



Endorsed School Newsletter

Volume 7 Issue 1 - February 2024

H = Health
O = Opportunity
L = Leaders
I = Integrate
S = Scholarly
T = Together
I = Impact
C = Community

From CEO Margaret Erickson



Dear Colleagues,

It is with pleasure that I connect with you and your students. We are excited to share with you some of the great things going on in Holistic Nursing programs within our community. Thank you for facilitating your students' growth, development, and wellbeing, while socializing and educating them to be Holistic Nurses. In the near future, they will provide respectful, loving, safe and ethical care to us, our loved ones, and our communities. The work you do makes such a difference in all the lives you touch.

As you come closer to the end of the semester, may your days be filled with peace, productivity, and feelings of success for all you do and accomplish.

With great respect, appreciation, and gratitude,

Margaret

“When one flower blooms, spring awakens everywhere.”

John O'Donohue



The Drexel Online, Interdisciplinary Complementary and Integrative Health Graduate Program

Innovative-Holistic-Person Centered



Students and faculty in Drexel's Complementary and Integrative Health Program have been passionately engaged in research and practice. In this issue of the newsletter, we highlight one student's experience on her recent mission trip with One World Surgery <https://oneworldsurgery.org/> Jennifer L. Shaw-Metz, BSN, RN, CCRN, CHPN describes how Aromatherapy was integrated with traditional care:

In February 2023, a team of Main Line Health (MLH) doctors and nurses travelled to One World Surgery (OWS) Honduras, providing free surgical services to the underserved. As a PACU RN, I was inspired by the kindness, skill, and excellent quality of care by Honduran staff. Donations of medicine, supplies, and volunteers fuel this tremendous work at OWS.

Recognizing the need for conservative medication utilization, a role for Aromatherapy was identified. Aromatherapy

provides a low side-effect, cost-effective, utilization-friendly option for anxiety and nausea.

For our January 2024 mission, Main Line Health graciously donated 200 Lavender and Peppermint reusable Aromatherapy inhalers. These Aromatherapy packs contained one Lavender, one Peppermint "stick", and bilingual instructions.



Honduran PACU Charge Nurse providing discharge teaching/reinforcement on Aromatherapy

One-to-one education for OWS volunteers and translators was provided. Translators educated Honduran nursing staff in Spanish, who, in turn, provided direct Spanish instruction to patients.



Lavender was used frequently to combat pre-op anxiety. In PACU, Peppermint proved particularly helpful in keeping nausea at bay. Several patients stated the peppermint helped them "wake up very well." Before discharge, Honduran nurses reinforced education and patients often expressed gratitude. Seeing the positive effects on anxiety and nausea, many of the staff requested their own.

It was a joy to facilitate direct education and provide Aromatherapy for 62 post-op patients and 38 staff members/OWS volunteers. Of the 100 patients/staff, 97 had never heard of or used Aromatherapy before and the response was extremely positive! We so appreciated the nursing and translation teams for educating and supporting this effort!

Here are some comments from patients and nurses,

"This is very nice, and I feel much more relaxed."
(s/p hysterectomy patient, via translator)

"This helps me wake up. I want to use it at home." (s/p hernia repair patient, via translator)

"The peppermint really seemed to help patients with nausea. I'm going to look this up when I get home."
(Volunteer nurse from Colorado)

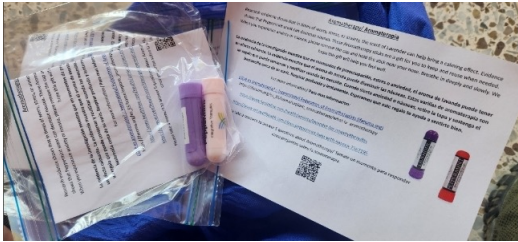
"I'm going to start using this at home!" (Volunteer nurse from Colorado)

"Please will you bring back more if you come again? It helped the patients so much." (Honduran staff nurse)

