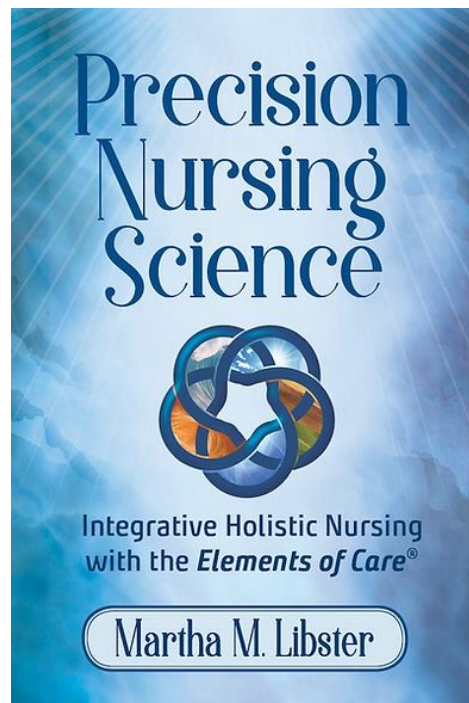


Precision Nursing Science:
Integrative Holistic Nursing with
the Elements of Care®



NEW TEXTBOOK BY
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B/ INTRODUCTION

Holism defines a philosophical approach to care in nursing that is centuries old. Today, Integrative Holistic Nursing is a specialty practice, which has a defined focus on nursing care that incorporates complementary therapies, natural products, mind and body practices, and aspects of traditional healing systems. The actions of every nurse are defined by a holistic philosophical approach that has endured the centuries to include physical, emotional, mental, and spiritual care. *How* that nursing care is applied, not simply what is done to a patient, is an enduring theme that defines the Elements of Care[®] that are foundational to Integrative Holistic Nursing.

For centuries, the five Elements of Care[®] – Fire, Air, Water, Earth, and Ether, (defined as a vital energy or infinite substance which encompasses all of the elements), have provided a structural focus for sickroom management, creating healing environments, and the nursing care of the whole patient, be they individuals, families, or communities. When in balance, the five elements are considered a full measure of health. The structure of this text around the Elements of Care[®] may seem familiar to nurses as nature cure and sickroom management. This text incorporates the same five elements that appear throughout the history of medicine and science as well as in the traditional and indigenous systems of health belief and healing in which nurses frequently engage. In today's culturally diverse healthcare environment, nurses will gain a broad understanding of how the five Elements of Care[®] are relevant today. This in-depth understanding provides a new perspective on clinical care, practice management, and quality of life for both the patient and the nurse. It is also the foundation for precision nursing science referred to in this text that places energetics first.

The 13 chapters of this text are divided into two parts. Part I introduces and defines the elements of Integrative Holistic Nursing practice. Separate chapters address the philosophy of holism and the five elements as well as the tradition and indigenous healing systems that continue to inform precision nursing science and the health culture diplomacy of the Integrative Holistic Nurse. Part II focuses on the ways a nurse can apply the knowledge gained from part I in Integrative Holistic Nursing interventions and plans of care that demonstrate precision nursing science. Chapters 4 – 8 are general chapters that provide an overview of Integrative Holistic Nursing interventions, pain relief and comfort, mindfulness practice, touch therapies, and communication interventions. This is followed by specific chapters exemplifying the application of the knowledge of each of the five elements to Integrative Holistic Nursing

practice: Water (Hydrotherapy); Air (Essential Oils and Aromatherapy); Fire (Religious and Spiritual Interventions); Earth (Nutrition Interventions); and Ether (Herbal Interventions).

Applying integrative holistic nursing philosophy and the five Elements of Care® in nursing practice is a highly creative process that is precision nursing science. This text includes time for self-discovery with the intent that you will take the time to reflect upon and transform your own creative expression of integrative holistic care as precision nursing science so as to be more authentically congruent with your personal and professional purpose.

B/ PURPOSE

After reading this text, the learner will be able to:

1. Explain integrative holistic nursing philosophy, precision nursing science, and the concept of holism.
2. List the five Elements of Care® that guide healing traditions, self-care, and holistic nursing practice.
3. Discuss the difference between complementary therapies and traditional/indigenous healing.
4. Explore ways to demonstrate holistic nursing philosophy in the practice of integrative nursing.
5. Promote pain relief and comfort with non-pharmacological interventions.
6. Demonstrate mindfulness practice interventions in Integrative Holistic Nursing care.
7. Describe one way to integrate touch therapies and body work interventions into your nursing practice.
8. Utilize Integrative Holistic Nursing communication interventions with patients.
9. Include hydrotherapy interventions in Integrative Holistic Nursing practice.
10. Apply essential oils and aromatherapy interventions in Integrative Holistic Nursing practice.
11. Incorporate religious and spiritual interventions in Integrative Holistic Nursing practice.
12. Select nutrition interventions for use in Integrative Holistic Nursing practice.
13. Analyze the essential nature of herbal interventions (ether element) applied in Integrative Holistic Nursing practice.