

***THE AMERICAN HOLISTIC NURSES  
CREDENTIALING CORPORATION***

**CORE ESSENTIALS FOR THE  
PRACTICE OF BASIC HOLISTIC NURSING**



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## OVERVIEW

### A. Purpose of This Document

The document, *Scope and Standards of Holistic Nursing Practice*, 2013, co-published by AHNA and ANA provides an explication of the specialty, Holistic Nursing. It provides a detailed discussion of the scope of the Holistic Nurses' practice, including the Core Values, Principals, Standards, and related competencies. The Core Values provides a philosophical context for practice. They guide how we think about the Standards and Competencies. The Principals of Holistic Nursing summarize the major themes of the Philosophy. The Standards set the norms or criteria for the practice; the Competencies explicate or spell out the activities and behaviors required of the expert Holistic Nurse.

Holistic Nurses practice at four levels: Basic *Non-Baccalaureate* Nursing, Basic *Baccalaureate in Nursing*, *Advanced Holistic Nursing*, and *APRN Advanced Practice Holistic Nursing (APRN)*. The AHNCC examinations are designed to assess *essential knowledge and skills* associated with the 16 (sixteen) *Standards of Holistic Nursing Practice* and related Competencies for each level of practice. Because Holistic Nurses carry out their activities and behaviors within the context of Holistic Nursing's philosophy, the Competencies are embedded in the Holistic Nursing Core Values.

### B. Structure of the Attached Materials

1. *The Essentials* for Basic Holistic Nursing is presented below:

- a) The first part presents *competencies* expected of *all Holistic Nurses*, organized according to the Core Values of Holistic Nursing. A Blueprint for the Basic Certification Examinations follows this listing of *Essential Knowledge and Skills for the Basic Practice of Holistic Nursing*.
- b) Appendix A presents the Standards and their related competencies for the *Basic Holistic Nursing* examinations.

## ESSENTIALS FOR BASIC PRACTICE, REGISTERED HOLISTIC NURSES<sup>1</sup>

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<sup>1</sup> This section is organized around the Core Values of Holistic Nursing. Some of the Core Values have several components. For example, Core Value 2 Holistic Nursing Practice addresses a) competencies related to quality of care and caring (i.e. Standard 10); competencies related to the traditional activities involved in the caring process (i.e. Standards 1-6); competencies related to the holistic nurse as a collaborator in provision of holistic care (Standard x); and competencies related to the holistic nurse as a leader in provision of holistic care. The first and last two groups of competencies are not usually included in discussions of the Caring Process. Nevertheless, they are included under

## A. Core Value: Holistic Philosophy, Theories, and Ethics

### 1. *Holistic Nurses practice within Holistic Nursing's philosophy, theories, and ethical code by*

- a) Using ANA and AHNA documents (standards, code of ethics, to guide practice (#69<sup>2</sup>)
  - i. Overview of Principles of HN as defined by AHNA Scope and Standards for Practice
    - a) Listing with discussion of principles and how they are the link between philosophy and Standards
    - b) Listing of Standards
      - Derivation of Standards
    - c) Relationship of Competencies to Standards
      - Derivation of Competencies
  - ii. Relation between AHNA and ANA
- b) Using AHNA Core Values to articulate foundations of Holistic Nursing (#70)
  - i. Unity of all things.
    - a) Energy and interconnectedness of all things;
    - b) Consciousness;
    - c) Nurse as an instrument of healing
      - Use of presence, intentionality, and unconditional acceptance
    - d) Human caring, i.e. the holistic nursing process, is defined by AHNA as "The moral ideal of nursing in which the nurse brings one's whole self into a relationship with the whole self of the person being cared for in order to protect that person's vulnerability, preserve her or his humanity and dignity, and reinforce the meaning and experience of oneness and unity" (AHNA, 2012, p.67).
  - ii. Holistic Nursing as a caring-healing relationship/partnership with others.
    - a) The Professional Holistic Nurse as an individual, partner, collaborator, and leader
      - i. Nurse as an instrument of healing
      - ii. Nurse Self-care (as a way of attaining, maintaining own health, restoring energy, preparing to work as energy conduit)
      - iii. Nurse Self-care as a precursor for creating caring-healing partnerships
      - iv. Nurse Self-reflection as a primary source of self-knowledge.
      - v. Client as individual, family, group, community

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this Core Value because the Caring Process involves more than just the activities of carrying out the process (i.e. Standards 1-6); it also involves how it is performed, evaluation of the quality of the care provided; collaboration with peers to ensure continuity, and consistency and to serve as a learning experience for colleagues; as an opportunity to involve the entire healthcare team to maximize care efficacy, and to provide leadership for change.