Drexel Article Cont'd



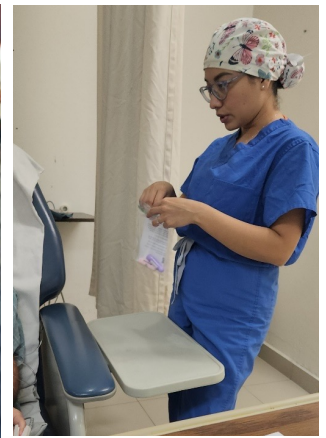
DREXEL UNIVERSITY
College of
Nursing and
Health Professions



Aromatherapy packs (with lavender, peppermint, and bilingual instructions/resources)



"This is very nice, and I feel much more relaxed." (s/p hysterectomy patient, via translator)



Honduran Nurses enjoying Lavender sticks

If you'd like to learn more about the programs students like Jennifer are participating in, there are three options for continuing your education in Complementary and Integrative Health. Explore our hybrid program with University of Arizona's Health and Wellness Coaching Program, where students earn an MS in Complementary and Integrative Health from **Drexel University** and a Certification from University of Arizona's Andrew Weil Center for Integrative Medicine in Integrative Health and Wellness Coaching [Drexel's Pathway Program](#). We also offer a traditional [MS in Complementary and Integrative Health](#) and a [Post-Baccalaureate Certificate of Advanced Study in Complementary and Integrative Health](#).

Contact Track Director, Rita Carroll at rnc353@drexel.edu or 484-354-8380 for more information.

Next Endorsed School Networking Call



These gatherings allow time for faculty from AHNCC endorsed programs or those wishing to seek AHNCC endorsement to network with other schools.

This call is open to all faculty who teach at AHNCC Endorsed Schools. They do not need to register in advance and will receive a reminder email the day before the call with the link attached. They are invited to bring questions, concerns, or networking ideas to the faculty gathering.

Share your accomplishments and challenges, and much more.

Mark your calendars to join us for the next Endorsed Schools Network Gathering.

A Zoom invite to the gathering will be sent to the contact persons for all AHNCC Endorsed Schools, the day before we meet.

March 8th
1:00 pm EST
12 Noon CST
11:00 am MST
10:00 am PST

Zoom link for Network Gathering

<https://us06web.zoom.us/j/81075145816?pwd=MVb54W7HKOXG9f2nSzvey30DDT8weu.1>



**ST. CATHERINE
UNIVERSITY**

Authors:

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The following nursing student story highlights the holistic care and experiences offered by the partnership between **St. Catherine University's** (St. Kate's) and Saint Mary's Health Clinics (SMHC):

Four years ago, my concept of holistic healthcare was limited to essential oils and herbal remedies. I had yet to grasp that holistic care is not confined to alternative or complementary therapies but can be practiced within Western medicine. My nursing education changed my perspective. At the core, my view of holistic healthcare lies in the fundamental belief that access to healthcare is a basic human right.



I've gained practical, hands-on experience through the partnership between St. Kate's and SMHC, the St. Mary's Medical and Rehabilitative Therapies (SMMART) Clinic.

At the SMMART Clinic, holistic healthcare is not just a philosophy, but the essence of the clinic and

From Student to Advocate: My Journey in Holistic Nursing

its mission. Providing free primary healthcare to low-income and uninsured individuals, the SMMART Clinic embodies compassion and inclusivity. Volunteering as a student nurse at this clinic is the highlight of my nursing education. I've not only practiced holistic care but also seen the impact.

Holistic care extends beyond treatments and care plans; it entails active listening, inquiry, and approaching each situation open-minded. It's also about collaboration: working with a diverse team of healthcare professionals, including physician assistants, occupational and physical therapists, dietitians, mental health experts, interpreters, and nurses. Together, we ensure that every aspect of a patient's well-being—mind, body, and spirit—is nurtured.

Most importantly, holistic care is about meeting people where they're at, regardless of their circumstances or background. I spring into action when a patient arrives, ensuring a warm and welcoming environment. Many patients at the SMMART Clinic are Spanish-speaking, prompting me to ensure a culturally sensitive approach. From verifying the pronunciation of their name to ensuring interpreter access, every step is taken to establish trust and connection.

