observed or talked with people using a manipulative or body-based therapy.
   d. I have no experience with manipulative or body-based therapies.

24. It is likely that I will refer my patients to a practitioner of a manipulative or body-based therapy when I enter professional practice.

E. Energy Therapies focus on energy fields originating from within the body (biofields) or those from other sources (electromagnetic fields), e.g., Qi Gong, Reiki, Therapeutic Touch, and use of pulsed fields or magnet fields.

25. Fill in the appropriate circles regarding your present knowledge about energy therapies.
   a. I know enough to treat a patient using an energy therapy.
   b. I know enough to explain an energy therapy to a patient.
   c. I know something about this area, but not enough to explain a therapy to a patient.
   d. I know very little about energy therapies.

26. Fill in the appropriate circles regarding your level of personal experience with one or more energy therapies.
   a. I am a trained practitioner of an energy therapy.
   b. I myself have had treatment as a patient with an energy therapy.
   c. I have observed or talked with people using an energy therapy.
   d. I have no experience with energy therapies.

27. It is likely that I will refer my patients to a practitioner of an energy therapy when I enter professional practice.

28. What percentage of the U.S. population do you estimate used CAM therapies during the past year?
   a. Less than 20%
   b. 21-40%
   c. 41-60%
   d. 61-80%
   e. 81-100%

29. What percentage of your patients who use CAM therapies do you think will share that information with you?
   a. Less than 20%
   b. 21-40%
   c. 41-60%
   d. 61-80%
   e. 81-100%

30. Using the definitions provided in Section 2, do you use any of these CAM therapies in your self-care to promote your own health?
   a. Alternative medical systems.
   b. Mind-body interventions.
   c. Biological-based therapies.
   d. Manipulative or body-based methods.
   e. Energy therapies.

31. Please indicate your year in nursing school
   a. first
   b. second

32. Please indicate your age
a. 21-30  b. 31-40  c. 41-50  d. Over 51

33. Please indicate your gender
a. female  b. male

34. Please indicate your political affiliation
a. Republican  b. Democrat  c. Independent  d. Other

35. Please indicate your ethnic group membership
   a. Mexican American  b. Other Hispanic  c. Other