THE AMERICAN HOLISTIC NURSES CREDENTIALING CORPORATION

CORE ESSENTIALS FOR THE PRACTICE OF HOLISTIC NURSING

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A. Purpose of This Document

The document, *Scope and Standards of Holistic Nursing Practice*, 2013, co-published by ANA and AHNA provides an explication of the specialty, Holistic Nursing. It provides a detailed discussion of the scope of the Holistic Nurses’ practice, including the Core Values, Principals, Standards, and related practices. The Core Values provides a philosophical context and guides how we think about the Standards and our practice. The Standards set the norms or criteria for the practice; the practices explicate or spell out the activities and behaviors required of the expert Holistic Nurse. Practice competencies identified through the AHNCC Role Delineation Study are presented here within this document and are embedded within the AHNA Standards of Holistic Nursing Practice.

Holistic Nurses practice at four levels: Basic Non-Baccalaureate Nursing, Basic Baccalaureate in Nursing, Advanced Holistic Nursing, and APRN Advanced Holistic Nursing.

The AHNCC examinations are designed to assess *essential knowledge and skills* associated with the 16 (sixteen) AHNA *Scope and Standards of Holistic Nursing Practice* and related Competencies for each level of practice. Because Holistic Nurses carry out their activities and behaviors within the context of Holistic Nursing’s philosophy, the Competencies are embedded in the Holistic Nursing Core Values. In this document Basic Core Competencies, and more in-depth articulation specific to some competencies, are provided.

B. Structure of the Attached Materials

1. *The Essentials* for Holistic Nursing is presented in four (4) sections:

   a) Section 1, presents *competencies* expected of *all Holistic Nurses*, embedded in the Core Values of Holistic Nursing. A Blueprint for the Basic Certification Examinations follows this listing of *Essential Knowledge and Skills for the Basic Practice of Holistic Nursing*.

   b) Section 2, offers the examination blueprint for the HN and HNB basic holistic nursing examinations.

   c) Section 3 provides a list of selected integrative, healing practices that may be used by Holistic Nurses.
d) Section 4 provides Appendix A and presents the Standards and their related competencies for the Basic Holistic Nursing examinations.

SECTION 1. ESSENTIALS FOR BASIC PRACTICE, REGISTERED HOLISTIC NURSES

A. Core Value: Holistic Philosophy, Theories, and Ethics

1. Holistic Nurses practice within Holistic Nursing's philosophy, theories, and ethical code. Specifically, the Holistic Nurse:

   a) Uses ANA and AHNA documents (standards, code of ethics, to guide practice (#71)
      i. Overview of Principles of HN as defined by AHNA Scope and Standards for Practice
         a) Lists a discussion of principles and how they provide a link between philosophy and Standards
         b) Lists Standards
            • Derivation of Standards
         c) Relationship of Competencies to Standards
            • Derivation of Competencies
      ii. Relation between AHNA and ANA

   b) Uses AHNA Core Values to articulate foundations of Holistic Nursing (#72)
      i. Unity of all things.
         a) Energy and interconnectedness of all things;
         b) Consciousness;

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1 This section is organized around the Core Values of Holistic Nursing. Some of the Core Values have several components. For example, Core Value 2 Holistic Nursing Practice addresses a) competencies related to quality of care and caring (i.e. Standard 10); competencies related to the traditional activities involved in the caring process (i.e. Standards 1-6); competencies related to the holistic nurse as a collaborator in provision of holistic care (Standard 13); and competencies related to the holistic nurse as a leader in provision of holistic care. The first and last two groups of competencies are not usually included in discussions of the Caring Process. Nevertheless, they are included under this Core Value because the Caring Process involves more than just the activities of carrying out the process (i.e. Standards 1-6); it also involves how it is performed, evaluation of the quality of the care provided; collaboration with peers to ensure continuity, and consistency and to serve as a learning experience for colleagues; as an opportunity to involve the entire healthcare team to maximize care efficacy, and to provide leadership for change.
c) Nurse as an instrument of healing
   • Use of presence, intentionality, unconditional acceptance

d) Human caring, i.e. the holistic nursing process, is defined by AHNA as “The moral ideal of nursing in which the nurse brings one’s whole self into a relationship with the whole self of the person being cared for in order to protect that person’s vulnerability, preserve her or his humanity and dignity, and reinforce the meaning and experience of oneness and unity” (AHNA, 2013, p.90).

ii. Holistic Nursing as a caring-healing relationship/partnership with others.
   a) The Professional Holistic Nurse as an individual, partner, collaborator, and leader
i. Nurse as an instrument of healing
ii. Nurse Self-care (as a way of attaining, maintaining own health, restoring energy, preparing to work as energy conduit)
iii. Nurse Self-care as a precursor for creating caring-healing partnerships
v. Client as individual, family, group, community
   a) The Client as expert of own health wellness
vi.) Self-knowledge is the primary source of information needed in the caring process) includes beliefs, cultural values, folk/health practices, life perspectives.
vii. The Family, significant others, and other healthcare as secondary and/or tertiary sources of information.
viii. Subjective experiences provide information regarding meaning of life experiences
ix. Alternative Health practices as optional for Holistic Nursing practice
x. Healing environments
xi. Theories of Unity
   a) Integral Theory
   b) Rogers
xii. Practice Theories
   a) See AHNA (2013) for extant theories
xiii. Alternative health practices commonly used by Holistic Nurses

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(c) Uses self as an instrument of healing (e.g. as a conduit of healing energy). (#46).
d) Models ethics and philosophy consistent with holistic nursing’s beliefs. (#53)
e) Disseminates evaluation results according to laws and regulations. (#64)
f) Honors uniqueness and inherent worthiness of clients throughout all aspects of the holistic nursing process. (#65)
Core Essentials for the Practice of Basic Holistic Nursing

