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As we anticipate the arrival of 2016 many of us think about what we have accomplished and what we hope to realize in the New Year. I, for one, the optimist, do look at what I have done, but for me the "big payoff" is that next horizon or challenge. I believe there is always something new I can learn or an upcoming project or initiative I can contribute to or be involved with. Isn't that what we do as researchers when we contemplate studying an area of interest? We look at what we or others have done or learned to gain new meaning or insight so we can share what we have discovered with hopes of making a change for the better.
I became curious (Ah, the bane of a researcher). What do others think about the process of research? To satisfy my curiosity, I perused quotations on research to gain inspiration. Here are a few worthy of mention.

- **Research is formalized curiosity. It is poking and prying with a purpose.** ~Zora Neale Hurston, American Folklorist and Writer

- **Research serves to make building stones out of stumbling blocks.** ~Arthur D. Little, International Management Consultant

- **Scientific research consists in seeing what everyone else has seen, but thinking what no one else has thought.** ~Anonymous

- **To write it, it took three months; to conceive it --three minutes; to collect the data in it --all my life.** ~Anonymous

And...

- **Three things in research are important. The first is passion. The second is passion. And the third is passion.** ~Khalid Masood, Author

So as I "ponder" my New Year and what I want to accomplish, let me share my "favorite" quote as you think about your New Year. Remember...

- **Somewhere, something incredible is waiting to be known.** ~Dr. Carl Sagan, American Astronomer, Writer, and Scientist

**AHNA 2016 Conference Request for Proposals**

The 2016 Conference Proposal Solicitation has begun. [Click here.](#)

- Research Papers Deadline is **Tuesday, December 1, 2015**
- Research Posters Deadline is **Tuesday, December 1, 2015**
- Non-Research Posters Deadline is **Tuesday, December 1, 2015**

**A Call to Action for Research**
In our April 2015 research e-newsletter, we launched a new feature, "A Call to Action for Research." The inaugural presentation by Wendy Stivers discussed the ghettoization of health care.

Do you have a topic that you believe needs to be researched? Would you like to discover that other holistic nurses are also interested in your topic and would like to collaborate? Submit your ideas to Michalene King at kingm@rmu.edu or michalene1@comcast.net for possible inclusion in a future e-newsletter.

Michalene King

Student Corner

Masters and Doctoral students are invited and encouraged to send abstracts of their thesis/dissertations/quality improvement projects and submit to Connections in Holistic Nursing Research for possible publication in the Student Corner. This gives students an opportunity to publish and allow others to gain interest in their work. If you are a mentor or advisor for a graduate student, please encourage them to share with us. Please send your submissions to Dr. Michalene A. King at kingm@rmu.edu or michalene1@comcast.net We look forward to reading about your scholarly work.

Research Profile: Rorry Zahourek PhD, RN PMHCNS-BC, AHN-BC

For this issue we highlight Rorry Zahourek, PhD, RN, PMHCNS-BC, AHN-BC. She told us, "I am very much honored to share my updated cameo for Research E-News. Since I've been retired from clinical practice for the past 7 years I've continued my activities with AHNA and the Research Committee as well as pursue my research, writing, consulting, and presenting at conferences."

What is my current area of research?

For the last 18 years I have been studying the role of intentionality in healing. My interest began with a curiosity about what happens in healing between a healer and "healee" particularly in the psychotherapy process. I discovered the term intentionality which was a complex philosophical concept that was seen as essential to healing and applied in numerous studies on the impact of prayer and distant healing. What did that term really mean? This started during my doctoral work at NYU and became my dissertation. Dr. Carla Mariano was my chair. In the dissertation I had a sample of 6 female nurses and their 6 female patients. I interviewed them and then observed and videotaped two treatments between the nurses and patients. All the nurses practiced some form of complementary modality. Using a modified grounded theory methodology, I developed the theory, Intentionality: The Matrix of Healing. That original research has been
published by *Journal of Holistic Nursing* (JHN) and *Alternative Therapies in Health and Medicine* and is also a book of the same title. I however felt the theory was incomplete since the sample was limited to women who were white and largely middle class. I have continued the research adding men in nursing, women and men from other caregiving fields and two 'natural' non-professional healers. The sample of 12 men in nursing has been analyzed and published in *JHN* and an expanded version which focused more on the participants’ experiences and less on the research will be published in 2016 by *Holistic Nursing Practice*. While the original theory is supported it is also expanding.

I am now in the process of analyzing male and female caregivers from other disciplines and 2 natural healers. My plan is to continue developing and modifying the theory as it applies to a larger group of caregivers and ultimately I will include the nurses. This total sample is also more ethnically diverse than the original sample for the dissertation.

I have to admit I am surprised that in retirement I am continuing to analyze data, write memos, and think about this theory.

