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## ABSTRACT

Part V of the article is using alternative and natural medicine in Hospice and Palliative Care may experience depression, anxiety, and delirium.

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# How to use Alternative and Natural Medicine in the 21st Century Part V

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*Part V of the article is using alternative and natural medicine in Hospice and Palliative Care may experience depression, anxiety, and delirium.*

## I. INTRODUCTION

What are the causes of depression, anxiety, and delirium? The causes of depression are feelings of sadness all day, mood swings. Feelings of hopelessness, lack of doing interests that were a joy before the depression set in, weight loss that causes a lack of energy.

### 1.1 Palliative Care and Integrative Palliative Care

In Alternative Medicine and Natural Medicine, Palliative care has a plethora of options for treatments, for example, Reiki along with chakra healing. Yoga classes for peace and Zen, homeopathic treatments, life, and health coach session. Everyone that has cancer or other diseases that cause a patient debilitation in their health can use these types of Esoteric Science. For Palliative Care and Integrative Palliative Care (IPC), there is also Palliative Hospice Care. All three have plenty of care to offer.

### 1.2 Palliative Care

Depression signs, symptoms and causes, and treatments. The person suffering from depression must have at least five symptoms from the list:

Depressed Mood

Loss of Interest or Pleasure

Feelings of Worthlessness or Guilt

Agitation or Restlessness

Fatigue or Loss of Energy

### 1.3 Palliative Care

A person with depression must have one of the symptoms must be "depressed mood" or "loss of interest or pleasure." The person must experience these symptoms every couple days for at least a 2-week period. During this time make sure you monitor how times you experience any mood changes with the food changes, sleep changes, and activity changes. Keep a logbook and report all this to the doctor with this information so the appropriate treatment. Make sure you tell your doctor if you have any serious illness and allergies to any food.

Manic episodes. Manic episodes may happen in people with bipolar disorder who have symptoms that may include:

Increased energy, a person cannot settle down to rest.

Racing Thoughts that your brain is going a hundred miles a minute that you cannot shake a headache.

Unusual grand ideas and explosion of doing all the things you want to get involved in with properly planning with a financial advisor.

Talking more or faster than usual, so that your brain cannot keep up.

Severe trouble sleeping, talk to your doctor on the next treatment plan.

Reckless behavior, doing activities that you would not normally do out of your comfort zone.

Excessive happiness or irritability, two different areas are competing. These two areas are fighting for control, cannot find a happy medium.

Signs, there are signs to look for when your body is changing. Keep track of your body changes even

your family, friends and work can notice. For example, when you do not get enough sleep, or your eating habits change.

#### 1.4 Depression in Alternative and Natural Medicine

The difference between alternative and Natural Medicine and Integrative Palliative Care.

Alternative and Natural Medicine: Description of a mood disorder that causes a persistent feeling of sadness and loss of interest. Also called major depressive disorder or clinical depression. You can also find this in the DSM 5 book. Also use the feeling chart to describe and give a percent on how you feel, for example, 1-10. One being a low point, an eight being a high point of feeling totally being depressed. A person just needs a little help from deprallia on so it can be manageable.

Signs are these episodes, symptoms occur most of the day, every couple of days and may include:

Feelings of sadness, tearfulness, emptiness, or hopelessness.

Angry outbursts, irritability or frustration, even over small matters.

Loss of interest or pleasure in most or all normal activities, such as sex, hobbies, or sports.

#### 1.5 Treatments

There are two groups of people that suffer from depression. Each group suffers from depression in the different age range. Childhood depression can be caused by many signs are bullying, poor home environment, financial strain, deficient performance to mediocAdults Are Young Adults to Seniorse performance.

Adults Are Young Adults to Seniors.

Young adults from age 20 up to fifty home environment, financial strain, religious pressure.

Seniors: another feeling is dementia that seniors may suffer, poor home environment, financial strain, not able to do daily activities, no loved ones that can take care of them.

#### Case Study 1

The NRC of Human Understanding offers a wide area of concentration that the patient has had a positive response to treatment. The Categories incStu de:

Patient Experience Px Consumer Experience Cx Employee Experience Ex Market Experience (MX), Leadership, CAHPS, Pediatric, HUB.

#### Case Study 2

Antidepressants for the treatment of depression in palliative care: systematic review and meta-analysis.

The objective and perspective of this case study was to determine the efficacy of antidepressants for the treatment of depression in palliative care. There are three companies that were chosen for the case study. They are the Medline, Embase, Psycinfo and the Cochrane trials registers were systematically searched to identify randomized controlled trials for treatment of depression in palliative care. For the research study, it is to identify the main point for the random controlled trials that determined the specific treatment. The outcome of this study was a positive result, and more information can be used for treatment. The primary outcome was efficacy between the placebo and using an antidepressant.

## II. CONCLUSION

Doing the subject of depression is important because being ill for a long time, a person can really be at a low point in their life. Having treatments for depression can be on an Esoteric level as well. If the patient is suffering on a high-level range, then more drastic measures should go into effect.

Conclusion on the Case Studies Are Needing Improvements to Provide the Level of Care That Is Needed for the Patient. The Second Study Was Determined to Be Beneficial for the Patient to Know What Treatment Was Feasible.

## RESOURCE

1. Auvelity.Com ([https://www.auvelity.com/how-  
auvelity-may-help](https://www.auvelity.com/how-auvelity-may-help))
2. Mayo clinic org, ([https://www.mayoclinic.org/diseases-conditions/depression/symptom  
s-causes/syc](https://www.mayoclinic.org/diseases-conditions/depression/symptom-s-causes/syc))
3. Altmedrev.com, ([https://altmedrev.com/wp-  
content/uploads/2019/02/v10-1-5.pdf](https://altmedrev.com/wp-content/uploads/2019/02/v10-1-5.pdf))
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