



AHNCC Endorsed School Newsletter

Volume 1 | Issue 1 | May 2018

Greetings Colleagues,

Below you will find the first issue of the AHNCC Endorsed School newsletter. Our goal is to facilitate networking and build connections among our colleagues at the Endorsed Schools, as well as keep you updated on what is going on at AHNCC.

We invite you to read the newsletter through and we welcome any feedback or comments you may have. We also invite you to submit materials for our next edition. Please share it with your colleagues and students. Thank you for the important work you are doing to further holistic nursing education and practice.

Have a great day.

Warmly,

Margaret Erickson PhD, RN, CNS, APHN-BC
CEO, AHNCC

Welcome to our first AHNCC Endorsed School Newsletter.

Our intent is twofold, first to provide you with important information and announcements from AHNCC and to build bridges and connections between our colleagues and institutions, supporting each other, while facilitating Holistic Nursing education. For future newsletters we welcome submissions in the following areas:

- From faculty members who can share stories about what is working in their programs;
- Important institutional announcements about changes, awards, etc;
- From students who want to share thoughts, memorable cases, experiences etc.
- Words of wisdom

We expect that our newsletter will evolve as time passes. **All** feedback is welcome.

Visit our Website

Announcements from AHNCC

Per requests from some of our endorsed schools we have had a seal created that can be used by AHNCC Endorsed schools for marketing purposes. Prior to using the seal, a designated person from the School of Nursing will need to sign the AHNCC Endorsed School Logo Letter of Agreement and return it electronically to AHNCC at ahncc@flash.net.

To access the letter please click [here](#).

Upon the receipt of the *Letter of Agreement* a link will be sent to the school for the use of the seal.



Faculty Corner

A Voice From Capital University, Columbus, OH

The Journey of Holistic Education

Capital University was founded in 1860 as a Lutheran School of Theology in a suburb of Columbus, Ohio. Over the years, it has transitioned to a liberal arts university while keeping the theological program intact. The baccalaureate nursing program was founded in 1950; an early revision of the curriculum incorporated holistic health concepts into all courses. **Ruth Neikirk**, RN, MSN, is dearly remembered for her commitment to holistic nursing and her tireless dedication to ensuring that this philosophy served as the foundation to the nursing curriculum. Marjorie Anderson, RN, shares a story of meeting Ruth as a young nurse, in the early 1970's. Ruth invited Marjorie to attend a conference with her in Chicago but, as a busy young mother with limited finances, she declined. Ruth graciously offered to provide support if Marjorie could pay for food so she took her up on it. It turned out to be a life-changing experience. The conference was about health care professionals who were facilitating healing in a variety of 'new' ways (e.g. Norm Shealy, Olga Worrall, Carl & Stephanie Simonton and Elmer & Alice Green). Marjorie says that these individuals would become important teachers as she developed her own holistic healing practice...and she is deeply grateful to Ruth for seeing this potential in her. Their friendship deepened and Marjorie was with Ruth as she transitioned in the mid 1970's. To this day, Capital University gives the Neikirk Award to a junior or senior nursing student who "demonstrates self-development from a holistic perspective" and who applies this "to caring in nursing by creating an environment which promotes the health and well-being of the total person-spiritual, emotional and physical." It is a highly valued award.



The faculty of the Department of Nursing embrace the core values of holistic

nursing as the fundamental tenets within the discipline of nursing. The AHNA Core Values, AHNCC Core Competencies and *Holistic Nursing: Scope and Standards of Practice, 2nd Edition* are introduced in all entry courses. Holistic self-development, self-reflection, therapeutic presence, ethics and holistic communication are curricula threads that are cultivated and nurtured throughout the students' time at Capital. Within coursework, students learn to make decisions based on a holistic analysis of evidence and the individual context for each patient. Reflective practice underlies all didactic and clinical experiences; students engage in a variety of activities and truly experience nursing as an art and a science. The faculty believe in the importance of service and provide many opportunities for students to discover the joy of giving and receiving. Interdisciplinary engagement is seminal in creating a broadened lens through which to view the world. The goal in nursing is to support students who will graduate with a solid foundation in holism, able to articulate the importance of this philosophy, bring their caring presence into the diverse world of health care, and, ultimately, contribute to healthcare transformation. Capital University has three distinct programs: (1) a traditional undergraduate program (2) an accelerated program and, (3) a MSN program with concentrated areas of study in education, administration, dual degrees (nursing & business; nursing & law), and an Adult-Gerontology Clinical Nurse Specialist (CNS) program. All of the nursing programs are endorsed by AHNCC, receiving initial endorsement in 2009. . We are deeply honored and proud of this continuing recognition and remain committed to co-creating caring/healing learning communities.