**Tell us how you got started in research and how it evolved over the years?**

My first exposure to research was during my master's degree at the University of Colorado. Our research assignment was to develop a research protocol. Three other classmates and I completed our project on how to teach concepts of love to undergraduate nursing students. When I finished my program I only wanted to do clinical work but the only clinical specialist job left in Denver at the time was a research job. What a gift. There I participated in drug studies (not my favorite but an interesting experience in research methods, interviewing and in analyzing and interpreting data that would be most meaningful to clinicians) and in a mixed method study of stillborn loss. Findings from the stillborn loss study supported changes in practice guidelines nationwide. Later, national grants were available to develop nursing research and I participated with 2 groups in developing research grants. One was on the resolution of grief in mothers who have had a still born loss. (Jean Watson as a doctoral student at CU consulted with us on that methodology) and the other was on evaluating a mental health consultation program in a general hospital. Neither grant was funded but the experience was useful. While I wrote, published and taught numerous clinical topics I did not do any formal research until I attended the doctoral program at NYU.

Since I have been involved with the AHNA Research Committee we have completed two member surveys on the research activities of members and been part of a team that planned, executed and published three major studies. These studies included *Nurses' Stories of Healing Self and Others*, *Developing a Legacy Model for Holistic Nursing*, and *Developing and Pilot Testing a Model (NURSE) for Teaching Self-Care Activities to Nursing Students*. All these studies were group efforts and have been, or
will be, published in our own JHN. The opportunity to serve as the research chair and then coordinator enabled my research activity as I was involved in all projects mentioned above.

**What are some of your biggest challenges, surprises and joys in doing holistic nursing research?**

The challenges continue to be the nature of what we study. Breaking things into parts as demanded in many forms of quantitative research, risks losing the whole or "holistic" understanding. However, looking at the whole is often overwhelming and confusing. Separating out a part to understand a phenomenon is often essential to begin to understand the nature of interrelationships and cause and effect within the whole. We also have many complex variables to consider when studying interventions. These include the passage of time, personalities of healer and "healee", environmental changes, and the impact of presence, relationship, intention and intentionality, as well as the placebo effect which we are now beginning to value and to understand physiologically as well as psychologically.

I have been thrilled to be a part of the second developmental phase of the AHNA Research Committee in 2005. Carol Baldwin and I shared the chairpersonsship. Prior to that, under the leadership of Lynne Rew, the Committee had given a research grant for several years. We now, have become an integral part of AHNA. We are consistently and actively participating in the annual conference and webinars and journal clubs and we have been serving on the Leadership Council and now the Board of Directors. Under Colleen Delaney and Sue Robertson's leadership research continues to develop and larger sources of funding is being sought for AHNA itself to conduct research.

The joy for me has been working on my own research and having supportive mentors. Another joy has been doing research with others over the years and most recently with expert researchers in AHNA who are experienced and who come from various research perspectives.

**What are you excited about in working with the Research eNews and the Web?**

The Committee has fulfilled many of its early dreams: continuing the research grant, developing this newsletter to inform members of AHNA about research activities of members, new research relevant to AHNA members, and information on specific research terms. Editorials also cover interesting and controversial topics. We have developed a consultation program and have been expanding the research site on the AHNA web site. This site is a valuable resource for members and particularly students as it has a glossary of research terms, the Research eNews issues, full research articles, and an annotated bibliography.
Many of Rorry’s publications, those mentioned here and others, can be linked to from the AHNA Member Research page on the AHNA website. This page is one of the many resources that can be found on the research section of the AHNA website. We can all thank Rorry for her dedication and leadership in developing this resource for our members.

AHNA members have free access to the full text articles published in JHN. Learn how.

Opportunities for Researchers

AHNA Research Grant Opportunity

The AHNA is offering a competitive research grant for $5000. Completed research proposals are due no later than Monday, February 15, 2016. Visit the AHNA website for the grant application form, guidelines about the application process, and information describing how to write a research proposal.

Call for Abstracts

The Nurses for Nurses Network, an online Australian Nurses networking organization is currently inviting abstract submissions, from healthcare providers that may be interested in the opportunity to share their knowledge, experience and innovations with others at the 2016 Alaska Conference May 29 - June 5, 2016, which will take place on Celebrity Cruise Line's Infinity cruise ship. The Hubbard Glacier Cruise will depart from Vancouver on May 29th. The theme for this multidisciplinary conference is Necessity is the Mother of Invention. It will offer opportunities to discuss innovation and to showcase improvements made or that could be made in service delivery to create a better experience for the consumer. People who work in health focused disciplines do exceptional things on a daily basis without even recognizing the impact. For the purposes of information sharing no improvement is too small - often the simplest improvements can have the greatest impact. Presentations will be 30 minutes long with an additional 15 - 20 minutes allocated for questions and discussion. All abstracts must be submitted by November 2, 2015. For more information on the Abstract requirements please click this link: http://alaskaconference.com.au