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<tr>
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<th>Core Values</th>
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<td>g)</td>
<td>Honors the individual as the authority/expert of his/her life experiences. (#66)</td>
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<tr>
<td>i.</td>
<td>Views client as primary source of information</td>
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<td>ii Recognizes significant others as secondary sources of information</td>
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<td>h)</td>
<td>Honors and facilitates the natural development of and unfolding of the client’s human processes, and inherent capacity for self-healing (#67)</td>
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<td>I Health and wellness as the focus of HN practice, often called the human caring process.</td>
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<td>a)</td>
<td>Health as a phenomena-of-quality of life and wellbeing;</td>
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<td>b)</td>
<td>Wellness is defined as “Integrated, congruent functioning aimed toward reaching one’s highest potential” (AHNA, 2012, p. 92). According to the National Wellness Institute, wellness is i.) Positive and affirming; ii.) A conscious, self-directed and evolving process of achieving full potential; and, iii.) multi-dimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment.</td>
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<td>c)</td>
<td>Sickness and disease as factors in one’s life that affect wellbeing</td>
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<td>i)</td>
<td>Uses ANA Code of Ethics with Interpretive Statement and AHNA Position Statement on Holistic Nursing Ethics and other regulations and laws to guide practice. (#71)</td>
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<td>j)</td>
<td>Uses AHNA Core Values to articulate the moral foundation of holistic nursing. (#72)</td>
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<td>k)</td>
<td>Practices holistic nursing care in a manner that preserves and protects the client’s confidentiality autonomy, dignity, rights, values, and beliefs within legal and regulatory parameters. (#73)</td>
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<td>l)</td>
<td>Respects the client’s choices and health trajectory, even when it is incongruent with conventional wisdom/standards. (#74)</td>
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<td>m)</td>
<td>Assists persons in self-advocacy skill development, which includes making informed choices about their care. (#76)</td>
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<td>n)</td>
<td>Demonstrates knowledge of the role and referral process of the ethics committee in the organization. (#79)</td>
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<td>o)</td>
<td>Advocates for the holistic wellbeing of the global community with consideration for the economy, education, and social justice. (#80)</td>
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<td>p)</td>
<td>Acts on behalf of vulnerable and/or marginalized individuals or groups who cannot seek or demand ethical treatment on their own. (#81)</td>
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<td>q)</td>
<td>Seeks available resources in formulating holistic, ethical decisions. (#82)</td>
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<td>r)</td>
<td>Reports illegal, incompetent, or impaired practices (#83)</td>
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<td>s)</td>
<td>Approaches clients as integrated, adaptive systems, interconnected with all other systems. (#93)</td>
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<td>t)</td>
<td>Acknowledges that holistic health is a multidimensional state of well-being as perceived by the client. (#94)</td>
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</table>
u) Focuses on facilitating the individual’s growth, holistic health, and wellbeing. (#97)
v) Uses Presence, Intentionality, Compassion, and Authenticity throughout the holistic nursing process. (#98)
w) Uses holistic nursing theories to help integrate one’s knowing, doing, and being in practice. (#99)
x) Creates innovative, quality-improvement activities to initiate changes in holistic healthcare. (#102)
y) Promotes competency in Holistic Nursing Practice to assure quality of care for individuals, families, and communities. (108)
z) Promotes advancement of holistic nursing as a profession locally to globally. (#120)

aa) Participates in systematic peer review considering practice standards and guidelines, relevant statutes, rules and regulations. (#136)
bb) Identifies and reports discriminatory professional practices. (#143)
c) Engages in nondiscriminatory professional practices. (#144)

d) Assigns or delegates tasks as defined by the state nurse practice acts and according to the knowledge and skills of the designated care-giver. (#145).

B. Core Value 2: Holistic Caring Process

1. The Holistic Nurses contributes to quality nursing practice. Specifically, the Holistic Nurse
a) Approaches clients as integrated, adaptive systems, interconnected with all systems. (#93)
b) Acknowledges that holistic health is a multidimensional state of well-being as perceived by the client. (#94)

i. Defines health as “An individually defined state or process in which the individual (nurse, client, family, group, or community) experiences a sense of well-being, harmony, and unity such that subjective experiences about health, health beliefs, and values are honored; a process of becoming, expanding consciousness.” (AHNA, 2012, p 88)

ii. Defines wellness as “Integrated, congruent functioning aimed toward reaching one’s highest potential” (AHNA, 2012, p. 92). Wellness is i.) Positive and affirming; ii.) A conscious, self-directed and evolving process of achieving full potential; and, iii.) multi-dimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment. (National Wellness Institute, http://www.nationalwellness.org; August, 2012).

iii. Defines wellbeing as a subjective experience of wellness.
c) Acknowledges health and wellbeing as desired outcomes of holistic nursing. (#95)
   i. **Advocates for plans that include strategies and outcomes based on health and wellbeing as defined by holistic nurses.**

d) Acknowledges self as integral with the healing environment. (#96)
e) Focuses on facilitating client’s growth, health, wellbeing. (#97)
f) Uses presence, intentionality, compassion, and authenticity throughout the caring process. (#98)
g) Uses holistic nursing theories to integrate ones knowing, doing, and being in practice. (#99)
h) Provides age and developmentally appropriate holistic care from infant to elder in a culturally and ethnically sensitive manner. (#104)
   i. **Has basic understanding of extant holistic nursing theories and how to use them**

i) Documents relationship among diagnoses, expected outcomes, and evidence-based, holistic care plan in a secure and retrievable manner. (#28)
j) Documents implementation of holistic care plan. (#51)
k) Documents results of the evaluation. (#62)
l) Creates innovative, quality-improvement activities to initiate changes in holistic healthcare. (#102)
m) Provides age and developmentally appropriate holistic care from infant to elder in a culturally and ethnically sensitive manner. (#104)
n) Implements processes to remove/decrease barriers to care. (#105)
o) Promotes practice competency to assure quality care for individuals, families, and communities. (#108)
p) Obtains and maintains certification in Holistic Nursing and other areas of expertise. (#107)
q) Promotes advancement of holistic nursing as a profession locally to globally. (#120)
r) Has the ability to define a clear vision of holistic nursing practice, associated goals with implementation and evaluation plans to measure success. (#121)
s) Demonstrates energy, passion for quality holistic nursing practice. (#122)
t) Creates environments that supports holistic nursing in risk-taking behaviors. (#123)

2) **The Holistic Nurse uses self as instrument of healing. Specifically, the Holistic Nurse:**
   
a) Centers self before interacting with client. (#1)
   i) **Understands and states the purpose of centering**
ii) Acquires knowledge and skills related to self-centering
iii) Recognizes that centering may need to be repeated

b) Elicits the client’s story (to reveal the context and complexity of the human health experience). (#3)
   i) Self-knowledge (client’s story).
   ii) Family (and/or significant others) perspective as secondary source of information
   iii) Nurses ways of knowing as pertinent information needed to provide holistic care plan.
   iv) Other sources of information including medical perspective

c) Uses Presence, Intentionality, Compassion, and Authenticity throughout the holistic nursing process (#98).

3) The Holistic Nurse collects comprehensive data relevant to the holistic paradigm. Specifically, the Holistic Nurse:

   a) Prioritizes data collection activities based on client’s immediate needs, condition, and/or situation. (#4)
   b) Collects data within the context of the holistic paradigm in a systematic and ongoing process. (#5)
   c) Uses holistic nursing concepts and theories to guide data collection. (#6)
   d) Recognizes multiple ways-of-knowing as pertinent to the holistic caring process. (#8-14)
   e) Assesses (client-factors related to client’s needs, conditions, situation):
      i) Perceptions and meaning of the signs and symptoms, health, illness, sickness, wellbeing. (#15)
      ii) Understanding of the diagnostic procedures, diagnosis, a treatment plan including integrative health practices. (#16)
      iii) Use of and preferences for conventional and integrative health strategies. (#17)
      iv) Learning needs and readiness to learn. (#18)
      v) Values, beliefs, and cultural practices. (#19)
      vi) Lifestyle patterns and risk behaviors. (#20)
      vii) Physical, mind, body, spiritual dimensions, and their interactions (#21)
      viii) Comfort status and related sources. (#22)
      ix) Coping status and related resources. (#23)
      x) Cultural and environmental factors effecting client’s wellbeing. (#24)
     xi) Assess significant others’ perception of the client’s situation. (#25)
     xii) Assess interactions between client, significant others. (#26)
     xiii) Strengths, challenges, and available resources (internal and external). (#27)
4. **The Holistic Nurse analyzes data to determine the diagnosis/issues as they relate to client needs, concerns, condition or situation. Specifically, the Holistic Nurse:**

   a) Uses holistic nursing theories to interpret meaning, and identify relationships among the data collected. (#29)
   b) Synthesizes data/information to identify patterns. (#30)
   c) Analyzes pattern(s) of data to derive diagnoses. (#31)
   d) Validates diagnosis in partnership with client. (#32)

