**Healing Environments Articles**

- Benedict, K., Breckenridge, D. & Schmock, B. N. (2009). Effects of sacred space environment on surgical patient outcomes: A pilot study. *International Journal for Human Caring, 13*(1): 49-59. This study's purpose was to create an alternative to the traditional environment for surgical patients in the operating room (OR). A caring-healing environment with nurse caring behaviors was designed according to Watson's theory of human caring. A post-test only design with comparison group was employed. The sacred space environment combined soft lighting, warmth, selected music, and an art mural in an OR. Data were collected on 50 patients in the comparison group and 50 patients in the experimental group using the Sacred Space Assessment Instrument. Results showed that a statistically significant difference existed when perception of sacred space and perception of nurse caring were compared by group. However, no statistically significant difference resulted on patient satisfaction by group. Read the full article [here](#).


- Ercole, P. M. & Diesel, H. J. (2012). *Soothability and Growth in Preterm Infants*. *Journal of Holistic Nursing, 30*(1): 38-47. This randomized control trial investigated the relationship between soothability, weight gain, and length of hospital stay in premature infants. Method: Forty-eight preterm infants were randomized into control group or flaxseed pillow treatment group. The pillow group received two 15-minute treatments per day. Treatment consisted of placing a flaxseed-filled pillow on the infants’ upper thorax, once in the morning and once in the afternoon, for the infant’s first 5 days of life. Physiologic measurements were obtained pre- and post-treatment, including temperature, heart rate, respiratory rate, and pain scores and measures of physical activity. Read the full article [here](#).
The purpose of this study was to uncover the nature, experiences, and meaning of personal healing for holistic nurses through their narrative accounts. The study employed a qualitative descriptive design with methods of narrative and story inquiry. Participants were nurse attendees at an American Holistic Nurses’ Association conference who volunteered for the study. They were invited to share a story about healing self or another. Twenty-five stories were collected; seven were about personal healing, and these are the focus of this analysis. Data were analyzed using a hybrid approach from narrative and story inquiry methods. Eleven themes were clustered under three story segments. The themes within the Call to the Healing Encounter are the following: recognition of the need to resolve a personal or health crisis, knowledge of or engagement in self-care practices, and reliance on intuitive knowing. Themes under the Experience of Healing are the following: connections; profound sensations, perceptions, and events; awareness of the reciprocal nature of healing; inner resolution: forgiveness, awakening, and acceptance; use of multiple holistic approaches; and witnessing manifestations of healing. The themes for Insights are the following: gratitude and appreciation and ongoing journey. A metastory synthesizing the themes is presented, and findings are related to existing literature on healing.

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This study was designed to determine the effect of garden walking and reflective journaling on adults who are 65 years old and older with depression. The Geriatric Depression Scale measured depression. Four themes emerged from the interview data collected from each participant.