Health Promotion and Management Strategies Articles

  The aim of this research was to examine relationships between the Pepperian worldviews of people with chronic pain and the health care choices that they make. A convenience sample survey was done.

  Intestinal stomas (ostomies) create challenges for veterans. The goal of this qualitative analysis was to understand better patients' perspectives regarding their greatest challenge. Ostomates at three Veterans Affairs locations were surveyed using the modified City of Hope Quality of Life—Ostomy questionnaire that contained an open-ended request for respondents to describe their greatest challenge. The response rate was 51% (239 of 467); 68% (163 of 239) completed the open-ended item. Content analysis was performed by an experienced qualitative research team.

  The aim of this pilot study was to determine whether chair yoga and Reiki affect pain, depressive mood, and physical function compared with an educational program for older adults with osteoarthritis. Findings showed significant relationships only between physical function and chair yoga. In focus group interviews, participants expressed feelings of improved health and well-being after the yoga intervention. The major limitation of this study was the small sample size.

  This quasiexperimental two-group pilot study tested an intervention aimed at educating older adults in rural communities about the appropriate use of nondrug treatments for pain. Earlier data reveal that older adults use significantly less nonpharmacologic modalities than their younger counterparts, and that pain self-treatment is prevalent in rural areas. Individuals aged ≥60 years who experienced pain in the preceding 2 weeks were recruited from rural Midwestern communities through the use of flyers and information sessions at hospitals, churches, and community organizations. Upon enrollment, participants selected a date for an educational session, which was randomized to the experimental or control condition. All participants (n = 53) completed a series of questionnaires (Brief Pain Inventory, Symptom Distress Scale, Perceived Control Scale) at the initial educational session (T1) and at a two-week follow-up session (T2). Participants in the control and experimental groups attended a 30-minute educational session on safe use of over-the-counter medications; the experimental group also received an additional 30-minute session on safe and effective use of heat, cold, and relaxation breathing. Hot and cold packs and relaxation breathing instruction were provided for use over the 2-week period. There was a significant increase in the use of all nondrug treatments and a decrease in pain-related distress and current pain scores in the experimental group compared with the control group. This study informs nurses and other health care providers on the value of education for use of nondrug therapies in conjunction with pharmacologic pain management among rural older adults.

Integrative medicine is defined as relationship-centered care that focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals and disciplines to achieve optimal health and healing, including evidence-based complementary and alternative medicine. Pediatric integrative medicine (PIM) develops and promotes this approach within the field of pediatrics. We conducted a survey to identify and describe PIM programs within academic children’s hospitals across North America. Key barriers and opportunities were identified for the growth and development of academic PIM initiatives in the US and Canada. Academic PIM programs were identified by email and eligible for inclusion if they had each of educational, clinical, and research activities. Program directors were interviewed by telephone regarding their clinical, research, educational, and operational aspects. Read the full article [here](#).


This study investigated staff nurses’ perceptions of the characteristics of the healing environment that supported their practice of holistic nursing. Candid discussions resulted from their multiple method qualitative interview process. The themes identified as the essence of healing environments included context, connections and calling. Additional characteristics were identified within each category.


Modern-day parish nursing is a specialized practice in professional nursing that addresses the spiritual, physical, and emotional health needs of clients within a faith community. Parish nursing care has been described as holistic care; however, few studies have focused on the holistic nature of parish nursing care. A qualitative study was conducted with the clients of parish nurses. Seventeen clients utilizing the services of 3 parish nurses in Christian faith communities participated in the study. Following the institutional review board approval, the clients were recruited with the assistance of the parish nurses. The clients completed a 7-item demographic questionnaire, followed by a face-to-face interview with the author who used a semistructured interview tool. The interview questions encompassed 6 aspects of parish nursing: education, personal counseling, health screenings, spiritual support, referrals, and health advocacy. The interviews were transcribed and analyzed by the author. The results of the study indicated that the clients in all 3 churches received holistic care from their parish nurses. The care they received addressed their spiritual, physical, and emotional health needs. Recommendations for future research and implications for the clinical practice of parish nursing, using a holistic approach, are included. The findings of future research and the holistic interventions of parish nurses could influence the funding and positions for parish nurses in the future.


The purpose of this pilot study was to examine the health-promoting lifestyle behaviors of acute-care nurses using the Health Promotion Model. Statistical analysis of 149 returned Health-Promoting Lifestyle Profile II surveys indicates areas of weakness in stress management and physical activity. No significant difference is found between unit, demographic factors, and subscale scores at the p < .01 level, but medical–surgical nurses consistently scored better than the critical-care nurses in health promotion. Findings support the need for the development of holistic nursing interventions to promote self-care in the identified areas. Strategies include educational/experiential classes in holistic nursing; individualized unit-based activities fostering stress management, such as massage, reflexology, and imagery; and development of an employee wellness program.
Rew, L. (2000). Friends and pets as companions: Strategies for coping with loneliness among homeless adolescents. The Journal of Child and Adolescent Psychiatric Nursing, 13(3): 125-132. This study looks at strategies for coping with loneliness and negative health outcomes associated with being homeless and living on the streets. Qualitative data from 32 homeless youth, ages 16 to 23 years, who participated in focus groups, and a subsample of 10 youth, ages 15 to 23 years, who participated in individual interviews, were analyzed using manifest and content analysis techniques.

Sharoff, L. (2008). Exploring nurses' perceived benefits of utilizing holistic modalities for self and clients. Holistic Nursing Practice, 22(1): 15-25. The purpose of this study was to describe the experience that holistic nurses have in incorporating complementary and alternative modalities in the care of their clients, as well as gain a deeper understanding of holistic nurses and the perceived benefit of utilizing a holistic modality with their clients and themselves concurrently as providers of these modalities. Purposeful samplings of holistic nurses' who include modalities in their healing process were the participants in this exploratory research, which entailed data collection through the use of critical incident reports and open-ended interviews.

Vitale, A. T. (2009). Nurses' lived experience of Reiki for self-care. Holistic Nursing Practice, 23(3): 129-145. The purpose of this phenomenological study was to explore the lived experience of nurses who practice Reiki for self-care. In-person interviews were conducted with 11 nurses who met specific study criteria, using open-ended questions to examine the experience of nurses who are Reiki practitioners, to understand their perceptions of Reiki use in self-treatment, and to appreciate its meaning for them. The Colaizzi method was utilized in data analysis and independent decision trail audits were completed to promote study rigor and trustworthiness of results. Thematic categories and major and minor thematic clusters emerged around the topics of daily stress management, self-healing, spirituality, and interconnectedness of self, others, and beyond. Implications of the study findings for nursing practice and nursing education are discussed. Potential applications of study findings to Jean Watson's transpersonal caring theory located within a caring science framework are explored and recommendations for future research are offered.