5. **The Holistic Nurse formulates realistic outcomes that emphasize holistic health and wellbeing. Specifically, the Holistic Nurse:**

   a) Partners with clients to formulate realistic outcomes that emphasize health and wellness as defined by the client. (#33)
   b) Considers own expertise when defining outcomes. (#34)
   c) Facilitates client’s understanding that outcomes may evolve over time. (#35)
   d) Uses holistic nursing theory to help formulate the outcomes. (#36)

6. **The Holistic Nurse develops a plan with strategies and alternatives needed to attain outcomes. Specifically, the Holistic Nurse:**

   a) Clarifies and validates client’s understanding of the plan. (#37)
   b) Facilitates client and significant others to explore holistic strategies and related resources needed to address each of the diagnoses and the expected outcomes. (#38)
   c) Integrates spiritually-based interventions in care plan as appropriate. (#39)
   d) Partners with client and significant others (as appropriate) to set timeline for the care plan. (#40)
   e) Plans care that links assessment, diagnosis, and potential side effects. (#41)
   f) Uses standardized language and/or recognized terminology to document the holistic plan. (#42)
   g) Ensures inclusion of client’s values and beliefs in decision-making, holistic care plan, and negotiation of role-responsibilities. (#43)
   h) Co-creates a safe and effective care plan that incorporates appropriate integrative health practices. (#44)

7. **The Holistic Nurse implements the caring-healing plan. Specifically, the Holistic Nurse:**

   a) Integrates current trends, research, and evidence-based interventions specific to the client’s needs, problem, or situation. (#45)
   b) Partners with client in the entire process and ensures
      i. adherence to holistic nursing philosophy, core values, principles.
ii. safe holistic and integrative practice effectiveness. (#48)
c) Uses self as an instrument of healing or conduit of healing energy. (#46)
d) Facilitates comfort using touch intentionally when appropriate. (#47)
e) Coordinates delivery of inter-professional activities and:
   i. advocates for client’s self-knowledge as essential information. (#49)
   ii. Coordinates implementation of holistic care plan across settings and caregivers. (#50)
   iii. Documents implementation of holistic care plan. (#51)
   iv. Facilitates client’s in establishing/maintaining relationships with healthcare providers that are conducive to healing and attaining health goals. (#52)
f) Promotes health-focused strategies:
   i. Models ethics and philosophy consistent with Holistic Nursing beliefs. (#53)
   ii. Facilitating clients and significant others to learn that healing is a holistic process. (#54)
   iii. Creates safe learning environment. (#55)
   iv. Uses teaching-learning methods appropriate to client’s needs/situation. (#56)
   v. Seeks ongoing feedback on information provided to client and significant others as indicated. (#57)
   vi. Facilitates others to access self-knowing and inner wisdom. (#58)
   vii) Facilitates others to learn about conventional and integrative practices. (#59)
g) Partners with multiple sources (e.g. clients, advocates, etc.) to create health documents. (#60)

8. The Holistic Nurse evaluates progress toward attainment of outcomes.
Specifically, the Holistic Nurse:
   a) Partners with clients and others, as indicated, to evaluate the effectiveness of the plan, and determine factors that contribute to differences between expected and actual holistic outcome. (#61)
   b) Documents results of the evaluation. (#62)
   c) Uses ongoing evaluation to mutually revise, with persons involved: the plan, diagnosis, expected outcomes, and implementation. (#63)
   d) Disseminates evaluation results according to laws and regulations. (#64)

9. The Holistic Nurse collaborates with others. Specially, the Holistic Nurse:
   a) Acknowledges expertise/competency of diverse disciplines. (#126)
   b) Maintains compassionate/caring relationship with peers/colleagues. (#127)
   c) Collaborates with inter-professional team to optimize resources needed for holistic care plan. (#128)
d) Participates in professional organizations in a membership capacity at local, state, national and international levels to expand promotion of holistic health. (#129)
   i. Disseminates information to colleagues, peers, interdisciplinary members, and the community regarding cost holistic health care methods, strategies, and cost-effectiveness.
   ii. Trends in health care
      • Aging population
      • Healthcare reform HN3590
      • Nurse Coaching

e) Shares knowledge at patient-care conferences, team meetings, etc. (#130, 131)

f) Provides peers with feedback regarding their practice and/or role performance, as it affects the wellbeing of both the peer and their clients, using constructive language and sincere communications. (#132)

10. The Holistic Nurse provides leadership for healthcare providers. Specifically, the Holistic Nurse:

   a) Engages in consultation with multi-disciplinary healthcare teams. (#115)
   b) Works to create healthy environments that support holistic healthcare. (#116)
   c) Demonstrates creativity and flexibility during periods of system change (#117)
   d) Utilizes trending patterns of care/outcomes as these contribute to improving practice. (#118)
   e) Serves in key roles in the work setting by participating on committees, councils, and administrative activities. (#119)
   f) Promotes advancement of holistic nursing as a profession locally to globally. (#120)
   g) Has the ability to define a clear vision of holistic nursing practice, associated goals with implementation and evaluation plans to measure success. (#121)
   h) Demonstrates energy, excitement, and a passion for quality holistic nursing practice. (#122)
   i) Creates an environment that supports holistic nursing in risk-taking behaviors. (#123)
   j) Proactively promotes innovative ideas aimed at creating a caring environment conducive to client holistic health and well-being. (#124)
   k) Supports appropriate balance between work and holistic self-care in the lives of nurses and other colleagues. (#125)
   l) Utilizing and allocating resources in a safe, effective, financially responsible manner:
      i) Evaluates factors such as client resources and circumstances, the safety, cost-benefits, efficiencies, and impact on practice when choosing interventions. (#141)
      ii. Assigns or delegates tasks as defined by the state nurse practice acts and according to the knowledge and skills of the designated care-giver. (#145)
C. Core Value 3: Holistic Communication, Therapeutic Healing Environment, and Cultural Diversity

1. The Holistic nurse communicates effectively in all areas of practice. Specifically, the Holistic Nurse:

   a) Seeks feedback from clients regarding impact and effectiveness of holistic nursing care. (#106)
   b) Uses communication knowledge and skills (e.g. active listening and use of technology) to interact effectively within the client’s and colleague’s worldview. (#109)
   c) Validates communication with clients and colleagues to ensure constructive, purposeful interactions. (#110)
   d) Facilitates negotiations of conventional and integrative therapies or practices for continuity of care and program planning. (#111)
   e) Facilitates inter-professional processes that enhance contributions of all members of the health team. (#112)
   f) Provides information related to the use, efficacy, safety, and indications of holistic and integrative health practices within the client’s context. (#113)
   g) Partners with client and colleagues to enhance healthcare-consumer's perception of wellbeing. (#114)

