TOOL KIT 101

INTRODUCTION TO THE FOUNDATIONAL PRINCIPLES FOR HOLISTIC NURSING EDUCATIONAL PROGRAMS

Deborah Shields and Margaret Erickson

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Introduction to the Foundational Principles for Holistic Nursing Educational Programs

and


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COMPREHENSIVE INDEX

TOOL KITS FOR
HOLISTIC NURSING CURRICULUM DEVELOPMENT

The Tool Kits listed below are provided as an extension of the publication, *Foundations, Competencies, and Curricular Guidelines for Basic to Advanced Holistic Nursing Educational Programs* (2017). Each tool kit complements a companion webinar designed to address a specific aspect of this work.

The highlighted area of the index below provides details for Tool Kit 101. Content included in the other tool kits is shown on the respective Tool Kit Index. Available tool kits can be seen at [http://www.ahncc.org/resources/curriculum-development-resources/webinars/toolkits/](http://www.ahncc.org/resources/curriculum-development-resources/webinars/toolkits/). To learn more about the individual webinars, the presenters, their content and publication date, go to [http://www.ahncc.org/resources/curriculum-development-resources/webinars/](http://www.ahncc.org/resources/curriculum-development-resources/webinars/).

101 SOCIAL EVENTS, HEALTHCARE TRANSFORMATION, AND HOLISTIC NURSING EDUCATIONAL GUIDELINES

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B. References related to the moral and social imperative

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114 HOLISTIC NURSING AND BOYER’S SCHOLARSHIP MODEL
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204 ADVANCED PHARMACOTHERAPEUTICS FOR HOLISTIC NURSING
The purpose of this Tool Kit is to provide a context that will provide faculty with an evidence-based rationale for adopting the Holistic Nursing Curricular Guidelines as described in the publication Foundations, Concepts, and Curricular Guidelines for Basic to Doctoral Holistic Nursing Education, Edition 1, (2017).

I. References used to conceptualize the moral and social imperative of advancing a standardized, seamless model for the education for Holistic Nurses include the following:


B. References related to the moral and social imperative to educate holistic nurses within a standardized model that is based on a set of values, ethics, and standards identified and validated by expert Holistic Nurses include:

1. Nursing, Scope and Standards of Practice, ANA, 2015. This document describes all of Nursing practice as “holistic” (p. 7), stating that “Registered nurses recognize that using a holistic approach prevents omission of relevant data when implementing the nursing process”, p. 9.
2. ANA Social Policy Statement
   - Nursing’s Social Policy Statement. The essence of the profession (2010)
     American Nurses Association, Silver Spring, MD
   - Table 1 compares the Who, What, Where, When, Why of Nursing with Holistic Nursing’s Scope and Standards.
4. Holistic Nursing Core Essentials (Basic and Advanced competencies) validated by Holistic Nursing through the process of RDS:

C. References used to design a seamless curricular model that runs from basic to doctoral nursing education

D. Comparison of Who, What, Where, When, and Why of Nursing and Holistic Nursing based on Scope and Standards of ANA and AHNA (see Table1).
E. Talking points to facilitate faculty discussions relevant to the adoption of a standardized model for the education of holistic nursing (see Table 2).
<table>
<thead>
<tr>
<th>Description</th>
<th>Elaboration</th>
<th>Description</th>
<th>Elaboration</th>
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<tr>
<td><strong>Who</strong></td>
<td>Registered nurses and advanced practice registered nurses comprise the who constituency of Nursing.</td>
<td><strong>Who</strong></td>
<td>Individuals who hold the Registered Nurse credential and educated in the knowledge, skills, and attitudes of Holistic Nursing, and practice within the scope and standards of Holistic Nursing are recognized as Basic Holistic Nurses or Advanced Holistic Nurses.</td>
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<td></td>
<td><em>Registered nurses</em> are individuals who are educationally prepared and registered or licensed by a state, commonwealth, territory, government, or regulatory body to practice as a registered nurse i.e.)</td>
<td><strong>Who</strong></td>
<td><em>Basic Holistic Nurses</em> are divided into two groups according to their educational preparation: <em>Holistic Nurses (diploma and ADN)</em> and <em>Baccalaureate Holistic Nurses (BSN)</em> (see Attachment 1).</td>
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<td>*Advanced practice registered nurses (APRN’s) are RNs who are: educationally prepared as a certified registered nurse anesthetist, clinical nurse specialist, nurse midwife, or nurse practitioner; hold certification by a national certifying body that measures the APRN role and population focused competencies; and meet the qualifications and requirements of the regulatory authority to practice as an APRN is one of the four APRN roles.</td>
<td><strong>Who</strong></td>
<td>Advance Holistic Nurses are graduate prepared nurses divided into two groups according to formal educational preparation: <em>Advanced Holistic Nurses</em> and <em>Advanced Practice Holistic Nurses</em> (see Attachment 1)</td>
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<td><strong>Who</strong></td>
<td>Advance Holistic Nurses practice in any setting, are prepared to perform in multiple roles, including the roles currently identified as APRN.</td>
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<td><strong>What</strong></td>
<td>Nursing is the protection, promotion, and optimization of health and abilities, prevention of illness and injury, facilitation of healing, alleviation of suffering through the diagnosis and treatment of human response and</td>
<td><strong>What</strong></td>
<td>Holistic Nursing is “…all nursing practice that has healing the whole person as its goal” (AHNA, 1998).</td>
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<td></td>
<td>Nursing promotes the delivery of holistic consumer-centered care and optimal health outcomes throughout the lifespan and across the health-illness continuum within an environmental context that encompasses culture, ethics, law, politics, economics,</td>
<td><strong>What</strong></td>
<td><em>Person-centered care</em> is: The human caring process in which the holistic nurse gives full attention and intention to the whole self of a person, not merely the current presenting symptoms, illness, crisis or tasks to be accomplished, and that</td>
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<td>Holistic nursing builds on Nursing with an emphasis on person and relationship centered care; and is health, wellness, growth and healing oriented, rather than diagnosis and/or management of disease.</td>
<td><strong>What</strong></td>
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<td></td>
<td>Holistic nursing is prospective and focuses</td>
<td><strong>What</strong></td>
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advocacy in the care of individuals, families, groups, communities, and population (p. 10).

