

New Zealand Nurses Organisation 2019 Conference

**Expanding Historical Nursing Roles
To Include Holistic Healing Practices
In Response To The Health Needs Of Communities**

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Holistic Nursing

1. Requires that nurses subjectively guide clients / community to integrate self-care practices, self-responsibility and spiritual balance - through reflection - as necessary to design a **Therapeutic Plan of Care** to achieve one's own perceived highest state of well-being.



2. Honors the body-mind-spirit wholeness of each person.
3. Is associated with Complementary And Alternative (CAM) modalities.
 - **Complementary therapies** complement other therapies
 - **Alternative therapies** replace other therapies

Spiritual Holism

1. Spirituality in health care relates to the way one finds meaning, hope, comfort, and inner peace in their life.
2. Many people experience spirituality through religion.
3. Some people experience spirituality through music, art, movement, meditation, socially stimulating time with others or a connection with nature.
4. Whole-person holistic healing:
 - **Mental health and well-being** (purpose in life, *hope*, optimism, self-esteem, depression, anxiety, suicide, substance abuse).
 - **Health behaviors** (exercise, diet, cigarette smoking, risky sexual activity).
 - **Physical health** (coronary artery disease, cancer, all-cause mortality).



Aim of Nursing

Leave No One Behind – Health For All

Support clients and communities to **achieve their perceived highest level of well-being (WHO 2016):**

- High-quality, longer lifespan free of preventable disease, disability, injury, and premature death.
- Health equity by improving the health of all groups and thereby eliminating disparities (as subjectively defined by individuals / groups / communities).
- Accessible social and physical environments that promote self healing behaviors across all life stages.

Expanding Holistic Nursing: Medical Assisting To Palliative Nursing

1. Historically, nurses have functioned under control-oriented clinical policies prioritizing the medical model.
2. Nursing aimed to keep pace, addressing disease and injury, often neglecting underlying psycho-socio-economic-spiritual determinants of health that affect how people live (employment, education, income, relationships and behaviors).
3. In 4th century hospices were places for weary travelers. In 1948 hospice took on a focus of care for the aged.
4. In 1950's hospice expanded to palliative care focused on terminally ill.
5. Expansion of nursing's expertise in palliative care beyond hospice and aged care has been limited by administrative constructs and health care's cultural norms.

Expanding Holistic Nursing: Medical Assisting To Palliative Nursing

1. Unfortunately, the prevailing medical mindset allows little time for nurses to provide holistic care reflective of our own humanistic ideals.
2. Nurses have begun to lead the expansion of holistic care based on our ethical point of view, ensuring that patients and their families receive the holistic care they request by focusing more on aspects of wellness than primarily on medical issues.
3. Nurses can strengthen our holistic practices by integrating holistic care and theory into practice, education and training including CNE.

Integrating Holistic Care And Theory Into Practice, Education And Training

Theories:

1. Rogers' Unity of Human Beings (human energy, resonancy, helicy, integrity).
2. Newman's Health as Expanding Consciousness (health, consciousness, space-time, experience of living with illness).
3. Watson's Transpersonal Care and Caring Science (evaluation of caring between people, space-time).
4. Erickson's Modeling and Role Modeling (focus on client's needs
5 adaptations = build trust, positive orientation, perceived control, strengths, mutual goals).

Integrating Holistic Care And Theory Into Practice, Education And Training

Practice:

- Nutrition (identifying access, affordable, storage, preparation tools).
- Lifestyle (balancing constant activities with social leisure and rest).
- Hygiene
 - General - how one's health habits affect others, e.g. infection control
 - Personal - how one's health habits affects self, e.g. skin care, oral care.
- Environmental - spaces for living, gathering, sacred connectedness, safety
- Socioeconomic - income, education, childcare, transportation
- Self-actualization - surmountable path to attaining highest level of self.

Integrating Holistic Care And Theory Into Practice, Education And Training

Education:

- The primary goal of holistic healing is to achieve proper balance in life.
 - Review of systems practice
- The whole person is made up of interdependent parts. Imbalances in mind-body-spirit negatively affects overall health.
- Unconditional love and support can be the most powerful healer.
- All people have innate healing powers.
- The patient is a person, not a disease - fix the cause of a condition, not just symptoms.