<sup>2</sup> The related competency is enclosed in parenthesis. For example, this competency is #69. The Standards of Holistic Nursing and related competency location can be found in Appendix A.

- a) The Client as expert of own health wellness
  - vi.) Self-knowledge is the primary source of information needed in the caring process) includes beliefs, cultural values, folk/health practices, life perspectives.
  - vii. The Family, significant others, and other healthcare as secondary and/or tertiary sources of information.
  - viii. Subjective experiences provide information regarding meaning of life experiences
  - ix. Alternative Health practices as optional for Holistic Nursing practice
  - x. Healing environments
  - xi. Theories of Unity
    - a) Integral Theory
    - b) Rogers
  - xii. Practice Theories
    - a) See AHNA (2012) for extant theories
  - xiii. Alternative health practices commonly used by Holistic Nurses
- c) Honoring client's uniqueness, inherent worth throughout caring process. (#63)
- d) Honoring client as the authority/expert of his/her life experiences. (#64)
- i. Views client as primary source of information
  - ii Recognizes significant others as secondary sources of information
- e) Honoring and facilitating natural development/unfolding of client's human processes & healing abilities. )#65)
- i. Health and wellness as the focus of HN practice, often called the human caring process.
    - a) Health as phenomena of quality of life and wellbeing;
    - b) Wellness is defined as "Integrated, congruent functioning aimed toward reaching one's highest potential" (AHNA, 2012, p. 68). According to the National Wellness Institute, wellness is
      - i.) Positive and affirming;
      - ii.) A conscious, self-directed, and evolving process of achieving full potential; and,
      - iii.) multi-dimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment.
    - c) Sickness and disease as factors in one's life that affect wellbeing
- f) Respecting client's choices, even when incongruent with conventional wisdom/standards. (#72)
- g) Preserving and protecting client's confidentiality, dignity, etc within legal and regulatory parameters. (#71)
- h) Assisting clients in self-advocacy skill development, including informed decision-making. (#74)
- i) Informing clients of risks, benefits, and outcomes of holistic healthcare regimes (#73, 139)
- j) Providing age appropriate holistic care in a *culturally and ethnically* sensitive manner. (#75)

- k) Advocating for vulnerable/marginalized community with consideration of economy, education, and social justice. (#79)
- l) Advocating for wellbeing of the global community. (#78)
- m) Seeking resources needed to carry out ethical decisions. (#80)
- n) Reporting illegal, incompetent, impaired, and/or discriminatory practices. (#81, 140)
- o) Engaging in nondiscriminatory professional practices. (#141)

## **B. Core Value 2: Holistic Caring Process**

### *1. The Holistic Nurses contributes to quality nursing practice by:*

- a) Acknowledging that health is a state of wellbeing as perceived by the client. (#92)
  - i. Defines health as “An individually defined state or process in which the individual (nurse, client, family, group, or community) experiences a sense of well-being, harmony, and unity such that subjective experiences about health, health beliefs, and values are honored; a process of becoming, expanding consciousness. AHNA, 2012, p 68
  - ii. Defines wellness as “Integrated, congruent functioning aimed toward reaching one’s highest potential” (AHNA, 2012, p. 68). Wellness is (a) Positive and affirming; (b) A conscious, self-directed and evolving process of achieving full potential; and, (c) multi-dimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment. (National Wellness Institute, <http://www.nationalwellness.org>; August, 2012).
  - iii. Defines wellbeing as a subjective experience of wellness.
- b) Advocating for health and wellbeing as desired outcomes of holistic nursing. (#93)
  - i. Advocates for plans that include strategies and outcomes based on health and wellbeing as defined by holistic nurses.
- c) Approaching clients as integrated, adaptive systems, interconnected with all systems (#91)
- d) Acknowledging self as integral with the healing environment (#94)
- e) Focusing on facilitating client’s growth, health, wellbeing. (#95)
- f) Using presence, intentionality, compassion, and authenticity throughout the caring process. (#96)
- g) Providing age and developmentally appropriate holistic care from infant to elder in a culturally and ethnically sensitive manner. (#100)
- h) Using holistic nursing theories to integrate ones knowing, doing, and being in practice. (#97)
  - i. Has basic understanding of extant holistic nursing theories and how to use them
- i) Documenting practice. (#98)
- j) Creating innovative quality improvement activities. (#99)
- k) Providing age and developmentally appropriate care to clients. (#101)
- l) Implementing processes to remove/decrease barriers to care. (#102)
- m) Promoting practice competency to assure quality care. (#105)