One of the most rewarding aspects of the student nurse volunteer role is the opportunity to forge meaningful

patient connections. By delving into concerns, discussing medications, and exploring additional needs, I and the team strives to empower each patient in their healthcare journey. Advocacy plays an imperative role in holistic care. For instance, a physical therapy patient mentioned he had been having ear pain, leading to the discovery of a foreign object by one of the physician assistant students. Another patient came in for a routine medication follow-up appointment, voiced concerns about arm pain, and was able to see physical therapy that day.



My experiences at the SMMART Clinic have profoundly shaped my understanding of holistic care, reaffirmed my commitment to patient-centered care, and strengthened my resolve to advocate for equitable access to healthcare for all. As I prepare to graduate this spring, I will carry with me these invaluable lessons and the unwavering belief in the power of holistic healthcare.

This student story demonstrates the impact of a holistic curriculum and practice experiences. Holistic curriculum and interprofessional practice opportunities make a difference for both patients and students.

Dr. Strange Brings a Holistic Nursing Perspective

Faculty Spotlight



Karina Strange, PhD, RN began her position as an Assistant Professor at the **Duquesne**

University School of Nursing.

Before becoming a nurse, Dr. Strange earned a BA in Cultural and Linguistic Anthropology at Vassar College. She has served in the U.S. Peace Corps, AmeriCorps and Nurse Corps. These service experiences inspired her interests in transcultural nursing, care for vulnerable populations, social determinants of health, health disparities and community health.

Dr. Strange has practiced in federally qualified and non-profit clinics, where she has cared and advocated for underserved

populations experiencing health disparities. Her primary research interests include transcultural and holistic nursing; spirituality/faith influences on older adults' health; care for vulnerable populations; and innovations in community health nursing education.

Dr. Strange is excited to teach at an endorsed holistic nursing school and to bring her holistic perspective into the classroom. Dr. Strange reflects: "When I was applying for faculty positions, the American Holistic Nursing Credentialing Corporation (AHNCC) endorsement of Duquesne really stood out and appealed to me as a junior faculty member."

Dr. Strange introduces holistic nursing in the freshman course, the Community Engaged Professional Nurse. On the first day, students are asked to write about their knowledge of the terms "burnout" and "self-care". She returns to discussing these topics throughout the semester. Students learn about compassion fatigue, moral distress, and moral injury. Additionally, students discuss strategies for self-care and how self-care can enhance a nurse's well-being and, by extension, patient care and nurse retention. Self-care is stressed as being important not only for the students' growth and development as professional nurses, but also as college students who are transitioning to a new and important chapter of their lives.

At the beginning of each class, Dr. Strange leads the students in a mindfulness activity and asks them to share their self-care activities for that week. Afterwards, students might discuss concepts such as how:

- Community partnerships and interprofessional collaboration may be helpful for people who integrate spiritual beliefs into their health practices.
- Holistic Nursing practice/care focuses on all aspects of a patient's multidimensional well-being and becoming.
- Culturally congruent care and cultural competence intertwine with social determinants of health, social justice, advocacy efforts, and health equity.
- The value of therapeutic silence and active listening facilitate and strengthen nurse-patient rapport.

Dr. Strange appreciates the mentorship she receives from the board certified advanced holistic nursing faculty at Duquesne University's School of Nursing and hopes to become certified in the near future.



XAVIER UNIVERSITY COLLEGE OF NURSING



Holistic Pain Management (HPM) course

At **Xavier University College of Nursing**, holistic principles and values are woven through our curricula. The Holistic Pain Management (HPM) course is a one-credit BSN elective taken in the final year. The course reviews holistic nursing values, the bio-psycho-social and neuroscience models of physical pain, psychic and spiritual pain, and non-pharmaceutical interventions for pain management. Students also interview two people living with chronic pain to learn about the lived experience and to practice deep listening and attending to providing a safe, sacred space.



After reviewing holistic values and self-compassion in the first week, the students are assigned a reflection on self-awareness and self-care using Quinn's (2014) butterfly model. Students reflected that it was overall a positive experience and that "I pushed back and [was] scared to really dig into and explore. But I suppose in doing so, I will grow and learn more about myself, which can only benefit me and those around me."