Integrating Holistic Care And Theory Into Practice, Education And Training

Training areas to further holistic healing knowledge:

- ✓ Acupressure
- ✓ Ayurveda
- ✓ Aromatherapy
- ✓ Emotional Freedom Technique (tapping)
- ✓ Flower Essences
- ✓ Guided Imagery
- ✓ Herbal Therapy
- ✓ Homeopathy
- ✓ Massage
- ✓ Music / Art Therapy
- ✓ Nutri-Escience
- ✓ Naturopathy
- ✓ Pet Therapy
- ✓ Reiki
- ✓ Relaxation Therapy
- ✓ Therapeutic Touch
- ✓ Yoga

Historic vs. Holistic



Literature Review

Across Populations and Settings

Thinking About Health Care Differently: Nurse Practitioners In Primary Health Care As Social Entrepreneurs (n9)

1. **AIM:** To explore whether and how the innovative activities of primary care NPs can be described as socially entrepreneurial.
2. **METHOD:** Nurse practitioners working in government-subsidized private general practice businesses were interviewed.
3. **RESULTS:** . Two main themes emerged: (1) the nursing model of care aligned with social entrepreneurship; and (2) building social capital. Primary care NPs can be described as socially entrepreneurial.
4. **DISCUSSION:** The holistic person and community-centered model of NP care improves health outcomes whilst building social capital through collaborative relationships with other health-care providers, individual service users and the community.

Ref: Kirkman A, Wilkinson J & Scahill S, in J Prim Health Care. 2018 Dec;10(4):331-337. doi: 10.1071/HC18053.

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Consequences Of Spiritual Care For Cancer Patients And Oncology Nurses: A Qualitative Study (n18)

1. **OBJECTIVE:** Understand the consequences to nursing given that the nature of cancer increases the spiritual needs of patients and necessitates the provision of holistic care by nurses.
2. **METHOD:** Semi-structured deep interviews with 18 participants
3. **OUTCOME:** Patients and nurses do have an interactive and positive effect on one another.

Spiritual Care

- Nursing care for others has a bi-directional influence upon both the patient and the nurse, setting the groundwork for their transcendence and empowerment for both.
- Spiritual care means taking intentional steps to identify and respond to the spiritual needs of humans when faced with trauma, disease, sadness, and suffering.

More Than Pills: Alternative Adjunct Therapies Improve Comfort In Hospitalized Patients

1. **AIM:** Assess the effect of alternative therapies on progressive care in-patients reporting discomfort with little to no relief from prescribed analgesics and adjuvant agents.
2. **METHOD:** Nurses administered pre and post pain scale assessment surveys on a 22-bed medical telemetry unit.
3. **INTERVENTIONS:** 1st cycle offered aromatherapy or visual relaxation DVDs. 2nd cycle offered a comfort menu of multiple alternative interventions (aromatherapy, ice, heat and ambulation).
4. **OUTCOME:** Majority surveyed reported pain reduction and desire to continue with alternative therapies. Holistic treatments for pain shown to be part of a comprehensive treatment plan.

Ref: Moore et. Al, BMJ Open Qual. 2019; 8(2): e000506. Published online 2019 May 9. doi: 10.1136/bmjopen-2018-00050

University of Kansas Health System

Users of CAM Therapies

- The survey of consumer use of CAM by the American Association of Retired Persons (AARP) and National Center for Complementary and Alternative Medicine (NCCAM) found that people 50 years of age and older tend to be high users of complementary and alternative therapies, including:
 - Women, clients with higher levels of education / economically stable / former smokers / hospitalized in the past year.
- Persons aged > 50 yrs who are at greatest risk for chronic illnesses and premature death may experience positive health improvements with holistic care.

Ailments Addressed Holistically In Children

- Holistic therapies used most often among children:
 - Back or neck pain (6.7%)
 - Head or chest colds (6.6%)
 - Anxiety or stress (4.8%)
 - Musculoskeletal problems (4.2%),
 - Attention-deficit hyperactivity disorder or attention-deficit disorder (ADHD/ADD) (2.5%)

Parish Nursing: A Unique Resource For Community And District Nurses.

- A parish nurse is professional registered nurse and member of a faith group who cares for members of a parish or faith community.
- They:
 - Integrate faith and healing to promote wellness within the community they serve.
 - Serve as a "translator" between faith and healthcare communities, caring for the body, mind and spirit.
 - Facilitate whole person care within a congregation and in so doing lead members to reclaim the healing ministry of the faith community.