- o) Obtaining and maintaining certification in Holistic Nursing and other areas of expertise. (#104)
- p) Promoting holistic nursing as a specialty in nursing. (#116)
  - i) Clearly defining a vision of holistic nursing and all phases of the caring process. (#117)
  - ii) Demonstrates energy, passion for quality holistic nursing practice. (#118)
  - iii) Creates environments that support risk-taking behaviors. (#119)

*2) The Holistic Nurse uses self as instrument of healing by*

- a) Centering self (#1)
  - i) Understands and states the purpose of centering
  - ii) Acquires knowledge and skills related to self-centering
  - iii) Recognizes that centering may need to be repeated
  
- b) Eliciting the client's story to reveal the context and complexity of the health experience. (#2)
  - i) Self knowledge (client's story).
  - ii) Family (and/or significant others) perspective as secondary source of information)
  - iii) Nurses ways of knowing as pertinent information needed to provide holistic care plan.
  - iv) Other sources of information including medical perspective
  
- c) Using presence, intentionality, compassion, authenticity, etc.

*3) The Holistic Nurse collects comprehensive data relevant to the holistic paradigm by*

- a) Prioritizing data collection activities based on client's immediate needs, condition, or situation. (#3)
- b) Understanding that data collection is a continuous and ongoing process. (#4)
- c) Using holistic nursing concepts and theories to guide data collection. (#5, 6)
- d) Recognizing multiple ways-of-knowing as pertinent to the holistic caring process. (#7-13)
- e) Assessing client-factors related to client's needs, conditions, situations
  - i) Meaning of the signs and symptoms, health, illness, sickness, wellbeing. (#14)
  - ii) Understanding of the diagnostic procedures, diagnosis, and care plan. (#15)
  - iii) Use of and preferences for conventional and integrative health strategies. (#16)
  - iv. Learning needs and readiness to learn. (#17)
  - v. Values, beliefs, and cultural practices. (#18)
  - vi.) Lifestyle patterns and risk behaviors. (#19)
  - vii) Physical, mind, body, spiritual dimensions, and their interactions. (#20)
  - viii) Comfort status and related sources. (#21)
  - ix. Coping status and related resources. (#22)

- x. Cultural and environmental factors effecting client wellbeing. (#23)
- xi) Strengths, challenges, and available resources (internal and external). (#26)
- xii) Assess significant others' perception of the client's situation, condition. (#24)
- xii) Assess interactions between client, significant others, and healthcare providers as indicated. (#25)

*4. The Holistic Nurse analyzes data to determine the diagnosis/issues as they relate to client needs, concerns, condition or situation by*

- a) Using holistic nursing theories to interpret meaning, and identify relationships among the data collected. (#28)
- b) Synthesizing data/information to identify patterns. (#29)
- c) Analyzing pattern(s) of data to specify client needs, condition, situation. (#30)
- d) Validating diagnosis in partnership with client. (#31)

*5. The Holistic Nurse formulates realistic outcomes that emphasize holistic health and wellbeing by*

- a) Partnering with clients to formulate outcomes that emphasize health and wellness as defined by the client. (#32)
- b) Considers own expertise when defining outcomes. (#33)
- c) Facilitating client understanding that outcomes may evolve over time. (#34)
- d) Using holistic nursing theory to help formulate the outcomes. (#35)

*6. The Holistic Nurse develops a plan with strategies and alternatives needed to attain outcomes by*

- a) Co-creating a plan that includes holistic strategies and alternatives to attain expected outcomes that is safe and effective, and includes integrative health practices as appropriate. (#43)
- b) Facilitating exploration of holistic strategies and related resources needed. (#37)
- c) Including client's values and beliefs in planning, negotiations of role-responsibility. (#42)
- d) Including spiritually-based interventions as appropriate. (#38)
- e) Linking assessment, diagnosis, and potential side effects in plan. (#40)
- f) Setting a timeline for carrying out plan. (#39)
- g) Clarifying and validating client's understanding of plan. (#36)
- h) Documents plan using standardized language. (#41)

*7. The Holistic Nurse implements the caring-healing plan by:*

- a) Partnering with client in the entire process and ensures
  - i. adherence to holistic nursing philosophy, core values, principles.
  - ii. safe and effective practice. (#47)

