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FOR IMMEDIATE RELEASE

American Holistic Nurses’ Association Cuba Delegation Departs from Miami

At the invitation of Idalmis Infante-Ochoa, President of the Cuban Society of Nursing, the American Holistic Nurses’ Association formed a nurses delegation to visit Cuba and meet Cuban nursing colleagues. During this trip, the 13 AHNA nurses and their 6 guests will learn about the role of Cuban nurses in health care delivery and the unique challenges of Cuban life and limited resources. AHNA’s Delegation leader is Lourdes Lorenz, AHNA President-Elect, who is fluent in both English and Spanish.

The goals of the delegation and initial topics of discussion for the meetings and site visits have been preliminarily identified as:

- Holistic Nursing: An Intentional Model for Caring
- New Roles Developing for Holistic Nurses in the United States
- Contemplative Practices for Self-Care
- Integrating Holistic Therapies within Nursing Practice

During the trip, the delegation will participate in a guided walking tour of Old Haven before meeting with the Cuban Nursing Society, a panel presentation of the Cuban Health Care System and how it evolved from 1959 to the current date, local hospital visits to meet the nurses and discuss how they are moving to integrate holistic therapies into nursing practice, a visit to the National School of Public Health to discuss post-graduate curriculum designed for holistic nurses in Cuba, visits to Policlinico and family doctor/nurse clinics and a visit to a nursing home to learn about the role of nurses in hospice care.

AHNA would like to thank our members who made this trip possible and for serving as ambassadors to our Cuba colleagues:

Aila Accad, RN, BSN, MSN, EFT-Ad of Charleston, WV
Janet Brown of Page, AZ
Kathleen Bell, RN, BSN, MSN, CNM, AHN-BC, MSI-BC, Cannon Beach, OR
Rita Chow, AHN-BC, FAAN of Arlington, VA
Ann Biddy of St. Louis, MO
Kim Holden, PhD, MPH, RN, AHN-BC, H.S.MI of Christiana, TN
Ann LeMaster, LVN of San Antonio, TX
Betsy Murphy, MS, RN, HNB-BC, ERYT of Northfield, IL
About AHNA

At its founding in 1981, the American Holistic Nurses Association (AHNA) adopted as its primary mission the advancement of holistic healthcare by increasing awareness and promoting education as well as personal community-building among nurses, other healthcare professionals and the public. This professional specialty nursing membership organization is becoming the definitive voice for holistic nursing for registered nurses and other holistic healthcare professionals around the world. Holistic nursing focuses on integrating traditional, complementary and integrative treatment opportunities to improve the physical, mental, emotional and relational health of the whole person.

AHNA delivers valuable resources, improves educational tools, and offers superior networking opportunities to a vibrant and expanding universe of healthcare professionals. AHNA currently services almost 4,500 members through 143 local chapters/networks in the U.S. and abroad.

Holistic nursing is recognized by the American Nurses Association as an official nursing specialty with both a defined scope and standards of practice.

To learn more, please visit www.ahna.org

For Additional information contact:
Jacob Wingard
Communications@ahna.org
800-278-2462