2. The Holistic Nurse practices in an environmentally safe and healthy manner. Specifically, the Holistic Nurse:

   a) Acknowledges that the wellbeing of the ecosystem is a determining condition for the wellbeing of human beings. (#146)
   b) Engages in activities that nurture and enhance our integral relationship with earth. (#147)
   c) Models earth stewardship through lifestyle choices. (148)
   d) Proactively working to protect the wellbeing of the ecosystem. (#149)
   e) Contributes to an environment conducive to the holistic, integral education of health care providers. (#151)
   f) Promotes environments that support understanding, respect, health, healing, caring, wellbeing, wholeness, and harmony. (#147)

3. Cultural Diversity
   a) Reflects on the effect of one's cultural and spiritual beliefs, life experiences, biases, education, and values on his/her professional practice. (#70)
   b) Provides age appropriate holistic care in a culturally and ethnically sensitive manner. (#77)
c) Provides age and developmentally appropriate holistic care from infant to elder in a culturally and ethnically sensitive manner. (#104)

d) Uses communication knowledge and skills (e.g. active listening and use of technology) to interact effectively within the client’s and colleague’s worldview. (#109)

e) Understands the diversity of the local and community and associated resources. (#139)

f) Incorporates cultural practices that affect the client’s holistic healthcare plan and related outcomes. (#140)

D. Core Value 4: Holistic Education and Research

1. The Holistic Nurse attains knowledge and competence that reflects current Holistic Nursing. Specifically, the Holistic Nurse:

   a) Seeking and acquires knowledge and skills pertinent to the practice of Holistic Nursing. (#84)
   b) Seeks experience, formal and informal, to maintain and develop clinical skills, professional knowledge, and personal growth related to holistic nursing. (#85)
   c) Uses current knowledge, including research findings to expand clinical practice, professional performance, and role development. (#86)
   d) Maintains professional records that provide evidence of competency, and lifelong learning related to holistic nursing. (#87)

2. The Holistic Nurse integrates various sources of evidence including research findings into practice. Specifically, the Holistic Nurse:

   a) Demonstrates knowledge of the role and referral process of the ethics committee in the organization. (#79)
   b) Uses the best available evidence, including theories and research findings, to guide holistic nursing practice decisions throughout the nursing process. (#88)
   c) Recognizes that evidence-based practice contains three components: the best evidence, the client’s preferences, and the nurse’s expertise. (#89)
   d) Participates, actively and ethically, in holistic research activities when able. (#90)
   e) Participates in the work of the research ethics committee. (#91)
   f) Supports research of others on healing, wholeness, spirituality, and/or other holistic concepts. (#92)

E. Holistic Nurse Self-Reflection and Self-Care
The Holistic Nurse evaluates own practice using current standards, statues, rules, and regulations. Specifically, the Holistic Nurse:

a) Engages in on-going self-reflection to identify wisdom learned and areas for self-development. (#68)
b) Values all life experiences as opportunities to find personal meaning and cultivates self-awareness, self-reflection, and growth. (#69)
c) Demonstrates a commitment to practice holistic self-care strategies to manage stress and enhance wellbeing. (#78)
d) Engages in the practice of self-care as a prerequisite to providing holistic care. (#103)
e) Supports appropriate balance between work and holistic self-care in the lives of nurses and other colleagues. (#125)
f) Engages in self-evaluation of own professional holistic nursing practice, considering current practice standards, laws, regulations, and rules. (#133)
g) Engages in self-evaluation to identify areas of strength, opportunities for professional development with consideration to current laws, regulations, and rules. (#134)
h) Seeks feedback (formal and informal) from clients, and colleagues/peers in respect to professional practice. (#135)
i) Participates in systematic peer review considering practice standards and guidelines, relevant statutes, rules and regulations. (#136)
j) Performs action(s) necessary to achieve holistic goals identified from evaluation processes. (#137)
### SECTION 2. EXAMINATION BLUEPRINTS FOR BASIC PRACTICE, HN and HNB EXAMINATIONS

#### Table 1. Blueprint, *Basic Holistic Nursing* (HN) Examination. Standards and Competencies Mapped by Core Values (Examination contains 170 items)

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<td>Holistic Caring Process</td>
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Questions on Examination: 34 63 39 19 15

#### Table 2. Blueprint, *Basic Holistic Nursing Baccalaureate* (HNB) Examination. Standards and Competencies Mapped by Core Values (Examination contains 190 items)

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Questions on Examination: 38 70 44 21 17
SECTION 3. HEALING, INTEGRATIVE THERAPIES THAT MAY BE USED BY PRACTICING HOLISTIC NURSES

1. Nutrition
2. Exercise and Movement
3. Humor, Laughter, and Play
4. Relaxation
5. Imagery
6. Music Therapy
7. Touch
8. Aromatherapy
9. Energy Therapies
10. Meditation
11. Mindfulness
12. Cognitive-behavioral therapy
13. Stress Management
14. Expressive Art Interventions
15. Mind-body Interventions such as yoga or tai chi.
16. Reflexology
17. Practices of traditional indigenous healers.
### SECTION 4. APPENDIX A. BASIC HOLISTIC NURSING COMPETENCIES EMBEDDED IN THE AHNA STANDARDS of HOLISTIC NURSING PRACTICE

