Other Articles


Current knowledge of best practices is essential to holistic nursing care, whether holistic nurses are engaged in practice, education or research. A valuable approach to determining best clinical care is that of evidence-based practice (EBP). EBP is the conscientious use of the best available research in combination with clinicians’ expertise and judgment, and patients’ preferences and values to arrive at the best decision that leads to quality outcomes (Melnyk & Fineout-Overholt, 2005). These criteria are fundamental components of the holistic nursing process.


Evidence-based practice (EBP) is the conscientious use of the best available research in combination with clinicians’ expertise and judgment and patients’ preferences and values to arrive at the best decision that leads to quality outcomes (Melnyk & Fineout-Overholt, 2005). These criteria are fundamental components of the holistic nursing process. The intent of this paper is to assist holistic nurses to understand and apply the steps of the EBP process. To this end, a peer-reviewed paper by McBride et al. (1999) is used as an exemplar for applying these steps. McBride and colleagues examined the use of music to reduce dyspnea and anxiety in 24 home-dwelling patients with COPD. Pre- and post-test repeated outcome measures included the Spielberger State Trait Inventory (STAI) and a Visual Analogue Dyspnea Scale (VADS). Patients also kept a music diary in which they documented their level of dyspnea just before and immediately after listening to the music, and a qualitative questionnaire listing the effects of listening to the music. This article was selected because the authors incorporated patient preference (i.e., patients selected the music that they played while experiencing dyspnea) as part of their intervention in support of practice, and the authors included both qualitative and quantitative data in their evaluation of the intervention.


The purpose of the study is to examine liminal experiences of living with the uncertainty of life-threatening illness. Increasing numbers of people with life-threatening illness live in-between the promise of treatment and the threat of recurrence or progression of disease, and yet this experience is not well understood. A narrative inquiry methodology within a constructionist frame was used. Semistructured in-depth interviews were conducted with 32 participants from three populations of interest: (a) 10 people living with cancer, (b) 13 people with chronic renal disease, and (c) 9 people living with HIV/AIDS.

Read the full article [here](#).


A goal of the American Holistic Nurses Association (AHNA) Research Committee is to prepare holistic nurses to conduct holistic nursing research. This article describes the creation of a Research Consultation Program and how the knowledge gained from the program will contribute to the development of a formal research mentor program.

The purpose of this research was to study the way faculty establish course social presence in an online course. The community of inquiry model by Garrison, Anderson, and Archer distinguished the area of social presence as an important component of online learning, and this study sought to understand how faculty perceive and create social presence in their online classroom. By employing a grounded theory approach, a substantive theory was developed to explain the way in which faculty create and maintain an online course climate. The sample consisted of 10 nursing faculty teaching various master's in nursing courses. Through a rigorous qualitative process using nursing faculty interviews and online course analysis, humanization was found to be the core category in setting online course climate. Faculty’s efforts to humanize the climate lead each member of the community to view the other members as real, thereby enabling the establishment of online social presence. Read the full article [here](#).


Caring is fundamental to the nursing practice, but is often compromised by burnout experienced by nurses. Previous studies demonstrate the need for self-care in the nursing population (Chow & Kalischuck, 2008), and relate lack of self-care to burnout experienced by nurses (Brathovde, 2006; Johns 2004), as well as compromised caring and quality of care for patients (Behrendt, 2008). Nurses may not have the appropriate training or resources available to deal with work-related stressors (Brathovde, 2006). The recovery of the ‘disease’ of burnout in nurses may result in increased quality of patient care (Benner & Wrubel, 1989). Self-care is an essential component in nurses’ recovery from burnout. Although previous studies have demonstrated the need for nursing or student nursing self care (Chow & Kalischuk, 2008), research does not specifically address the holistic nursing population who actively seeks education about nursing self-care at the AHNA annual conference.


Complexity science is emerging as a powerful force in the progression of nursing research, science and understanding the world. Complexity science has its origins in physics and mathematics and is based in non-linear dynamics. Many scientists postulate that complexity science will be the paradigm of the 21st century and there are several calls for applications of complexity to address many of the behavioral and social issues in health care. Many of the concepts are similar to the systems orientation of holistic nurses.


The purpose of this inquiry was to gain an understanding of everyday anxiety among late adolescents during high school. An interpretive phenomenological approach was utilized; a purposive sample of eight males and females in late adolescence with everyday anxiety were interviewed. Individual interviews were conducted and data analysis was undertaken throughout the research study by utilizing a thematic analysis of text in which themes emerged to understand the lived experience of everyday anxiety among late adolescents during high school.
Experiential learning in nursing programs includes role-play, simulation, and live clinical experiences. Anxiety levels can heighten during experiential learning as students attempt to gain psychomotor skills and transfer knowledge into critical thinking. Nursing students may experience anxiety that can interfere with learning and critical thinking. However, the presence of student anxiety can be used to initiate a purposeful caring transaction between nursing faculty and student. The caring transaction is a way for faculty to model both caring and presence, create experiential learning of caring by students, and lead students to initiate self-care interventions to manage anxiety through the nursing program and beyond. Multiple learning outcomes can be achieved as the students integrate faculty-modeled concepts of caring and presence into simulated or real clinical situations, reduce or manage their anxiety, and improve their clinical judgment and critical thinking skills.

Read the full article [here](#).

**Hines, M. E.** *Caring and Holism: A Philosophical Model for Nursing Praxis.*

It has been predicted that our greatest advances in the next decade will not come from technology but from our deeper understanding of what it means to be a human, spiritual being. “Bringing together “knowing” and “doing” is praxis—the synchronous, thoughtful reflection and action to create a desired future of emancipatory change”.


The purpose of this study was to explore the experiences and feelings of pediatric nurses who care for hospitalized children that are unaccompanied by their parents. This phenomenological study consisted of interviews with 12 pediatric nurses. Verbatim transcriptions were reviewed with participants and analyzed.

**Sharoff, L.** (2007) *Critical Incident Technique Methodology and Holistic Nursing Research.*

The Critical Incident Technique (CIT) assists qualitative researchers’ ability to capture a retrospective story of an actual event in participants’ lives. The CIT is a systematic, inductive, open-ended procedure for eliciting verbal or written information from participants (Norman, Redfern, Tomalin and Oliver, 1992). It is an effective naturalistic tool for focusing participants on a specific event. This technique enables researchers to capture the reality of contemporary nursing practice, and nurses’ experience of that practice (Keatinge, 2002). This inductive approach allows for ‘freedom of expression’ with a reference framed by the research question (Cox, Bergen and Norman, 1993).

Read the full article [here](#).

**Wiklund-Gustin, L.** (2011) *To intend to but Not Being Able to: Frequent Attenders’ Experiences of Suffering and of Their Encounter With the Health Care System.* *Journal of Holistic Nursing,* 29(3): 211 – 220.

Patients who frequently consult the health care system are supposed to cause great economic costs, and they also trouble the health care staff, as it seems as if there are no interventions that will help and keep them healthy. The researcher assumes that these patients attend for a reason and that they attend frequently because they, from a holistic point of view, do not get their health care needs fulfilled. This article aims to describe how frequent attenders experience their suffering and their encounter with the health care system. The study has an inductive hermeneutic design. Interviews with persons identified as frequent attenders were analyzed by means of a hermeneutic inquiry with three interpretive steps: naive reading, structural analysis, and critical reflection.

Read the full article [here](#).