Ref: Wordsworth H, Moore R, Woodhouse D, Br J Community Nurs. 2016, Feb;21(2):66, 68, 70-4. doi: 10.12968/bjcn.2016.21.2.66

Ref: Bachhuber, T.M. 2006. The Collaboration Between Parish Nurse and Public Health Programs in Connecticut. University of Connecticut DigitalCommons@UConn

Preventing and Alleviating Compassion Fatigue Through Self-Care

Caregiver burnout is a state of physical, emotional and mental exhaustion

- Consequences of caring for others
 - Physical, emotional, and work-related consequences
 - Cumulative, unresolved stress negatively impacts self
- Interventions
 - Prevent, identify, and alleviate CF in high-risk folks - including nurses

Disaster Risk Reduction

- The significant limiting factor of our modern scientific society is that it views the world from a temporal perspective consequently opening the door for disaster - whilst humans active agents in modifying every natural possibility into opportunity.
- Technocratic scientific ideas must recognize the need for relational or holistic approaches rather than enforcing reductionist approaches.
- Traditional knowledge has different sets of ingredients to foster development of relational or holistic approaches as it involves, interacts and interconnects humans, non-humans (animals and plants) and nature together, setting a perfect balance for sustainable practices.

BestCARE Strategies

1. **AIM:** Improve the professional knowledge and skills of women's health and oncology nurses regarding complementary therapies.
 - Best Complementary Therapy Strategies Based on European Union Standards
2. **METHOD:** Strategic partnership within vocational education and training supported by six partners from Turkey and Europe
3. **RESULTS:** The BestCARE program was implemented via websites, an e-learning training program, training videos, a reference handbook, a curriculum on complementary therapies and a simulation laboratory.
4. **DISCUSSION:** Nurses gained knowledge, experience and skills about complementary therapies and created a cultural awareness and sensitivity towards patients, caregivers and health professionals

1. Aboriginal aged care residents' cultural and spiritual needs in South Australia. Lack of nurses understanding of the cultural care capacity of carers in relation to providing cultural care for Aboriginal people.

Ref: Sivertsen N, et. al. BMC Health Serv Res. 2019 Jul 12;19(1):477.

2. Whether critical care nurses provide complementary health services through hospital-based integrative medicine programs, or as volunteer practitioners, or bedside nurses - the regulatory, legal, ethical, and safety concerns remain constant.

Ref: Kramlich D. Crit Care Nurse. 2017 Jun;37(3):60-65. doi: 10.4037/ccn2017181.

Barriers to Accessing Holistic Care

1. Nurses' knowledge, perceived barriers, and practices regarding complementary and alternative medicine in South Korea (n170).
 - All nursing disciplines should reflect upon how to improve CAM knowledge, overcome perceived barriers, and achieve the best holistic nursing practice possible.

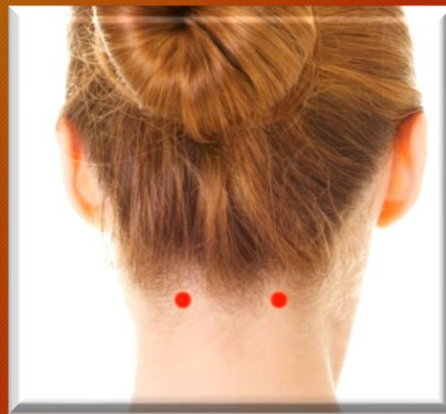
Ref: Kim S, et. al. Holist Nurs Pract. 2016 Nov/Dec;30(6):338-344.

Barriers to Accessing Holistic Care

Governing Vessel 20



Gallbladder 20



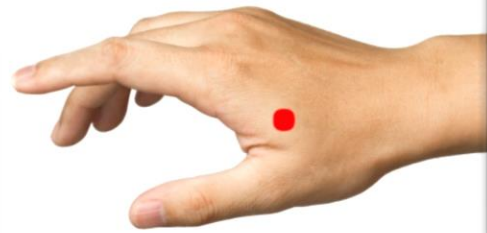
Liver 3



Pericardium 6



Large Intestine 4



Kia Ora