<table>
<thead>
<tr>
<th>STANDARDS</th>
<th>CORE VALUES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. ASSESSMENT: The holistic, registered nurse collects comprehensive</td>
<td></td>
</tr>
<tr>
<td>data pertinent to the healthcare consumer’s health and or the situation.</td>
<td></td>
</tr>
<tr>
<td>The Holistic Nurse:</td>
<td></td>
</tr>
<tr>
<td>1. Centers self before interacting with client.</td>
<td>CV 2 Holistic Caring Process</td>
</tr>
<tr>
<td>2. Acknowledges own personal value/belief patterns may influence</td>
<td></td>
</tr>
<tr>
<td>client-nurse interactions.</td>
<td></td>
</tr>
<tr>
<td>3. Elicits client’s story (to reveal context and complexity of the human</td>
<td></td>
</tr>
<tr>
<td>health experience).</td>
<td></td>
</tr>
<tr>
<td>4. Prioritizes data collection activities based on client’s immediate</td>
<td></td>
</tr>
<tr>
<td>needs, condition, and/or situation.</td>
<td></td>
</tr>
<tr>
<td>5. Collects data within the context of the holistic paradigm in a</td>
<td></td>
</tr>
<tr>
<td>systematic and ongoing process.</td>
<td></td>
</tr>
<tr>
<td>6. Uses holistic nursing <em>concepts</em> to guide data collection.</td>
<td></td>
</tr>
<tr>
<td>7. Uses holistic nursing <em>theories</em> to guide data collection.</td>
<td></td>
</tr>
<tr>
<td>8. Uses scientific (empirical) knowing when gathering and validating</td>
<td></td>
</tr>
<tr>
<td>data.</td>
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</tr>
<tr>
<td>9. Uses esthetic knowing when gathering and validating data.</td>
<td></td>
</tr>
<tr>
<td>10. Uses ethical knowing when gathering and validating data.</td>
<td></td>
</tr>
<tr>
<td>11. Uses own personal knowing when gathering data.</td>
<td></td>
</tr>
<tr>
<td>12. Uses sociopolitical knowing when gathering and validating data.</td>
<td></td>
</tr>
<tr>
<td>13. Uses reflective knowing when gathering and validating data.</td>
<td>CV 5 Self-Reflection/Self-Care</td>
</tr>
<tr>
<td>14. Uses unknowing when gathering data.</td>
<td></td>
</tr>
<tr>
<td>15. Assesses client’s perceptions and meaning of signs and symptoms,</td>
<td></td>
</tr>
<tr>
<td>health, illness, sickness, and wellbeing.</td>
<td></td>
</tr>
<tr>
<td>16. Assesses client’s understanding of the diagnostic procedures, the</td>
<td></td>
</tr>
<tr>
<td>diagnosis, and treatment plan including integrative health practices.</td>
<td></td>
</tr>
<tr>
<td>17. Assesses client’s use of and preferences for conventional and</td>
<td></td>
</tr>
<tr>
<td>integrative health strategies.</td>
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</tr>
<tr>
<td>18.</td>
<td>Assesses client’s learning needs and readiness to learn.</td>
</tr>
<tr>
<td>19.</td>
<td>Assesses client values, beliefs, and cultural practices.</td>
</tr>
<tr>
<td>20.</td>
<td>Assesses client’s lifestyle patterns and risk behaviors.</td>
</tr>
<tr>
<td>21.</td>
<td>Assesses client’s physical, mind, body, spiritual dimensions and their interactions.</td>
</tr>
<tr>
<td>22.</td>
<td>Assesses client’s comfort status and related resources.</td>
</tr>
<tr>
<td>23.</td>
<td>Assesses client’s coping status and related resources.</td>
</tr>
<tr>
<td>24.</td>
<td>Assesses cultural and environmental factors effecting client’s well-being.</td>
</tr>
<tr>
<td>25.</td>
<td>Assesses significant others’ perceptions of the situation.</td>
</tr>
<tr>
<td>26.</td>
<td>Assesses interactions between the client and significant others.</td>
</tr>
<tr>
<td>27.</td>
<td>Assesses client’s strengths, challenges, and available internal and external resources.</td>
</tr>
<tr>
<td>28.</td>
<td>Documents relationship among diagnoses, expected outcomes, and evidence-based, holistic care plan in a secure and retrievable manner.</td>
</tr>
</tbody>
</table>

2. **DIAGNOSIS:** The holistic, registered nurse analyzes data to determine the diagnosis or the issues. The Holistic Nurse:

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<table>
<thead>
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<tbody>
<tr>
<td>29.</td>
<td>Uses holistic nursing theories to interpret meaning and to identify relationships among the data collected.</td>
<td>CV 2 Holistic Caring Process</td>
</tr>
<tr>
<td>30.</td>
<td>Synthesizes data/information to identify patterns.</td>
<td>CV 2 Holistic Caring Process</td>
</tr>
<tr>
<td>31.</td>
<td>Analyzes pattern(s) of data collected to derive diagnoses.</td>
<td>CV 2 Holistic Caring Process</td>
</tr>
<tr>
<td>32.</td>
<td>Validates diagnosis in partnership with client(s).</td>
<td>CV 2 Holistic Caring Process</td>
</tr>
</tbody>
</table>

3. **OUTCOMES IDENTIFICATION:** The holistic, registered nurse identifies expected outcomes for a plan individualized to the healthcare consumer or the situation. The Holistic Nurse:

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<thead>
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</thead>
<tbody>
<tr>
<td>33.</td>
<td>Partners with clients to formulate realistic outcomes that emphasize holistic health and wellbeing as defined by the client.</td>
<td>CV 2 Holistic Caring Process</td>
</tr>
<tr>
<td>34.</td>
<td>Considers own expertise when defining outcomes.</td>
<td>CV 2 Holistic Caring Process</td>
</tr>
<tr>
<td>35.</td>
<td>Facilitates client’s understanding that different outcomes may evolve over time.</td>
<td>CV 2 Holistic Caring Process</td>
</tr>
<tr>
<td>36.</td>
<td>Uses holistic nursing theory to formulate outcomes.</td>
<td>CV 2 Holistic Caring Process</td>
</tr>
</tbody>
</table>
4. **PLANNING:** The holistic, registered nurse develops a plan that prescribes strategies and alternatives to attain expected outcomes.  

<table>
<thead>
<tr>
<th>The Holistic Nurse:</th>
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</tr>
</thead>
<tbody>
<tr>
<td>37. Clarifies and validates client’s understanding of the plan.</td>
<td>CV 2 Holistic Caring Process</td>
</tr>
<tr>
<td>38. Facilitates client and significant others to explore holistic and integrative strategies and interventions and related resources needed to address each of the diagnoses and the expected outcomes.</td>
<td>CV 2 Holistic Caring Process</td>
</tr>
<tr>
<td>39. Integrates spiritually-based interventions in care plan as appropriate.</td>
<td>CV 2 Holistic Caring Process</td>
</tr>
<tr>
<td>40. Partners with client and significant others (as appropriate) to set a timeline for the care plan.</td>
<td>CV 2 Holistic Caring Process</td>
</tr>
<tr>
<td>41. Plans care that links assessment, diagnosis, and potential side effects.</td>
<td>CV 2 Holistic Caring Process</td>
</tr>
<tr>
<td>42. Uses standardized language and/or recognized terminology to document the holistic plan.</td>
<td>CV 2 Holistic Caring Process</td>
</tr>
<tr>
<td>43. Ensures inclusion of client’s values and beliefs in decision-making, holistic care plan, and negotiation of role-responsibilities.</td>
<td>CV 2 Holistic Caring Process</td>
</tr>
<tr>
<td>44. Co-creates a safe and effective care plan that incorporates appropriate integrative health practices.</td>
<td>CV 3 Communication/Therapeutic Environment/ Cultural Diversity</td>
</tr>
</tbody>
</table>

5. **IMPLEMENTATION:** The holistic, registered nurse implements the identified plan.  

<table>
<thead>
<tr>
<th>The Holistic Nurse:</th>
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<tbody>
<tr>
<td>45. Integrates current trends, theory, research, and evidence-based interventions specific to the client’s needs, problem, or situation.</td>
<td>CV 4 Education/Research</td>
</tr>
<tr>
<td>46. Uses self as an instrument of healing (e.g. as a conduit of healing energy).</td>
<td>CV 1 Holistic Philosophy/Theory/ Ethics</td>
</tr>
<tr>
<td>47. Facilitates comfort using touch intentionally when appropriate.</td>
<td>CV 2 Holistic Caring Process</td>
</tr>
<tr>
<td>48. Partners with client in decision-making throughout the implementation process to ensure safe holistic and integrative practice effectiveness.</td>
<td>CV 2 Holistic Caring Process</td>
</tr>
</tbody>
</table>

   a) **Coordination of Care:** The holistic, registered nurse coordinates care delivery.  