We then explore the neuroscience and bio-psycho-social model of pain (using Zoffness, 2020), psychic pain, and spiritual pain. One student reflected "It is very evident how chronic pain is not just a physical sensation but can have an overwhelming effect on other aspects of one's health. Pain affecting one mentally, physically, and emotionally also allows for the utilization of a variety of therapeutic techniques and therapies to manage the pain."

Students present on 25-30 non-pharmacological strategies over the semester. The presentations are interactive and students weigh the evidence for the strategies and the nurse's role. The strategies are loosely grouped by mind-body, energy-focused, sensory, and lifestyle. Because many of these can also be self-care strategies, attention is given to both uses.

People living with pain often report feeling unheard or dismissed by healthcare professionals. The "Listening to their story" assignment aims to have students hear the lived experience of chronic pain and to be intentional in their listening to that story. Together the students develop a list of characteristics of providing a safe space for someone to be vulnerable and questions for evoking the story of living with pain. Students "recognize the value in listening as a tool to learn how you can best support that person specifically- through validation, reflecting genuine curiosity, care, and a drive to improve your actions in ways that will help them" and "I heard about the implications of pain, and perhaps most importantly, about the value and healing nature of simply validating and hearing somebody out."

The course culminates with an emerging case study, where students identify types of pain, potential questions and therapies that might address the cases.

Quotes are from student reflections with permission.

For more information or collaboration, contact Dr. Debbie VanKuiken at vankuikend@xavier.edu

Quinn, J. F. (2014). The integrated nurse: Wholeness, self-discovery, and self-care. In M. J. Kreitzer & M. Koithan (Eds.), *Integrative Nursing* (pp. 17-27). Oxford University Press.

Zoffness, R. (2020). *The pain management workbook: powerful CBT and mindfulness skills to take control of pain and reclaim your life*. New Harbinger Publishing.



Global Academy of Holistic Nursing

GAHN Third Monday Dialogues

January through May, the third Monday, 7:00-8:00 pm Eastern. The theme is ***Humans as Spiritual Beings Having a Human Experience; Spirituality, a Key Thread in Holistic Nursing Scholarship***. Attendance can be used for obtaining continuing competency hours. Discussion focused on Holistic Nursing Scholarship: The foundation, attributes, and characteristics. All interested are welcome to join us.

[Click here for more information on GAHN Third Monday Dialogues](#)

GAHN Vision

GAHN envisions Global communities that embrace praxes of holistic health, wellness, and social justice.

Holistic Nursing Praxes is the integration of Holistic Nursing knowledge, skills and values needed to affect a sense of wellbeing in individuals, groups and communities.

Social justice is the distribution of wealth, opportunities, and privileges needed to eradicate health disparities and promote safe and healthy communities.



GAHN Accepting Applications for Scholars

The Global Academy of Holistic Nurses (GAHN) is a diverse community, working collaboratively to further Holistic Nursing Scholarship. Each member is respected for the skills and wisdom they bring and valued for the unique contribution brought to GAHN.

Scholars of the Global Academy of Holistic Nurses are individuals who have made outstanding contributions to holistic nursing practice, education, research, or policy and are committed to advancing excellence in holistic nursing praxes and global health care transformation. To learn more about Membership, and the Benefits, Rights, and Responsibilities of being a GAHN Scholar please [click here](#).

Applications are being accepted from February 1 through March 31 only. [Click here to apply](#).

Click here for the [Holistic Nursing Scholars Handbook](#). There is a mock-up application in Section III. There are application guidelines following the Mock-up Application, pg 19-21.

COME EXPLORE WITH US!

Looking for more information on becoming a Holistic Nurse?

Click the links to the right and discover what AHNCC has to offer.



An Inspirational offering from AHNCC!

AHNCC offered several inspirational musical sessions with Singing Bowls and Drumming in 2023. We have now made them available for your viewing. Please click on the links below to enjoy both of these musical programs.



[Singing Bowl Session Click Here](#)



[Drumming Session Click Here](#)



The AHNA Annual Conference offers 6 days of top-notch continuing professional development, leading keynote speakers, networking with fellow holistic nurses, an exhibit hall filled with vendors offering the latest products and services to complement your daily practice, and time to nurture yourself and your Submit a Conference Workshop connection to holism in an environment primed with energy and the support of fellow healers.