Access to healthcare resources, and competing priorities.

- Comprehensive health promotion and disease prevention strategies.
- Proactive interventions that address the antecedents and mediators of disease, and illness risks.
- Opportunities in each individual's experiences of illness and disease for the individual's transformation, growth, and finding of meaning.

Includes reinforcing the person's meaning and experience of oneness and unity; the created condition of trust in which holistic care can be given and received (ANA/AHNA, 2013, p. 90).

Relationship-centered care includes three types: 1) patient-practitioner, 2) community-practitioner, 3) practitioner-practitioner relationships. Each involves a unique set of responsibilities and tasks that addresses knowledge, values, and skills (Reschlin & Pew-Fetzer Task Force, 1994).

Health is an individually defined state or process in which the individual experiences a sense of well-being, harmony, and unity such that subjective experiences about health, beliefs, values are honored; a process of becoming and expanding consciousness (ANA/AHNA, 2013, p. 89).

Healing is an emergent process of the whole system, bringing together aspects of one's self and the body-mind-emotion-spirit-environment at deeper levels of inner knowing, leading toward integration and balance, and having equal importance and value. Healing can lead to more complex levels of personal understanding and meaning, and may be synchronous but not synonymous with curing (ANA/AHNA, 2013, p. 88).

Illness is a subjective experience of symptoms and suffering to which the individual ascribes meaning and significance; not synonymous with disease; a shift in the individual's experience of health (ANA/AHNA, 2013, p. 89).

Promote health and prevent disease and illness risk reduction; proactive interventions that address the antecedents and mediators of disease, and illness risks.
Holodynamic balance of the person to disharmony and imbalance (ANA/AHNA, 2013, p. 90).

Holistic nurses emphasize practices of self-care, intentionality, presence, mindfulness, and therapeutic use of self as pivotal for facilitating healing and patterning of wellness in others.

