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FOR IMMEDIATE RELEASE

American Holistic Nurses Association Awards Northern Westchester Hospital the 2017 Practice Grant Award Implementing Institutional Self-Care Activities Award

Northern Westchester Hospital, of Mount Kisco, New York was awarded the 2017 Practice Grant: Implementing Institutional Self-Care Activities Award at the American Holistic Nurses Association’s (AHNA) 37th Annual Conference in Rancho Mirage, California June 5-June 10th, 2017. The Practice Grant provides financial support to initiate and integrate a self-care program for registered nurses and hospital staff within an institution. The intent is to assist institutions in promoting and encouraging diverse models of holistic nursing activities focused on self-care and designed to provide nurses an opportunity to practice holistic nursing aimed at extending their self-care influence and practices to other nurses and/or patients and families.

About Northern Westchester Hospital
Northern Westchester Hospital (NWH), Mount Kisco, New York, is a 245-bed, not-for-profit, all private room facility. They plan to use this grant to create a self-care program for their Oncology Unit staff and nurses that is based on Jean Watson’s Theory of Caring and her Caritas Process. The goal is to support the nursing staff to care for themselves so that they feel more confident and better able to care holistically for their patients. Over a 10-week period, the Integrative Medicine staff of the hospital will co-create self-care interventions with the oncology staff. Each week will focus on how each Caritas Process serves to enhance one’s personal and professional life. Staff will be able to choose from a selection of self-care activities such as reflexology, meditation, Reiki and aromatherapy that will be provided by the Integrative Medicine staff and NWH Holistic Committee.

NWH also plans to offer Lunch & Learn workshops that will be held on the unit to facilitate staff attendance at quarterly meetings for staff discussion on challenging patient/family cases.

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 approximately 4,500 members through 130 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.

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