2nd Annual New England Holistic Nursing Conference

Defining and Validating Your Holistic Nursing Practice Through Certification
Thursday September 27, 2012, 10:35am-12:05pm

1. The Holistic Nursing Certification Process
   A. Is Holistic Nursing for Me?
      1. Relationship Between Philosophy, Practice, and Certification
      2. Philosophical Assumptions
         a. Holism
         b. Healing and Caring vs. Curing and Disease/Illness
         c. Orientation towards person, client vs. patient
         d. Holistic Caring Process
         e. Mutual reciprocal nurse-client relationship
         f. Person and environment (internal and external) are integrated
         g. The subjective experience of and meanings ascribed to health, illness, etc.
         h. Self-care
         i. All experiences are an opportunity for growth, transformation, finding meaning.
         j. Health is a balance, integration, harmony, and the focus is unity.
         k. Look for patterns/problem/need/health issue.
   3. Philosophy affects and guides our Nursing practice. How we think about major construct and concepts such as the nurse-client relationship, healing, health, person, environment, etc determine our focus, priority and how we “nurse.”
   4. Smith’s Models of Care
      a. Clinical- healthy if illness or disease free
      b. Role-performance- healthy if able to perform their life roles
c. Adaptive- healthy as long as they are able to adapt and do their DLS
d. Eudaemonistic- holistic, focus is on perception and quality of life and
   well-being.

5. Wholism vs. Holism
   a. Wholism- reductionistic, recognition of different subsystems, sum of
      parts = whole.
   b. Holistic-Sum of the parts is greater than the whole. Constant synergistic
      interaction among the subsystems. In-separable and integral with the
      environment.
   c. Case Examples- Heart Attack in Room 225, Mr. Jone’s wife has died.

B. What is Holistic Nursing Certification?
   1. Why Get Certified
      a. Personal reasons-affirmation of who they are and their practice,
      b. Professional reasons- clinical ladder, increase in pay, validation of
         expertise, recognized by society, required, independent practice.

2. Who are certified Holistic Nurses? It can be any nurse who works in any setting
   or with any population. Because it is philosophy based and who they are versus
   the tasks they do they work in all specialty areas.

C. The Process Defined
   1. Qualifications
      a. Unrestricted RN license,
      b. Educational minimum of ADN or Diploma. An ADN or Diploma
         degree in Nursing for the HN-BC examination; a baccalaureate degree in
         nursing for the basic exam; and a master's degree in Nursing for the
         advanced level examination. A transcript from a university that is
         academically accredited is required. For international students, formal
documentation from a recognized organization showing that the student meets the requirements for the ADN, BSN, or MSN are required.

c. 48 contact hours received in holistic nursing theory, practice, research or ethics within the last 2 years prior to submitting the application.

d. 1 year fulltime or 2000 hours of holistic nursing practice within the last 5 years.

*What is holistic nursing practice?* Holistic Nursing focuses on the facilitation of healing the client's and, body, and spirit. It does not focus on attaining the expertise of alternative modalities such as massage therapy, aromatherapy, healing touch, etc. Although many of the certified holistic nurses do use alternative healing modalities. Holistic nursing is not setting dependent but rather is based on the nurse's philosophy. If the nurse facilitates health, wellness, and well-being and plans interventions that integrate the client's mind-body and spirit then she/he is practicing Holistic Nursing. Holistic nursing is dependent on the nurse's frame of mind and philosophy not their ability or expertise in a modality. It is a way of being not what we do.

3. The Application Process-

   a. *Step 1*-Obtaining application from AHNCC website; Completing application and Self-reflective assessment; Mailing completed application packet to PTC in New York City, NY.
b. Step 2- After the application is approved by PTC a registration packet is sent to the candidate; the candidate completes the test registration form and mails it back to PTC; register for the exam date and the time, and desired location; the last step is to sit for the examination.

2. The Art and Science of Holistic Nursing—What to Expect on the Examination

A. The primary purpose of integration of the “Art & Science” is to nurture the client toward wholeness and the greatest state of well-being.

B. Exam Content

   1. AHNA Scope and Standards of Holistic Nursing Practice—
      a. Nursing Needs Identified from a Holistic Perspective.
      b. Needs are met within the context of culturally sensitive, caring, interpersonal relationship.
      c. Includes diagnosis and treatment of human responses to actual or potential health problems.
      d. Practices are restorative, supportive and promotive in nature. Focus is on well-being and healing, caring not curing.

2. Major Core Values
a. Holistic Philosophies, Theories, and Ethics
b. Holistic Education and Research
c. Holistic Communication
d. Therapeutic Environment & Cultural Diversity
e. Holistic Caring Process

3. Major Holistic Nursing Concepts-
   a. Presence
   b. Intention
c. Holism
d. Person-Centered Care
e. Patterns/Challenges/Needs
f. Caring-Healing Interventions
g. Health Promotion, Wellness, Well-being

3. Preparing for the Examination- Getting Your Ducks In a Row
   A. Identify your strengths and limitations
   B. Self-reflection
   C. Plan ahead- life gets in the way
   D. Timeline-
      1. Gather & prepare application & documents. Send 4-6 months before exam to PTC in NY
      2. Application packet processed by PTC and will be returned in 4-6 weeks.
3. Register for the Examination after receiving approval at least 4-6 weeks BEFORE examination session begins.

4. Strategies for Success

A. Creating a Holistic Study Plan

1. Considerations-your learning style; learning style inventories:

   http://ttc.coe.uga.edu/surveys/LearningStyleInv.html


2. Preparation- Balance is important

   a. Preparatory Courses- Birchtree Center, AHNA Foundations of Holistic Nursing

   b. Self-Study

   c. Online Networking

   d. Support Groups

5. ***Self-Care***

3. Resources

   a. AHNA Scope and Standards of Practice


   d. HNB Practice Examination (on PTC website)
4. REMEMBER Self-Care

5. Strategies for Success

6. The De-Stress Kit

5. Bringing it all together

A. Frequently Asked Questions can be accessed at the AHNCC website:


Questions about applications call Jenna Webb at 212-356-0672

Contact us: ahncc@flash.net, 512-528-9210

Bibliography


http://ttc.coe.uga.edu/surveys/LearningStyleInv.html

http://www.personal.psu.edu/bxb11/LSI/LSI.htm

http://www.ahncc.org/documents.html