- b) Integrating current trends, research, and evidence-based interventions specific to the client's needs, problem, or situation. (#44)
- c) Using self as an instrument of healing or conduit of healing energy. (#45)
- d) Using intentional comfort-touch as appropriate. (#46)
- e) Coordinating delivery of inter-professional activities and:
  - i. advocating for client's self-knowledge as essential information. (#48)
  - ii. overseeing care across settings and caregivers. (#49)
  - iii. Facilitate client's relationships with healthcare providers that are conducive to healing. (#50)
- f) Promoting health-focused strategies through
  - i. Modeling ethics and espousing a philosophy consistent with Holistic Nursing beliefs. (#51)
  - ii. Facilitating clients and significant others to learn that healing is a holistic process. (#52)
  - iii. Creating a safe learning environment. (#53)
  - iv. Use teaching-learning methods appropriate to client's needs/situation. (#54)
  - v. Seeking ongoing feedback on information provided client and significant others as indicated. (#55)
  - vi. Facilitating others to access their own inner wisdom. (#56)
  - vii) Facilitating others to learn about conventional and integrative practices. (#57)
- g) Partnering with multiple sources to create health documents. (#58)

8. *The Holistic Nurse evaluates progress toward outcomes planned by*

- a) Determining factors contributing to differences between expected and actual outcomes. (#59)
- b) Revising plan as indicated. (#61)
- c) Documenting results of evaluation. (#60)
- d) Disseminates evaluation results according to laws and regulations. (#62)

9. *The Holistic Nurse collaborates with others by*

- a) Acknowledging expertise/competency of diverse disciplines. (#122)
- b) Maintaining compassionate/caring relationship with peers/colleagues. (#123)
- c) Optimizing resources needed for service or caring through collaboration (#124)
- d) Participates in professional organizations to promote holistic health. (#125)
  - i. Disseminates information to colleagues, peers, interdisciplinary members, and the community regarding cost holistic health care methods, strategies, and cost-effectiveness.
  - ii. Trends in health care
    - Aging population
    - Healthcare reform HN3590
    - Nurse Coaching
- e) Shares knowledge at patient-care conferences, team meetings, etc. (#126, 127)



- e) Uses constructive communication skills when providing peers with feedback regarding role performance. (#128)

*10. The Holistic Nurse provides leadership for healthcare providers by*

- a) Engaging in teamwork with healthcare providers. (#112)
- b) Working to create healthy environments that support holistic healthcare. (#113)
- c) Demonstrating creativity and flexibility during times of change. (#114)
- d) Serving in key roles in the practice setting. (#115)
- e) Promoting innovative ideas conducive to client's health and wellbeing. (#120)
  
- g) Supporting life-work balance in nurses and colleagues. (#121)
- h) Utilizing and allocating resources in a safe, effective, financially responsible manner:
  - i) Evaluates multiple factors when choosing practice options that result in same outcomes. (#138)
  - ii. Assigns or delegates tasks as defined by practice acts and according to knowledge and skills of designee. (#142)
  - iii ) Disseminates information to healthcare providers and the community

**C. Core Value 3: Holistic Communication, Therapeutic Healing Environment, and Cultural Diversity**

*1. The Holistic nurse communicates effectively in all areas of practice by*

- a) Considering clients and colleagues' worldview. (#105)
- b) Using communication skills to interpret, relay, and validate messages (#107))
- c) Seeks client feedback regarding impact and effectiveness of care. (#103)
- d) Using knowledge and skills to communicate within client and colleagues worldview. (#106)
- e) Validating communication with clients and colleagues to ensure constructive, purposeful interactions. (#107)
- f) Facilitating negotiations of conventional and integrative practices for continuity of care. (#108)
- g) Facilitating inter-professional processes that enhance contributions of all members of the health team. (#109)
- h) Providing information related to use, efficacy, etc of integrative practices. (#110)
- i) Partnering with client and colleagues to enhance consumer's wellbeing. (#111)

*2. The Holistic Nurse practice in an environmentally safe and healthy manner by*

- a) Identifying that the wellbeing of the ecosystem is a determining condition for the wellbeing of human beings. (#143)
- b) Engaging in activities that nurture and enhance our integral relationship with earth. (#144)
- c) Proactively working to protect the wellbeing of the ecosystem. (#145)

- d) Contributing to an environment conducive to the holistic, integral education of health care providers. (#146)
- e) Promoting environments that support understanding, respect, health, healing, wholeness, and wellbeing. (#147)

### *3. Cultural Diversity*

- a) Providing age and developmentally, holistic care in a *culturally and ethnically* sensitive manner from infant to elder age groups. (#75)
- b) Understands the diversity of the global community and associated resources. (#136)
- b) Incorporates cultural practices that affect the client's holistic healthcare plan and related outcomes. (#137)