<table>
<thead>
<tr>
<th>The Holistic Nurse:</th>
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</tr>
</thead>
<tbody>
<tr>
<td>49. Advocates for the client’s self-knowledge as essential information.</td>
<td>CV 2 Holistic Caring Process</td>
</tr>
<tr>
<td>50. Coordinates implementation of holistic care plan across settings and caregivers.</td>
<td>CV 2 Holistic Caring Process</td>
</tr>
<tr>
<td>51.</td>
<td>Documents implementation of holistic care plan.</td>
</tr>
<tr>
<td>52.</td>
<td>Facilitates client in establishing/maintaining relationships with healthcare providers that are conducive to healing and attaining health goals.</td>
</tr>
<tr>
<td></td>
<td><strong>b) Health teaching and promotion:</strong> The holistic, registered nurse employs strategies to promote health and a safe environment. <strong>The Holistic Nurse:</strong></td>
</tr>
<tr>
<td>53.</td>
<td>Models ethics and philosophy consistent with holistic nursing’s beliefs.</td>
</tr>
<tr>
<td>54.</td>
<td>Facilitates client’s and significant others to learn that healing is a holistic process.</td>
</tr>
<tr>
<td>55.</td>
<td>Creates safe learning environments.</td>
</tr>
<tr>
<td>56.</td>
<td>Uses teaching-learning methods appropriate to the clients’ needs and/or situation.</td>
</tr>
<tr>
<td>57.</td>
<td>Seeks ongoing feedback on information provided to the client and significant others as indicated.</td>
</tr>
<tr>
<td>58.</td>
<td>Facilitates others to access self-knowing and inner wisdom.</td>
</tr>
<tr>
<td>59.</td>
<td>Facilitates others to learn about conventional and integrative practices.</td>
</tr>
<tr>
<td>60.</td>
<td>Partners with multiple sources (e.g. clients, advocates, etc.) to create health documents.</td>
</tr>
<tr>
<td><strong>6. EVALUATION OF IMPLEMENTED CARE:</strong> The holistic, registered nurse evaluates progress toward attainment of outcomes. <strong>The Holistic Nurse:</strong></td>
<td></td>
</tr>
<tr>
<td>61.</td>
<td>Partners with clients and others, as indicated, to evaluate the effectiveness of the plan, and determine factors that contribute to differences between expected and actual holistic outcome.</td>
</tr>
<tr>
<td>62.</td>
<td>Documents results of the evaluation.</td>
</tr>
<tr>
<td>63.</td>
<td>Uses ongoing evaluation to mutually revise, with persons involved: the plan, diagnosis, expected outcomes, and implementation.</td>
</tr>
<tr>
<td>64.</td>
<td>Disseminates evaluation results according to laws and regulations.</td>
</tr>
<tr>
<td><strong>7. ETHICS:</strong> The holistic, registered nurse practices ethically. <strong>The Holistic Nurse:</strong></td>
<td></td>
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</tr>
<tr>
<td>65. Honors uniqueness and inherent worthiness of clients throughout all aspects of the holistic nursing process.</td>
<td>CV 1 Holistic Philosophy/Theory/ Ethics</td>
</tr>
<tr>
<td>66. Honors the individual as the authority/expert of his/her life experiences.</td>
<td>CV 1 Holistic Philosophy/Theory/ Ethics</td>
</tr>
<tr>
<td>67. Honors and facilitates the natural development of and unfolding of the client’s human processes, and inherent capacity for self-healing.</td>
<td>CV 1 Holistic Philosophy/Theory/ Ethics</td>
</tr>
<tr>
<td>68. Engages in on-going self-reflection to identify wisdom learned and areas for self-development.</td>
<td>CV 5 Self-Reflection/Self-Care</td>
</tr>
<tr>
<td>69. Values all life experiences as opportunities to find personal meaning and cultivates self-awareness, self-reflection, and growth.</td>
<td>CV 5 Self-Reflection/Self-Care</td>
</tr>
<tr>
<td>70. Reflects on the effect of one’s cultural and spiritual beliefs, life experiences, biases, education, and values on his/her professional practice.</td>
<td>CV 5 Self-Reflection/Self-Care</td>
</tr>
<tr>
<td>71. Uses ANA Code of Ethics with Interpretive Statement and AHNA Position Statement on Holistic Nursing Ethics and other regulations and laws to guide practice.</td>
<td>CV 1 Holistic Philosophy/Theory/ Ethics</td>
</tr>
<tr>
<td>72. Uses AHNA Core Values to articulate the moral foundation of holistic nursing.</td>
<td>CV 1 Holistic Philosophy/Theory/ Ethics</td>
</tr>
<tr>
<td>73. Practices holistic nursing care in a manner that preserves and protects the client’s confidentiality, autonomy, dignity, rights, values, and beliefs within legal and regulatory parameters.</td>
<td>CV 1 Holistic Philosophy/Theory/ Ethics</td>
</tr>
<tr>
<td>74. Respects the client’s choices and health trajectory, even when it is incongruent with conventional wisdom/standards.</td>
<td>CV 1 Holistic Philosophy/Theory/ Ethics</td>
</tr>
<tr>
<td>75. Informs the person of the risks, benefits, and outcomes of holistic healthcare regimes.</td>
<td>CV 1 Holistic Philosophy/Theory/ Ethics</td>
</tr>
<tr>
<td>76. Assists persons in self-advocacy skill development, which includes making informed choices about their care.</td>
<td>CV 1 Holistic Philosophy/Theory/ Ethics</td>
</tr>
<tr>
<td>77. Provides age appropriate holistic care in a culturally and ethnically sensitive manner.</td>
<td>CV3 Communication/Therapeutic Environment/Cultural Diversity</td>
</tr>
<tr>
<td>78. Demonstrates a commitment to practice holistic self-care strategies to manage stress and enhance wellbeing.</td>
<td>CV 5 Self-Reflection/Self-Care</td>
</tr>
<tr>
<td>79. Demonstrates knowledge of the role and referral process of the ethics committee in the organization.</td>
<td>CV 1 Holistic Philosophy/Theory/ Ethics</td>
</tr>
<tr>
<td>80. Advocates for the holistic wellbeing of the global community with consideration for the economy, education, and social justice.</td>
<td>CV 1 Holistic Philosophy/Theory/ Ethics</td>
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</tr>
<tr>
<td>81.</td>
<td>Acts on behalf of vulnerable and/or marginalized individuals or groups who cannot seek or demand ethical treatment on their own.</td>
</tr>
<tr>
<td>82.</td>
<td>Seeks available resources in formulating holistic, ethical decisions.</td>
</tr>
<tr>
<td>83.</td>
<td>Reports illegal, incompetent, or impaired practices.</td>
</tr>
<tr>
<td>8. EDUCATION: The holistic, registered nurse attains knowledge and competence that reflects current nursing practice. The Holistic Nurse:</td>
<td></td>
</tr>
<tr>
<td>84.</td>
<td>Seeks and acquires knowledge and skills pertinent to the practice of Holistic Nursing.</td>
</tr>
<tr>
<td>85.</td>
<td>Seeks experience, formal and informal, to maintain and develop clinical skills, professional knowledge, and personal growth related to holistic nursing.</td>
</tr>
<tr>
<td>86.</td>
<td>Uses current knowledge, including research findings to expand clinical practice, professional performance, and role development.</td>
</tr>
<tr>
<td>87.</td>
<td>Maintains professional records that provide evidence of competency, and life-long learning related to holistic nursing.</td>
</tr>
<tr>
<td>9. EVIDENCE-BASED PRACTICE/RESEARCH (EBP): The holistic, registered nurse integrates evidence and research findings into practice. The Holistic Nurse:</td>
<td></td>
</tr>
<tr>
<td>88.</td>
<td>Uses the best available evidence, including theories and research findings, to guide holistic nursing practice decisions throughout the nursing process.</td>
</tr>
<tr>
<td>89.</td>
<td>Recognizes that evidence-based practice contains three components: the best evidence, the client’s preferences, and the nurse’s expertise.</td>
</tr>
<tr>
<td>90.</td>
<td>Participates, actively and ethically, in holistic research activities when able.</td>
</tr>
<tr>
<td>91.</td>
<td>Participates in the work of the research ethics committee.</td>
</tr>
<tr>
<td>92.</td>
<td>Supports research of others on healing, wholeness, spirituality, and/or other holistic concepts.</td>
</tr>
<tr>
<td>10. QUALITY OF PRACTICE: The holistic, registered nurse contributes to quality nursing practice. The Holistic Nurse:</td>
<td></td>
</tr>
<tr>
<td>93.</td>
<td>Approaches clients as integrated, adaptive systems, interconnected with all other systems.</td>
</tr>
<tr>
<td>94.</td>
<td>Acknowledges that holistic health is a multidimensional state of well-being as perceived by the client.</td>
</tr>
<tr>
<td>95.</td>
<td>Acknowledges health and wellbeing as the desired outcome of holistic nursing practice.</td>
</tr>
<tr>
<td>96.</td>
<td>Acknowledges self as integral with the healing environment.</td>
</tr>
<tr>
<td>97.</td>
<td>Focuses on facilitating the individual’s growth, holistic health, and wellbeing.</td>
</tr>
<tr>
<td>98.</td>
<td>Uses Presence, Intentionality, Compassion, and Authenticity throughout the holistic nursing process.</td>
</tr>
<tr>
<td>99.</td>
<td>Uses holistic nursing theories to help integrate one’s knowing, doing, and being in practice.</td>
</tr>
<tr>
<td>100.</td>
<td>Demonstrates quality by documenting the application of the holistic nursing process in a responsible, accountable, and ethical manner.</td>
</tr>
<tr>
<td>101.</td>
<td>Collects data to monitor quality and effectiveness of holistic nursing practice.</td>
</tr>
<tr>
<td>102.</td>
<td>Creates innovative, quality-improvement activities to initiate changes in holistic healthcare.</td>
</tr>
<tr>
<td>103.</td>
<td>Engages in the practice of self-care as a prerequisite to providing holistic care.</td>
</tr>
<tr>
<td>104.</td>
<td>Provides age and developmentally appropriate holistic care from infant to elder in a culturally and ethnically sensitive manner.</td>
</tr>
<tr>
<td>105.</td>
<td>Implements processes to remove/decrease barriers to holistic care.</td>
</tr>
<tr>
<td>106.</td>
<td>Seeks feedback from clients regarding impact and effectiveness of holistic nursing care.</td>
</tr>
<tr>
<td>107.</td>
<td>Obtains and maintains professional certification in holistic nursing and other areas of expertise.</td>
</tr>
<tr>
<td>108.</td>
<td>Promotes competency in Holistic Nursing Practice to assure quality of care for individuals, families, and communities.</td>
</tr>
<tr>
<td>11.</td>
<td>COMMUNICATION: The holistic, registered nurse communicates effectively in all areas of practice. The Holistic Nurse:</td>
</tr>
<tr>
<td>109.</td>
<td>Uses communication knowledge and skills (e.g. active listening and use of technology) to interact effectively within the client’s and colleague’s worldview.</td>
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</tr>
<tr>
<td><strong>110.</strong> Validates communication with clients and colleagues to ensure constructive, purposeful interactions.</td>
<td>CV3 Communication/Therapeutic Environment/Cultural Diversity</td>
</tr>
<tr>
<td><strong>111.</strong> Facilitates negotiations of conventional and integrative therapies or practices for continuity of care and program planning.</td>
<td>CV3 Communication/Therapeutic Environment/Cultural Diversity</td>
</tr>
<tr>
<td><strong>112.</strong> Facilitates inter-professional processes that enhance contributions of all members of the health team.</td>
<td>CV3 Communication/Therapeutic Environment/Cultural Diversity</td>
</tr>
<tr>
<td><strong>113.</strong> Provides information related to the use, efficacy, safety, and indications of holistic and integrative health practices within the client’s context.</td>
<td>CV3 Communication/Therapeutic Environment/Cultural Diversity</td>
</tr>
<tr>
<td><strong>114.</strong> Partners with client and colleagues to enhance healthcare-consumer’s perception of wellbeing.</td>
<td>CV3 Communication/Therapeutic Environment/Cultural Diversity</td>
</tr>
<tr>
<td><strong>12. LEADERSHIP:</strong> The holistic, registered nurse demonstrates leadership in the professional practice setting and the profession. The Holistic Nurse:</td>
<td></td>
</tr>
<tr>
<td><strong>115.</strong> Engages in consultation with multi-disciplinary healthcare teams.</td>
<td>CV3 Communication/Therapeutic Environment/Cultural Diversity</td>
</tr>
<tr>
<td><strong>116.</strong> Works to create and maintain healthy work environments that supports holistic healthcare.</td>
<td>CV3 Communication/Therapeutic Environment/Cultural Diversity</td>
</tr>
<tr>
<td><strong>117.</strong> Demonstrates creativity and flexibility during periods of system change.</td>
<td>CV3 Communication/Therapeutic Environment/Cultural Diversity</td>
</tr>
<tr>
<td><strong>118.</strong> Utilizes trending patterns of care/outcomes as these contribute to improving practice.</td>
<td>CV 4 Education/Research</td>
</tr>
<tr>
<td><strong>119.</strong> Serves in key roles in the work setting by participating on committees, councils, and administrative activities.</td>
<td>CV3 Communication/Therapeutic Environment/Cultural Diversity</td>
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<tr>
<td><strong>120.</strong> Promotes advancement of holistic nursing as a profession locally to globally.</td>
<td>CV 1 Holistic Philosophy/Theory/Ethics</td>
</tr>
<tr>
<td><strong>121.</strong> Has the ability to define a clear vision of holistic nursing practice, associated goals with implementation and evaluation plans to measure success.</td>
<td>CV 2 Holistic Caring Process</td>
</tr>
<tr>
<td><strong>122.</strong> Demonstrates energy, excitement, and a passion for quality holistic nursing practice.</td>
<td>CV 3 Communication/Therapeutic Environment/Cultural Diversity</td>
</tr>
<tr>
<td><strong>123.</strong> Creates an environment that supports holistic nursing in risk-taking behaviors.</td>
<td>CV 3 Communication/Therapeutic Environment/Cultural Diversity</td>
</tr>
<tr>
<td><strong>124.</strong> Proactively promotes innovative ideas aimed at creating a caring environment conducive to client holistic health and well-being.</td>
<td>CV 3 Communication/Therapeutic Environment/Cultural Diversity</td>
</tr>
<tr>
<td><strong>125.</strong> Supports appropriate balance between work and holistic self-care in the lives of nurses and other colleagues.</td>
<td>CV 5 Self-Reflection/Self-Care</td>
</tr>
<tr>
<td><strong>13.</strong> <strong>COLLABORATION:</strong> The holistic, registered nurse collaborates with healthcare consumer, family, and others in the conduct of nursing practice. The Holistic Nurse:</td>
<td></td>
</tr>
<tr>
<td><strong>126.</strong> Acknowledges and expresses expertise and competency of diverse disciplines.</td>
<td>CV 3 Communication/Therapeutic Environment/Cultural Diversity</td>
</tr>
<tr>
<td><strong>127.</strong> Maintains compassionate and caring relationships with peers and colleagues.</td>
<td>CV 3 Communication/Therapeutic Environment/Cultural Diversity</td>
</tr>
<tr>
<td><strong>128.</strong> Collaborates with inter-professional team to optimize resources needed for holistic care plan.</td>
<td>CV 3 Communication/Therapeutic Environment/Cultural Diversity</td>
</tr>
<tr>
<td><strong>129.</strong> Participates in professional organizations in a membership capacity at local, state, national and international levels to expand promotion of holistic health.</td>
<td>CV 3 Communication/Therapeutic Environment/Cultural Diversity</td>
</tr>
<tr>
<td><strong>130.</strong> Shares holistic nursing knowledge and skills with peers and colleagues at patient-care conferences.</td>
<td>CV 4 Education/Research</td>
</tr>
</tbody>
</table>