We would love to hear about you – your faculty, learners' – your programs. To be sure, it is a time of dynamic change in education and our opportunity to support each other is so important. At Capital, we are in the process of moving our entire graduate program to an online format so are exploring how holism lives in an online format... any ideas? WE would **love** to hear your stories!

In peace and loving kindness,
Deb Shields



WHAT IS WORKING FOR US- THE SHARING CORNER

The Holistic Nursing discipline is based in the sciences of health, wellness, and wellbeing and framed by the unitary philosophy and science of energetic connectedness of humans, environment, and universe (Erickson, et al, 2017). Education at Capital University is approached from a holistic paradigm that elucidates this foundational principle of holistic nursing education. This model (pictured below) represents a whole person worldview and has been helpful in increasing student and faculty understanding and appreciation of the art and science of Holistic Nursing. If it is helpful, this model may be used for educational purposes – we ask only that it is referenced.

Holistic Education Paradigm

Biomedical : Content & Skills

- ❖ Empiric Observation
- ❖ Scientific: cognitive knowledge; evidence based
- ❖ Curative, Palliative Goal
- ❖ Physical and pharmacological treatment
- ❖ Caring: doing for or to a person; patient/ family focused
- ❖ Self-Care Goals/ Resources : exercise, nutrition, stress management

Unitary Paradigm: Capacity

- ❖ Intuitive Pattern Recognition
- ❖ Personal, emotional, social knowledge; context based
- ❖ Experience of Healing
- ❖ Thoughts, emotions, relationships, environment as “ treatment “
- ❖ Caring: Co-created connection; Relational Presence; Being with
- ❖ Caregiver-Patient Self-Care; *Being care*: contemplative practice; still point within & intentional action

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STUDENTS CORNER

Embracing Holistic Nursing Principles by Jennifer L. Eramo

Embracing the principles of holistic nursing, the Master of Science in Nursing Graduate Program at Capital University has challenged and inspired me to see myself, the profession of nursing, and our shared world as a unified whole. That holistic perspective is the foundation of Capital's education for the formation of advanced practice nurses who are transformational leaders in all aspects of life. A significant part of that leadership development was to define my philosophy of nursing that has evolved over time from a linear perspective, a shared journey between two people, to a multidimensional perspective, a tapestry of threads consisting of different fabrics and colors. The journey of the two is unique and incredibly special; however, the tapestry is the manifestation of that journey and the journeys of others in which the human connection can truly be revealed.

The macrocosm of healthcare with its microcosm of shared human experiences has provided a canvas for nursing theorists to ponder the relationships between nursing, persons, health, and the environment. A nurse operates from his or her personal and professional core, with its essence of nursing, to share a connection with another human being. Capital's holistic education challenged me to define my holistic personal philosophy in which I shared my intrigue of this essence of nursing through the microscopic, macroscopic, and global perspectives of shared human connections. This holistic personal philosophy was titled,

The Journey:

May I walk with you on your journey, your path, your Way? I will ask for the grace to walk beside you with wisdom, serenity, and gratitude. I will help bear witness to your joys and your sorrows. I will rest in the awareness of this moment. I will trust that we are here for a purpose that is greater than you and me. I am a nurse who believes that each person is on a God-given journey from birth until death. The journey involves endless interactions within the microcosm of the human body and the macrocosm of the universe manifested by actions and reactions. Actions can be deliberate. Reactions can be uncontrollable. The expression of these actions and reactions affect health along the continuum of wellness and illness. A holistic nurse understands this complex dynamic of actions and reactions and willingly advocates for the whole person in all matters of mind, body, and spirit and in all states of wellness and illness. The holistic nurse is a leader, educator, and researcher, who uses the art and science of caring, to serve another traveler on this journey along the continuum of health until their earthly journey ends.