<table>
<thead>
<tr>
<th>Where</th>
<th>Nursing occurs in any environment “where” there is a healthcare consumer in need of care, information, or advocacy (p. 10).</th>
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<tr>
<td>Healthcare consumers</td>
<td>are the patients, person, clients, families, groups, communities, or populations who are the focus of attention and to whom the registered nurse is providing services as sanctioned by the state regulatory bodies.</td>
</tr>
<tr>
<td>Holistic Nursing occurs in any environment where there is a person/group that wants or needs to be facilitated in healing, health, and/or growth and seeks a professional nurse for guidance, assistance, information.</td>
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<td>Advanced Holistic Nurses are employed in hospitals and associated clinics; non-hospital healthcare agencies; home health, colleges/universities; and are self-employed. They work in every practice setting (e.g. telemetry, psychiatric-mental health units, pediatrics, pain management, oncology, etc).</td>
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<th>When</th>
<th>Nursing occurs whenever there is a need for nursing knowledge, wisdom, caring, leadership, practice, education. anytime, anywhere (pp10-11).</th>
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<td>The term “whenever” encompasses anytime, anywhere, with anyone. Timing relates less to a point in time...and more to the continuum of life events that relate to past, present, and future health and responses to illness/injury....The time for nursing is when there is need for support, guidance, healing, advocacy, nursing expertise, during life transitions, challenges, developmental and situational crises, and health maintenance...It happens in the present when working with healthcare consumers within the context of their meaning applied.</td>
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<td>Holistic nursing occurs anytime that a Person-Centered Relationship is created between patient/client and a Holistic Nurse.</td>
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<tr>
<td>A Person-Centered Relationship is created when: •Persons want or need to be facilitated in healing, health, or growth that results in mind-body-spirit integration and synchrony; and •A Holistic Nurse creates a “healing” space and promotes engagement by through the context of a person-centered relationship based on the Core Values of Holistic Nursing.</td>
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<td>Why</td>
<td>The why is characterized as nursing’s response to the changing needs of society to achieve positive healthcare consumer outcomes in keeping with nursing’s social contract with and obligation to society (p.11.).</td>
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| How | The how of nursing practice is defined as the ways, means, methods, and manners that nurses use to practice professionally. | The “how” requires the registered nurse to employ evidence-based practice as a means to incorporate the best available evidence, healthcare consumer preferences, provider expertise, and contextual resources in which nursing is delivered (ANA, 2015, p. 15).<br>The ways in which registered nurses practice reflect integration of the five core practice competencies of all healthcare professionals: healthcare consumer-centered, evidence-based, interprofessional collaboration, use of informatics, and continuous quality improvement (IOM, Creates a caring, healing space within herself/himself that allows the nurse to be an instrument of healing;<br>Honors the interconnectedness of self, other, nature, and spirituality (i.e. the feelings, thoughts, experiences, and behaviors that arise from a search from meaning (ANA/AHNA, 2013, p. 91). Facilitates healing by<br>• Honoring the individual’s subjective experience about health, health beliefs, and values.<br>• Uses complementary/alternative modalities when indicated to complement and broaden the effects of other holistic interventions.<br>• Emphasizes authenticity of self as an instrument of healing;<br>• Uses intention, the “...conscious awareness of being in the present moment with to help facilitate the healing process; a volitional act of love” (ANA/AHNA, 2013, p. 90).<br>• Uses unconditional presence to remove barriers to the healing process;<br>• Facilitates person’s growth (body-mind-emotion-spirit-energy-environment connections):<br>• Assists with maintaining wellness, recovery from illness, or transition to peaceful death;<br>• Uses multiple Ways of Knowing, including unknowing and reflexivity, (Erickson, 2010, pp. 52-69) to understand self as an
Table 2. Talking Points for Educators.

WHEREAS: THERE IS A SHIFT IN PARADIGM FROM CURE AND MANAGEMENT OF DISEASE TO HEALTH PROMOTION AND WELLNESS; THE IOM REPORT (2010) CALLS ON NURSING TO ASSUME LEADERSHIP ROLES NEEDED TO IMPLEMENT THE PARADIGM SHIFT; AND SENATOR HARKINS HAS IDENTIFIED CERTIFIED ADVANCED HOLISTIC NURSING AS THE GROUP MOST WELL PREPARED TO FACILITATE HEALTHCARE TRANSFORMATION;

THEREFORE:

1) AS ADVANCED HOLISTIC NURSES, WE HAVE A SOCIAL RESPONSIBILITY TO RESPOND TO THIS CALL FOR ACTION. As nurses committed to the health and wellbeing of our society and Holistic Nursing as a viable resource for healthcare transformation, it is essential that: Nursing by way of LACE adopt an amendment to the Consensus Model that includes a role for Advanced Practice Holistic Nurses as proposed by AHNCC April, 2015; and Holistic Nurse educators promote formal and informal academic programs accordingly.

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<th>Educators (Faculty)</th>
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<td>• Nursing’s emphasis on the Consensus Model as the platform for legislation has promoted advance practice nursing within the biomedical model, while excluding those who practice holistic nursing.</td>
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<tr>
<td>• Nurse Educators need to design and offer graduate programs for Advanced Practice Holistic Nurses that will prepare them for AHN-BC and APHN-BC certification.</td>
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<td>• The Essentials of Graduate Holistic Nursing Education needs to be developed to clarify and standardize the holistic nursing paradigm.</td>
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2) SPECIFY HEALTH PROMOTION AND WELLNESS: While we know what is meant by disease, the concept of health is ambiguous. Some believe that the healthy person is one who works to prevent disease or has control over a chronic condition; others think it is one’s ability to manage their daily activities, or cope with lives stressors (Smith, 1981). Holistic nurses think that a healthy person has a sense of well-being, enjoys a quality life, and can find meaning in their daily life; that the healthy person has “…balance, integration, harmony, …that can take place without cure.” (AHNA, 2013, p. 9). This definition is reflected in the Holistic Nursing Standards and clarified in Holistic Nursing’s Scope of Practice (AHNA, 2013).