[Click Here for more information.](#)



CE OPPORTUNITIES AHNCC & GAHN, "CALLED FROM DARKNESS" FILM SERIES

LEARN MORE ABOUT VULNERABLE POPULATIONS

The American Holistic Nurses Credentialing Corporation (AHNCC) and the Global Academy of Holistic Nursing (GAHN) are partnering to offer a documentary series, offered by TouchPoint Productions LLC, which explores the spiritual dimensions of addiction recovery, healing and reconciliation in different marginalized populations.

Once registered, all films in the series will be available.

Watch all six movies for \$50! 9 Contact Hours

Enjoy each film at your convenience.

REGISTER HERE

This nursing continuing professional development activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

We frequently get the question, “*What is the difference between Holistic Nursing and Nurse Coaching?*” Although both holistic nurses and nurse coaches practice within a foundation of Holism, the focus of their care is different.

What is Holistic Nursing?

Holistic nursing is defined as all nursing practice that provides care for the person as an integrated, holistic human being, inseparable and integral with the environment. Holistic practice draws on holistic nursing knowledge, theories, expertise, different ways of knowing, and intuition to guide nurses in becoming therapeutic partners with clients in a mutually evolving process toward healing and holism. Holistic Nursing is universal in nature and may be practiced in any clinical setting, community, private practice, hospital, educational institution, or research foundation; with the understanding that clients are the experts of their needs and care is always planned for and provided within the context of their culture, perceptions, values, and belief system.

What is Nurse Coaching?

Nurse Coaching is a skilled, purposeful, results-oriented, and structured relationship-centered, interaction-based role with clients based in the precepts of Holistic Nursing wherein clients are facilitated in achieving health-focused goals. Relationships are based on goal accomplishment and tend to be short-term. Nurse Coaches are educated in advanced communication strategies, skills, and knowledge with the understanding that clients are the experts of their needs and care is always planned for and provided within the context of their culture, perceptions, values, and belief system .

How is Nurse Coaching related to Holistic Nursing?

Holistic nursing is a way of thinking and doing. **Nurse Coaching** is a role within nursing that uses holistic nursing principles.

Reasons to get Certified as a Holistic Nurse or Nurse Coach include:

- * For personal accomplishment.
- * To connect with a like-minded network.
- * Career progression.
- * Increase your marketability through professional achievement, credibility, and recognition.
- * To increase your hireability and align with organizations that are focused on relationship-based care and health, wellness, and well-being.
- * To validate your practice to yourself and stakeholders.
- * Some people work for an organization that requires certification.
- * Certification is needed in a Magnet recognized hospital.
- * Many agencies increase the salaries of nurses once they are certified.



[Conversation Corners \(CC\)](#), is an initiative that the AHNCC Equality, Equity, Diversity, Inclusion, and Social Justice (EEDISJ) Committee implements. The intent of the CCs is to increase our worldviews and understanding of other peoples' lived experiences, perceptions, values, cultures, attitudes, etc. Through these dialogues we hope that we can all learn and grow and better care for those whom we serve.

Participants who attend the entire presentation can receive continuing competency hours that can be used to meet their certification continuing competency hours requirement.

Embracing "Equality, Equity, Diversity and Social Justice" for All.

Qualified Verified

Get Certified



AHNCC is accepting applications and testing for the Holistic Nursing and Nurse Coaching examinations. Limited testing sites are available.

The benefits include:

- Exams are offered year round
- 90-day testing window beginning upon notification of eligibility to test
- Immediate notification of test results upon exam completions

For more information, please contact:

AHNCC at 785-267-0943 or C-NET at 800-463-0786



Here is the AHNCC Endorsed schools seal 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 download 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.

**Spread
the
Word!**

Help us spread the word! Please share these video links that are all about our Endorsed Schools and Holistic Nursing certifications:

[How do I Know If I Graduated From an AHNCC Endorsed School?](#)

[Why Would I Want to Attend an AHNCC Endorsed Program?](#)

[Certification in Holistic Nursing – Introduction](#)

[Certification in Holistic Nursing – long version](#)



<https://www.ahncc.org>

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