Capital University's holistic nursing education has been instrumental to my advanced nursing practice by providing a touchstone to guide decisions. The complexity of healthcare requires transformational nursing leadership by providing guidance and education to nurses within inpatient, outpatient, and community settings to strengthen their holistic perspective on the multidimensional needs of patients in all healthcare settings, encouraging staff to create innovative processes to address gaps within transitions of care, creating staffing models for optimal healthcare outcomes which support comprehensive and holistic interactions,

emphasizing continuing education and training opportunities for professional growth and satisfaction, establishing facility policies and procedures that are reflective of population-based care, and remaining mindful that all shared human interactions can provide new opportunities for growth and experiential wisdom.



My Grandmother **By Grace Alford**

"Some of the earliest memories I have are of my Grandmother
Waking up early to make the eggs and sausages for breakfast
I heard her quietly pittering about

Once, I asked her why she got up so early
Put soap between the sheets, tucked tightly into the bed
I asked her why she wore her necklace
Day in and day out
Only when she bathed did she take it off

The bronze circle was her pride and joy
There is still polish stuck between the cracks
Her nursing pin

She told me she used to wake up early
To feed those in need
Those who were alone
Sick, tired

She was their mother for the day
Helping in ways the patients' mother only hoped to do
Every visit she taught me something new;
How to
Clean
Stitch
Mend
Love
Heal

Without her, I wouldn't be sitting here
Remembering her ways
Lead with the hands
Smile, be kind
Learning how to heal with touch before medicine
Back in the war stricken days, all soldiers had was hope
No drugs, only touch
And a whole lot of Love"

I chose to write a poem because it was something my Grandmother loved to read. She embodied the ideal holistic nurse, and she made sure to always heal with touch and love before medicine. My vocational goals have been broadened with learning about holistic nursing, because I know now to take care of myself as well as my patients. It is very important to make sure I am healthy before helping my patients get healthy, so I don't cause problems. I also know more possibilities with my nursing career, which I am always thankful for.

"Life engenders life.

Energy creates energy.
It is by spending oneself
That one becomes rich.”
Sarah Bernhardt



Future Testing Dates

We hope you will encourage your students to take advantage of this wonderful opportunity. Please remind them about the test dates and make sure they receive the letter that was sent for the graduates. You may also share this newsletter with them if you choose to do so.

AHNCC Certification Exam Schedule

Applications are accepted year-round, but if you want to be sure to sit for an examination, please have your applications in by the below deadlines. Exams are administered by the Professional Testing Corporation. For more information: www.ptcny.com/clients/ahncc/

TYPE OF CERTIFICATION	(STEP 1) APPLICATION DEADLINE	(STEP 2) TEST REGISTRATION DEADLINE	TESTING PERIOD
HOLISTIC NURSING CERTIFICATION EXAMINATION (HN-BC)			
Fall, 2018	September 1, 2018	September 30, 2018	November 3-17, 2018
Spring 2019	February 1, 2019	March 4, 2019	April 6-20, 2019
Fall 2019	September 1, 2019	October 4, 2019	November 2-16, 2019
HOLISTIC BACCALAUREATE NURSING CERTIFICATION EXAMINATION (HNB-BC)			
Fall, 2018	August 1, 2018	September 1, 2018	October 6-20, 2018
Spring 2019	January 15, 2019	February 4, 2019	March 2-16, 2019
Fall 2019	August 1, 2019	September 6, 2019	October 5-19, 2019
ADVANCED HOLISTIC NURSING (AHN-BC) & ADVANCED PRACTICE HOLISTIC NURSING (APHN-BC) CERTIFICATION EXAMINATIONS			
Fall, 2018	July 1, 2018	July 31, 2018	September 8-22, 2018
Spring 2019	December 1, 2018	January 2, 2019	February 2-16, 2019
Fall 2019	July 1, 2019	August 7, 2019	September 7-21, 2019
TYPE OF CERTIFICATION	APPLICATION DEADLINE		TESTING PERIOD
NURSE COACH CERTIFICATION EXAMINATION (NC-BC or HWNC-BC)			
Fall 2018	September 30, 2018		November 3-17, 2018
Spring 2019	February 15, 2019		April 6 - 20, 2019
Fall 2019	September 30, 2019		November 2 - 16, 2019

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STAY CONNECTED