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Revised by M. Erickson and K. Sandor, December 2017
Prepared by H Erickson, March, 2012
| 131. | Shares holistic nursing knowledge and skills with peers and colleagues at inter-professional team meetings, conferences, and other opportunities. | CV 4 Education/Research |
| 132. | Provides peers with feedback regarding their practice and/or role performance, as it affects the well-being of both the peer and their clients, using constructive language and sincere communications. | CV 3 Communication/Therapeutic Environment/Cultural Diversity |
| **14. PROFESSIONAL PRACTICE EVALUATION:** The holistic, registered nurse evaluates her or his own nursing practice in relation to professional practice standards and guidelines, relevant statutes, rules, and regulations. The Holistic Nurse: | |
| 133. | Engages in self-evaluation of own professional holistic nursing practice, considering current practice standards, laws, regulations, and rules. | CV 5 Self-Reflection/Self-Care |
| 134. | Engages in self-evaluation to identify areas of strength, opportunities for professional development with consideration to current laws, regulations, and rules. | CV 5 Self-Reflection/Self-Care |
| 135. | Seeks feedback (formal and informal) from clients, and colleagues/peers in respect to professional practice. | CV 5 Self-Reflection/Self-Care |
| 136. | Participates in systematic peer review considering practice standards and guidelines, relevant statutes, rules and regulations. | CV 1 Holistic Philosophy/Theory/Ethics |
| 137. | Performs actions necessary to achieve holistic goals identified from evaluation processes. | CV 5 Self-Reflection/Self-Care |
| 138. | Provides rationale for holistic nursing practice beliefs, decisions, and actions as part of evaluation processes. | CV 5 Self-Reflection/Self-Care |
| **15. RESOURCE UTILIZATION:** The holistic, registered nurse utilizes appropriate resources to plan and provide nursing services that are safe, effective, and financially responsible. The Holistic Nurse: | |
| 139. | Understands the diversity of the local and global community and associated resources. | CV 3 Communication/Therapeutic Environment/Cultural Diversity |
| 140. | Incorporates cultural practices that affect the client’s holistic healthcare plan and related outcomes. | CV 3 Communication/Therapeutic Environment/Cultural Diversity |
141. Evaluates factors such as client resources and circumstances, the safety, cost-benefits, efficiencies, and impact on practice when choosing interventions.  