## **D. Core Value 4: Holistic Education and Research**

### *1. The Holistic Nurse attains knowledge and competence that reflects current Holistic Nursing by*

- a) Seeking and acquires pertinent knowledge and skills. (#82)
- b) Seeking experiences needed to develop, maintain skills, knowledge, etc. (#83)
- c) Uses current knowledge to develop/ expand practice performance. (#84)
- d) Maintains professional records that document competency and life-long learning. (#85)

### *2. The Holistic Nurse integrates various sources of evidence including research findings into practice by*

- a) Using theories and research findings to guide practice (#86)
- b) Understanding that EBP includes: the best evidence, client's preferences, and nurse's expertise (#87)
- c) Participates in research as appropriate. (#88, 89, 90)
- d) Uses referral process of ethics committees as appropriate (#77)

## **E. Holistic Nurse Self-Reflection and Self-Care**

- 1. Evaluates own practice using current standards, statues, rules, and regulations by:
  - a) Valuing life experiences as opportunities to learn, grow, and become. (#67)
  - b) Engaging in on-going self-reflection to:
    - i. Identify areas for self-development . (#66)
    - ii. Clarify beliefs and life experiences to find meaning. (#68)
  - c) Practicing self-care that manages stress and enhances wellness. (#76)
  - d) Engaging in self-evaluation of practice considering current practice standards, values, beliefs, discriminatory behaviors, etc. (#129)
  - e) Identifying areas of strength, and opportunities for professional development. (#130, 135)

- f) Seeking informal and formal feedback from clients, colleagues, and supervisors. (#131, 132)
- g) Participating in systematic peer review. (#133)
- h) Taking action(s) indicated in review processes. (#134)

Table 1. Blueprint, <i>Basic Holistic Nursing</i> , Standards and Competencies Mapped by Core Values (Examination contains 166 items for the HN-BC, and 189 items for the HNB-BC examinations respectively)										
Core Value	CV: 1 14%		CV: 2 63%	CV: 3 10%			CV 4 7%		Core Value 5 6%	
Percent Total Exam	Holistic Philos/ Theory 4%	Ethics 10%	Holistic Caring Process 63%	Comm 5%	Thera Healng 3%	Cultrl Divrsty 2%	Edu 3%	Rsch 3%	Self- reflect 6%	Self- care 1%
HN-BC items	7	17	104 <sup>3</sup>	8	5	3	5	5	10	2
HNB-BC items	8	19	118	9	6	4	6	6	11	2

## APPENDIX A

### Relations among AHNA Standards of Care, and *Basic Practice* Core Competencies

1. ASSESSMENT: The holistic, registered nurse collects comprehensive data pertinent to the healthcare consumer's health and or the situation. The Holistic Nurse:
  1. Centers self before interacting with client.
  2. Elicits client story (to reveal context and complexity of the human health experience).
  3. Prioritizes data collection activities based on client's immediate needs, condition, and/or situation.
  4. Collects data relevant to the holistic paradigm in a systematic and ongoing process.
  5. Uses holistic nursing *concepts* to guide data collection.
  6. Uses holistic nursing *theories* to guide data collection.
  7. Uses scientific (empirical) knowing when gathering and validating data.
  8. Uses esthetic knowing when gathering and validating data.
  9. Uses ethical knowing when gathering and validating data.
  10. Uses own personal knowing when gathering data.
  11. Uses sociopolitical knowing when gathering and validating data.
  12. Uses unknowing when gathering data.
  13. Uses reflective knowing when gathering and validating data.

<sup>3</sup> The questions are divided equally across the phases of the activities of practice (i.e. Standards 1-6: Assessment, Diagnosis, Outcomes, Planning, Implementation, and Evaluation; and practice performance behaviors (i.e Standard 10, the Quality of one's practice; and Standards 12 and 13 respectively: Leadership and Collaboration shown in the practice arena.

Linking Core Values, Standards, & Competencies, and Supplemental Information 2012  
AHNCC

14. Assesses client's perceptions and meaning of signs and symptoms, health, illness, sickness, and well-being.
15. Assesses client's understanding of the diagnostic procedures, the diagnosis, and treatment plan including integrative health practices.
16. Assesses client's use of and preferences for conventional and integrative health strategies.
17. Assesses client's learning needs and readiness to learn.
18. Assesses client values, beliefs, and cultural *practices*.
19. Assesses client's lifestyle patterns and risk behaviors.
20. Assesses client's physical, mind, body, spiritual dimensions and their interactions.
21. Assesses client's comfort status and related resources.
22. Assesses client's coping status and related resources.
23. Assesses cultural and environmental *factors* effecting client's wellbeing.
24. Assesses significant others' perceptions of the situation.
25. Assesses interactions between the client and significant others.
26. Assesses client's strengths, challenges, and available internal and external resources.
27. Documents relationship among diagnoses, expected outcomes, and evidence-based, holistic care plan in a secure and retrievable manner.

