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Holistic nurses believe that the human being, composed of a mind, body and soul integrated into an inseparable whole that is greater than the sum of the parts, is in constant interaction with the universe and all that it contains. Health and well-being depend on attaining harmony in these relationships. Healing is the journey toward holism. Using presence, intent, unconditional acceptance, love, and compassion, holistic nurses can facilitate growth and healing and help their clients to find meaning in their life experiences, life purpose, and reason for being.

Holistic Nursing as a Specialty: Holistic Nursing—Scope and Standards of Practice	165
Carla Mariano	

This article describes the *Holistic Nursing: Scope and Standards of Practice*. It defines holistic nursing, its five core values, and its practice standards. These include holistic philosophy, theory, and ethics; holistic caring process; holistic communication, therapeutic environment, and cultural diversity; holistic education and research; and holistic nurse self-care. Educational preparation for holistic nursing and settings in which holistic nurses practice are also explored.

Legal Parameters of Alternative-Complementary Modalities in Nursing Practice	189
Sharon Radzyminski	

Complementary and alternative healing modalities are increasing in popularity. Partially in response to client demand and partially

because of a strong history in providing care encompassing the whole person, nurses have responded by incorporating selected alternative therapies within select professional services. There are questions, however, as to whether some or all of these modalities are within the boundaries of nursing practice. Because most professional practice acts are vague in relation to specific therapies, a model for legal analysis is presented.

Holistic Assessment and Care: Presence in the Process

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Pamela J. Potter and Noreen Frisch

Holistic assessment and care are inseparable from the nursing process. Holistic nursing practice informed by a philosophy of holism balancing art and science recognizes the interconnectedness of body, mind, and spirit. Holistic practice draws on knowledge, theories, expertise, intuition, and creativity. The purpose of this article is to place nursing in the context of holistic practice; to explicate the role of presence as an essential condition for holistic care; and to provide an example of the holistic caring process that incorporates theory, presence, and practice documented in the standard formats. A holistic approach to nursing integrates process and presence in the provision of care. Process alone is empty without presence. Presence alone is insufficient without the process.

Promoting Behavior Change: Making Healthy Choices in Wellness and Healing Choices in Illness—Use of Self-Determination Theory in Nursing Practice

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Vicki D. Johnson

This article explores more efficacious strategies for holistic nurses to promote healthy behavior choices in their clients. It presents an overview of self-determination theory (SDT) and describes research evidence that supports the application of SDT to promoting healthy behavior change in clients. When nurses act in ways that support clients' innate needs for autonomy, competence, and relatedness, clients may be more successful at internalizing self-regulation and more inclined to adopt and maintain lifelong behavioral changes. Some examples of nursing interventions to motivate behavior change are outlined in this article.

Energy-Based Modalities

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Joan Engebretson and Diane Wind Wardell

Research on touch therapies is still in the early stages of development. Studies of therapeutic touch, healing touch, and reiki are quite promising; however, at this point, they can only suggest that these healing modalities have efficacy in reducing anxiety; improving muscle relaxation; aiding in stress reduction, relaxation, and sense of well-being; promoting wound healing; and reducing pain. The multidimensional aspects of healing inherent in patient care continue to be expanded and facilitated by our understanding and application of energy therapies.

Terry Reed

This article addresses the why and how of imagery and its relation with holistic theories. The description of clinical applications, program development, and research demonstrates successful interventions in virtually every area of nursing. Case examples show the profound healing that is experienced by the patient and the nurse simultaneously through this work. Imagery is harmless, is time- and cost-effective, and creates a healing partnership between the nurse and patient.

Meeting Clients' Spiritual Needs

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Cheryl Delgado

True holistic care requires attention to spiritual as well as physical needs, but many health care providers do not feel comfortable discussing spiritual matters with clients. Although recognized by national nursing groups as a standard of care, nurses are not well prepared or rewarded for spiritual care efforts. There are several spiritual assessment tools available and many suggestions for interventions, but little research-based evidence on the effectiveness of spiritual care assessments or interventions. Nurses are well positioned by their continued intimate contact with clients and the importance of caring to nursing to lead the health care profession in developing spiritual care theory and practices.

Creating a Holistic Environment for Practicing Nurses

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Janet Weber

Until nurse administrators and nurse educators focus on improving the nursing practice environments in which we lead and teach others, it is likely to be extremely difficult for nurses to succeed in providing holistic care to clients. To promote a holistic practice environment for nurses, we need to find creative ways to apply newer leadership theories in practice and education. A heightened self-awareness of our own emotions and how we influence others can promote more positive relationships, and thus a more nurturing practice environment, for nurses of all ages, cultures, and levels of experience.

Teaching Holistic Nursing: The Legacy of Nightingale

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Margaret O'Brien King and Marie F. Gates

This article emphasizes the importance of holistic concepts in nursing and curriculum development. Grounded in the work of Florence Nightingale, nursing education prepares practitioners to meet the holistic needs of clients. The basic tenets offered by the American Holistic Certification Corporation and the American Holistic Nurses' Association are used to describe essential content in a nursing program emphasizing holism. Strategies for introducing

holistic nursing into curriculum and overcoming barriers to including holistic nursing in nursing education are discussed. Examples are provided through the experiences of two schools of nursing that successfully incorporated holistic nursing concepts.

Research Paradigms and Methods for Investigating Holistic Nursing Concerns

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Mary Enzman Hagedorn and Rothlyn P. Zahourek

Holistic nursing is a discipline focused on healing the whole person and dedicated to understanding and supporting the premise of holistic health of the patient and promoting healing in practitioners, patients, families, social groups, and communities. An explication of knowledge related to caring and healing in the human health experience and in holistic nursing is informed by the individual nurse's paradigmatic stance. Holistic nursing research is complex and focuses on healing, particularly healing of self, others, systems, and communities at large. This article discusses the competing paradigmatic perspectives, theoretic perspectives supporting holistic research, fundamental patterns of knowing and knowledge generation, a framework for holistic research, and the challenges of conducting holistic research. Recommendations for future research agenda are presented.