142. Facilitates clients in becoming informed consumers of holistic care.  

143. Identifies and reports discriminatory professional practices.  

144. Engages in nondiscriminatory holistic nursing practices.  

145. *Assigns or delegates* tasks as defined by the state nurse practice acts and according to the knowledge and skills of the designated care-giver.  

146. Acknowledges that the well-being of the ecosystem of the planet is a determining condition for the well-being of holistic human beings.  

147. Engages in activities that nurture and enhance our integral relationship with the earth.  

148. Models earth stewardship through lifestyle choices.  

149. Proactively works to protect the holistic health and well-being of the ecosystem.  

150. Contributes to an environment that is conducive to enhancing the holistic, integral education of healthcare providers.  

151. Promotes work environments that support understanding, respect, health, healing, caring, wellbeing, wholeness, and harmony.  

| 141. Evaluates factors such as client resources and circumstances, the safety, cost-benefits, efficiencies, and impact on practice when choosing interventions. | CV3 Communication/Therapeutic Environment/ Cultural Diversity |
| 142. Facilitates clients in becoming informed consumers of holistic care. | CV3 Communication/Therapeutic Environment/ Cultural Diversity |
| 143. Identifies and reports discriminatory professional practices. | CV 1 Holistic Philosophy/Theory/ Ethics |
| 144. Engages in nondiscriminatory holistic nursing practices. | CV 1 Holistic Philosophy/Theory/ Ethics |
| 145. *Assigns or delegates* tasks as defined by the state nurse practice acts and according to the knowledge and skills of the designated care-giver. | CV 1 Holistic Philosophy/Theory/ Ethics |
| 16. ENVIRONMENTAL HEALTH: The holistic, registered nurse practices in an environmentally safe and healthy manner. The Holistic Nurse: | |
| 146. Acknowledges that the well-being of the ecosystem of the planet is a determining condition for the well-being of holistic human beings | CV3 Communication/Therapeutic Environment/ Cultural Diversity |
| 147. Engages in activities that nurture and enhance our integral relationship with the earth. | CV3 Communication/Therapeutic Environment/ Cultural Diversity |
| 148. Models earth stewardship through lifestyle choices. | CV3 Communication/Therapeutic Environment/ Cultural Diversity |
| 149. Proactively works to protect the holistic health and well-being of the ecosystem. | CV3 Communication/Therapeutic Environment/ Cultural Diversity |
| 150. Contributes to an environment that is conducive to enhancing the holistic, integral education of healthcare providers. | CV3 Communication/Therapeutic Environment/ Cultural Diversity |
| 151. Promotes work environments that support understanding, respect, health, healing, caring, wellbeing, wholeness, and harmony. | CV3 Communication/Therapeutic Environment/ Cultural Diversity |