2. DIAGNOSIS: The holistic, registered nurse analyzes data to determine the diagnosis or the issues.  
The Holistic Nurse:

28. Uses holistic nursing theories to interpret meaning and to identify relationships among the data collected.
29. Synthesizes data/information to identify patterns.
30. Analyzes pattern(s) of data collected to derive diagnoses.
31. *Validates* diagnosis in partnership with client(s).

3. OUTCOMES IDENTIFICATION: The holistic, registered nurse identifies expected outcomes for a plan individualized to the healthcare consumer or the situation. The Holistic Nurse:

32. Partners with client to formulate realistic outcomes that emphasize holistic health and wellbeing.
33. Considers own expertise when defining outcomes.
34. Facilitates client's understanding that there is a potential of the outcomes evolving over time.
35. Uses holistic nursing theory to formulate outcomes.

4. PLANNING: The holistic, registered nurse develops a plan that prescribes strategies and alternatives to attain expected outcomes. The Holistic Nurse:

36. Clarifies and validates client's understanding of the plan.
37. Facilitates client and significant others to explore holistic strategies and related resources needed to address each of the diagnoses and the expected outcomes.
38. Integrates spiritually-based interventions in care plan as appropriate.
39. Partners with client and significant others (as appropriate) to set a timeline for the care plan.
40. Plans care that links assessment, diagnosis, and potential side effects.
41. Uses standardized language and/or recognized terminology to document the holistic

plan.

42. Ensures inclusion of client's values and beliefs in decision-making, holistic care plan, and negotiation of role-responsibilities.
43. Formulates a safe and effective care plan that incorporates appropriate integrative health practices.

5. IMPLEMENTATION: The holistic, registered nurse implements the identified plan. The Holistic Nurse:

44. Integrates current trends, research, and evidence-based interventions specific to the client's needs, problem, or situation.
45. Uses self as an instrument of healing (e.g. as a conduit of healing energy).
46. Uses *intentional comfort-touch* as appropriate
47. Partners with client in decision-making throughout the implementation process to ensure safe and holistic practice effectiveness.
  - a) Coordination of Care: The holistic, registered nurse coordinates care delivery. The Holistic Nurse:
48. Advocates for the client's self-knowledge as essential information.
49. Coordinates implementation of holistic care plan across settings and caregivers.
50. Facilitates client in establishing/maintaining relationships with healthcare providers that are conducive to healing.
  - a) Health teaching and promotion: The holistic, registered nurse employs strategies to promote health and a safe environment. The Holistic Nurse:
51. Models ethics and philosophy consistent with holistic nursing's beliefs.
52. Facilitates client's and significant others to learn that healing is a holistic process.
53. Creates safe learning environments.
54. Uses teaching-learning methods appropriate to the clients needs and/or situation.
55. Seeks ongoing feedback on information provided.
56. Facilitates others to access their own inner wisdom.
57. Facilitates others to learn about conventional and integrative practices.
58. Partners with multiple sources (e.g. clients, advocates, etc.) to create health documents.

6. EVALUATION OF IMPLEMENTED CARE: The holistic, registered nurse evaluates progress toward attainment of outcomes. The Holistic Nurse:

59. Partners with clients and others, as indicated, to evaluate the effectiveness of the plan, and determine factors that contribute to differences between expected and actual holistic outcome.
60. Documents results of the evaluation.
61. Uses ongoing evaluation to mutually revise, with persons involved: the plan, diagnosis, expected outcomes, and implementation.
62. Disseminates evaluation results according to laws and regulations.

7. ETHICS: The holistic, registered nurse practices ethically. The Holistic Nurse:

63. Honors uniqueness and inherent worthiness of clients throughout all aspects of the holistic nursing process.
64. Honors the individual as the authority/expert of his/her life experiences.
65. Honors and facilitates the natural development of and unfolding of the client's human

processes, and inherent capacity for self-healing.