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<td>• Holistic nurses are experts in the practice of eudemonistic health. They have the knowledge, skills, and attitudes needed to change the healthcare culture from disease to health and wellness.</td>
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<td>• This is holistic nurses’ opportunity to promote what we do best--help people grow and heal, find ways to live life fully, and/or transition with grace and dignity.</td>
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<td>• As such, it is important for us to:</td>
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a) Articulate what we know, our skills, and beliefs;
b) Adopt a core curriculum designed to prepare Advanced Holistic Nurses and Advanced Practice Holistic Nurses based on our common knowledge, skills, and attitudes;
c) Promote collaboration with other healthcare providers; and
d) Advertise our abilities to the public.

3) ENCOURAGE CLARITY OF PHILOSOPHIES AND IMPLICATIONS FOR PRACTICE: Clarity of similarities and differences in professional philosophies within nursing, and among the various healthcare professionals is necessary to collaborate effectively. Specifically, we need to clarify the similarities/difference among the roles of the AHN-BC, APHN-BC, and more traditional Advanced Practice Nurses; and Advanced Holistic Nursing and Integrative Medicine/Integrative Nursing. Clarification of philosophies will facilitate the expected outcomes of each, and how they contribute to the wellbeing of society.

Educators (Faculty)

• Within nursing there are two philosophies used for “person-centered caring”: the biomedical model which is reductionist and tends to focus on biophysical conditions and problems; and the holistic model which addresses the dynamic interactions of mind-body-spirit and focuses on growth, healing, and wellness.
• Nursing needs to recognize and clarify these differences so we can articulate our common core and why we differentiate, and assume the related independent roles in healthcare.
• Holistic nurses also need to clarify similarities among their philosophy and practice implications and those of practitioners of Integrative Medicine and Integrative Nursing.
• Holistic nurses need to practice not only within the philosophy and core values of holistic nursing, but be guided by the extant holistic nursing theories to guide their critical thinking and decisions.

4) HIGHLIGHT HOLISTIC NURSES’ PARTNERING KNOWLEDGE AND SKILLS: Humans have an inherent ability to grow and heal, to be healthy, to become the most they are capable of being. Initiation and continuation of these inherent abilities are dependent on relationships that help us deal with the challenges of everyday life, episodic events, and chronic problems. The type of partnership created between provider and consumer will affect who controls the decision-making, prioritizing of care, and projected outcomes. The specific practice activities used will be influenced by the theory or theories used to guide critical thinking and decision making.

Educators (Faculty)

• Holistic nurses need to:
  a) Clearly state that they have the knowledge, skills, and attitudes to partner with clients to facilitate healing, growth, and a sense of wellbeing;
  b) Clarify the differences between being-with and doing to as a foundation for a partnership;
  b) State that partnering (as defined by Holistic Nurses) involves an energetic connection between nurse and client, and includes centering-of-self, setting intent, being-present-with, active listening, critical thinking, and collaborative decision-making.
  c) Clarify the differences between being-with and doing to
• State that effective partnering, (as defined by Holistic Nurses) requires knowledge, skills and attitudes needed to:
  a) Listen to the individual’s perceptions of their health problem, what is related to the problem, and what will help;
  b) Interpret the story and understand how it relates to normal growth and healing processes;
  c) Analyze it within the context of the human’s natural mind-body-spirit interactions;
  d) Consider the human’s natural abilities to respond to threat, recover, and heal;
e) Identify patterns, jointly plan strategies, and potential outcomes;
f) Facilitate client prioritizing of strategies;
g) Implement strategies; and
h) Jointly (nurse and client) evaluate the outcomes.

5) FACILITATE COLLEAGEAL COLLABORATION: As healthcare providers, our philosophy affects how we view our practice. There is evidence that interprofessional care is the most effective. This suggests that there is no single way to view a problem, but multiple ways. As healthcare professionals aiming to facilitate social change focused on a healthier society, we have a responsibility to encourage and facilitate inter-professional collaboration.

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<tr>
<td>• It important for us to:</td>
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<td>a) Encourage and facilitate colleagues to clarify their philosophy including what they mean by health and wellness, and the implications for individual and team practice;</td>
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<tr>
<td>b) Encourage collaborative team practice among and within the professional groups, respecting unique contributions of each group.</td>
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I. Underlying assumptions for Holistic Nursing Educational Programs
   A. Social Responsibilities
   B. College/University Expectations
   C. Learner-Facilitation Factors
   D. Faculty Considerations

II. Common Threads in Holistic Nursing Curricula
   A. Self Development (Core Value 5)
   B. Foundations of Holistic Nursing (Core Value 1)
   C. Holistic Nursing Skills (Core Value 2 & 3)
   D. Evidence-Based, Holistic Caring Process (Core Value 2)
   E. Professional Leadership (Core Value 4)
   F. College/University Core Curriculum

III. Curricular Rubric by Thread: Basic Nursing
IV. Curriculum Planning, Creating Courses
V. Curricular Rubric: Creating the Holistic Nursing Program
VI. Resources
VII. References