66. Engages in on-going self-reflection to identify wisdom learned and areas for self development.
67. Values all life experiences as opportunities to find personal meaning and cultivates self-awareness, self-reflection, and growth.
68. Reflects on *the effect* of one's cultural and spiritual beliefs, life experiences, biases, education, and values on *his/her professional practice*.
69. Uses ANA Code of Ethics with Interpretive Statement and AHNA Position Statement on Holistic Nursing Ethics to guide practice.
70. Uses AHNA Core Values to articulate the moral foundation of holistic nursing.
71. Practices holistic nursing care in a manner that preserves and protects the client's confidentiality autonomy, dignity, rights, values, and beliefs within legal and regulatory parameters.
72. Respects the client's choices and health trajectory, even when it is incongruent with conventional wisdom/standards.
73. Informs the person of the risks, benefits, and outcomes of holistic healthcare regimes.
74. Assists persons in self-advocacy skill development, which includes making informed choices about their care.
75. Provides age appropriate holistic care in a *culturally and ethnically* sensitive manner.
76. Demonstrates a commitment to practice holistic self-care strategies to manage stress and enhance wellbeing.
77. Demonstrates knowledge of the role and referral process of the ethics committee in the organization.
78. Advocates for the holistic wellbeing of the global community with consideration for the economy, education, and social justice.
79. Acts on behalf of vulnerable and/or marginalized individuals or groups who cannot seek or demand ethical treatment on their own.
80. Seeks available resources in formulating holistic, ethical decisions.
81. Reports illegal, incompetent, or impaired practices.

8. EDUCATION: The holistic, registered nurse attains knowledge and competence that reflects current nursing practice. The Holistic Nurse:

82. Seeks and acquires knowledge and skills pertinent to the practice of Holistic Nursing.
83. Seeks experiences, formal and informal, to maintain and develop clinical skills, professional knowledge, and personal growth related to holistic nursing.
84. Uses current knowledge, including research findings, to expand clinical practice, professional performance, and role development.
85. Maintains professional records that provide evidence of competency, and life-long learning related to holistic nursing.

9. EVIDENCE-BASED PRACTICE/RESEARCH (EBP): The holistic, registered nurse integrates evidence and research findings into practice. The Holistic Nurse:

86. Uses the best available evidence, including theories and research findings, to guide holistic nursing practice decisions throughout the nursing process.
87. Recognizes that evidence-based practice contains three components: the best evidence, the client's preferences, and the nurse's expertise.

88. Participates, actively and ethically, in holistic research activities.
89. Participates in the work of the research ethics committee.
90. Supports research of others on healing, wholeness, spirituality, and/or other holistic concepts.

10. QUALITY OF PRACTICE: The holistic, registered nurse contributes to quality nursing practice.

The Holistic Nurse:

91. Approaches clients as integrated, adaptive systems, interconnected with all other systems.
92. Acknowledges that holistic health is a multidimensional state of well-being *as perceived by the client*.
93. Acknowledges health and wellbeing as the desired outcome of holistic nursing practice.
94. Acknowledges self as integral with the healing environment.
95. Focuses on facilitating the individual's growth, holistic health, and wellbeing.
96. Uses Presence, Intentionality, Compassion, and Authenticity throughout the holistic nursing process.
97. Uses holistic nursing theories to help integrate one's knowing, doing, and being in practice.
98. *Demonstrates quality* by documenting the application of the holistic nursing process in a responsible, accountable, and ethical manner.
99. Creates innovative, quality-improvement activities to initiate changes in holistic healthcare.
100. Engages in the practice of self-care as a prerequisite to providing holistic care.
101. Provides age and developmentally appropriate holistic care from infant to elder in a culturally and ethnically sensitive manner.
102. Implements processes to remove/decrease barriers to holistic care.
103. Seeks feedback from clients regarding impact and effectiveness of holistic nursing care.
104. Obtains and maintains professional certification in holistic nursing and other areas of expertise.
105. Promotes competency in Holistic Nursing Practice to assure client quality of care.

11. COMMUNICATION: The holistic, registered nurse communicates effectively in all areas of practice. The Holistic Nurse:

106. Uses communication knowledge and skills (e.g. active listening) to interact effectively within the clients and colleagues worldview.
107. Validates communication with clients and colleagues to ensure constructive, purposeful interactions.
108. Facilitates negotiations of conventional and integrative practices for continuity of care and program planning.
109. Facilitates inter-professional processes that enhance contributions of all members of the health team.
110. *Provides information* related to the use, efficacy, safety, and indications of integrative health practices to clients and others as indicated.
111. Partners with client and colleagues to enhance healthcare-consumer's perception of wellbeing.

12. LEADERSHIP: The holistic, registered nurse demonstrates leadership in the professional practice setting and the profession. The Holistic Nurse:

112. Engages in team-work with all healthcare providers.
113. Works to create and maintain healthy work environments that supports holistic healthcare.
114. Demonstrates creativity and flexibility during periods of system change.
115. Serves in key roles in the work setting by participating on committees, councils, and administrative activities.
116. Promotes advancement of holistic nursing as a profession.
117. Has the ability to define a clear vision of holistic nursing practice, associated goals with implementation and evaluation plans to measure success.
118. Demonstrates energy, excitement, and a passion for quality holistic nursing practice.
119. Creates an environment that supports holistic nursing in risk-taking behaviors.
120. Proactively promotes innovative ideas aimed at creating an environment conducive to client holistic health and well-being.
121. Supports appropriate balance between work and holistic self-care in the lives of nurses and other colleagues.

13. COLLABORATION: The holistic, registered nurse collaborates with healthcare consumer, family, and others in the conduct of nursing practice. The Holistic Nurse:

122. Acknowledges and expresses expertise and competency of diverse disciplines.
123. Maintains compassionate and caring relationships with peers and colleagues.
124. Collaborates with inter-professional team to optimize resources needed for holistic care plan.
125. Participates in professional organizations in a membership capacity at local, state, national and international levels to expand promotion of holistic health.
126. Shares holistic nursing knowledge and skills with peers and colleagues at patient-care conferences.
127. Shares holistic nursing knowledge and skills with peers and colleagues at inter-professional team meetings, conferences, and other opportunities.
128. Provides peers with feedback regarding their practice and/or role performance, as it affects the wellbeing of both the peer and their clients, using constructive language and sincere communications.

14. PROFESSIONAL PRACTICE EVALUATION: The holistic, registered nurse evaluates her or his own nursing practice in relation to professional practice standards and guidelines, relevant statutes, rules, and regulations. The Holistic Nurse:

129. Engages in self-evaluation of own professional holistic nursing practice, considering current practice standards, laws, regulations, and rules.
130. Engages in self-evaluation to identify areas of strength, opportunities *for professional development* with consideration to current laws, regulations, and rules.
131. Seeks *informal* feedback from clients, and colleagues/peers in respect to professional practice.
132. Seeks *formal* feedback from clients, colleagues/peers, supervisors, and others.
133. Participates in systematic peer review considering practice standards and guidelines, relevant statutes, rules and regulations.



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134. Performs actions necessary to achieve holistic goals identified from evaluation processes.
  135. Provides rationale for holistic nursing practice beliefs, decisions, and actions as part of evaluation processes.
15. RESOURCE UTILIZATION: The holistic, registered nurse utilizes appropriate resources to plan and provide nursing services that are safe, effective, and financially responsible. The Holistic Nurse:
136. Understands the diversity of the global community and associated resources.
  137. Incorporates cultural practices that affect the client's holistic healthcare plan and related outcomes.
  138. Evaluates factors such as client resources and circumstances, the safety, cost-benefits, efficiencies, and impact on practice when choosing practice options that result in the same expected outcomes.
  139. Facilitates clients in becoming informed consumers of holistic care.
  140. Identifies and reports discriminatory professional practices.
  141. Engages in nondiscriminatory holistic nursing practices.
  142. *Assigns or delegates* tasks as defined by the state nurse practice acts and according to the knowledge and skills of the designated care-giver.
16. ENVIRONMENTAL HEALTH: The holistic, registered nurse practices in an environmentally safe and healthy manner. The Holistic Nurse:
143. Acknowledges that the well-being of the ecosystem of the planet is a determining condition for the well-being of holistic human beings.
  144. Engages in activities that nurture and enhance our integral relationship with the earth.
  145. Proactively works to protect the holistic health and well-being of the ecosystem.
  146. Contributes to an environment that is conducive to enhancing the holistic education of healthcare providers.
  147. Promotes work environments that support understanding, respect, health, healing, caring wholeness, and harmony.

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### Suggested Videos and Audiocassettes for Certification Preparation:

Holistic Nursing (video) Contact: American Holistic Nurses Association (AHNA) 1-800-278-AHNA

At the Heart of Healing:Experiencing Holistic Nursing (video)Contact: Kineholistic Foundation, PO Box 719, Woodstock, NY, 12398 (800) 255-1914, X 277

A Conversation on Caring with Jean Watson and Janet Quinn Contact: National League for Nursing Press, 350 Hudson Street, New York, NY, 10014 (800) 669-9656, ext. 138

The Art of Caring: Holistic Healing using Relaxation, Imagery, Music and Touch (by Barbara Dossey, Lynn Keegan, and Cathie Guzzetta) (Four, one hour audiocassettes with booklet and CEU option) Contact: Sounds True, 413 S. Arthur Ave., Louisville, CO 80027 (800) 333-9185