EP Research Symposium 2016: Call for Papers

The Association for Comprehensive Energy Psychology will be hosting their sixth annual Research Symposium next year. They are accepting research papers in the fields of Energy Psychology and Energy Medicine to be presented at our international conference on Thursday, June 2, 2016 in Santa Clara, CA. They are seeking original research, randomized controlled studies, clinical single subject case studies, experimental design studies, and review/theoretical papers. Clinicians, new
researchers and graduate students are especially encouraged to present. The deadline for submissions is **November 20, 2015**.

**Submissions:** Submit your proposal, via email attachment, Word doc or pdf, in two documents: bio & CV in one document, and study description in the other. Include: Name and Contact information, CV, 75 word brief bio, Title and 500 word Abstract, including Background, Objectives, Methods, Results (or Expected Results, if not yet completed), and Discussion, Spreadsheet of raw data (if completed), Charts or graphs of your data. **Note:** Research studies do not need to be completed for submission. You will have until May 2016 to complete your study. Notification of accepted papers will be made by January 15, 2016. Send submissions to: John Freedom, research_committee@energypsych.org.

**NCCIH New Funding Initiatives**

The National Center for Complementary and Integrative Health (NCCIH) issued a Research Blog on October 16th by Wen G. Chen, PhD regarding new funding initiatives. The NCCIH new funding initiatives will be to direct research attention toward investigating the mechanisms by which mind and body interventions might work, as well as strategies to optimize these interventions. Such interventions typically include meditation, spinal manipulation, massage, yoga, tai chi, hypnosis, and acupuncture. It is challenging to study the effects of mind and body interventions on chronic medical conditions due to their complexity. Most mind and body interventions not only engage multiple components of the nervous systems, but also can impact the associated musculoskeletal system. Identifying a suitable match between the mechanisms or processes by which a mind and body intervention works and the pathophysiological mechanisms of a chronic condition or an intended clinical outcome could potentially improve the benefits of such an intervention considerably. There are numerous innovative strategies to utilize the mechanistic understandings in order to optimize mind and body interventions. The idea is that by funding this initiative, it will help to encourage more mechanistic investigations of mind and body interventions with a clear, ultimate goal and an executable plan to make them work better at the beginning of the study.

Read full article [here](#).

**An Alert from Emma Hennessey, Publishing Editor, STM Journals**

AHNA Members...Sign up for email table of contents alerts for the *Journal of Holistic Nursing* (JHN).

**JHN eTOC Signup Instructions**

1. Go to [http://jhn.sagepub.com](http://jhn.sagepub.com). Click on "Email Alerts" at the top of the page.
2. You will be taken to the "My Alert Summary & Preferences" page. Under "My Content Alerts," click on "Add Content Alerts."

3. On the "Content Alerts: Edit Subscriptions" page, select the table of contents email alerts that you would like to receive. You can choose to receive a full table of contents of a recently released issue by checking the box for "Table of Contents (full)." To receive an alert that an issue has been released, select "TOC Awareness (notice only)."
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**Learning with AHNA**

**AHNA Webinar**

*Non-Pharmacological Interventions for Pain Management in Older Adults*

**Wednesday, November 18, 2015 at 1:00 pm EST (NOON CST, 11:00 am MST and 10:00 am PST)**

Presenter: Ann Quinlan-Colwell PhD, MS, RNC, AHNBC, DAAPM

Co-morbidities, the aging process and medication side effects combine to necessitate judicious use of medications in Older Adults, thus non-pharmacological interventions are an important component of pain management in older adults. This presentation will discuss including non-pharmacological interventions in a multi-modal approach for pain management in older adults.

[Register for the 1.0 hour CNE](#) for only $8 for members or [sign up for the "Just Listening" webinar for free](#).

AHNA is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Committee On Accreditation. Provider approved by the California Board of Registered Nursing, Provider # 10442

**AHNA Researchers in Action**
Presentations

Rorry Zahourek  PhD, RN, PMHCNS-BC, AHN-BC
*How Men in Nursing Experience and Demonstrate Caring and Intentionality*, Beta Zeta Chapter of Sigma Theta Tau, Massachusetts, May 2015

Rorry Zahourek  PhD, RN, PMHCNS-BC, AHN-BC
*Intentionality: The Heart, Soul and Being and Behavior of Caring Science*
International Association of Human Caring Conference, New Orleans, May 18-21, 2015

Maryann Abendroth and Kathy Musker will present a workshop at the Fox Valley Chapter meeting of AHNA on developing abstracts and posters to showcase holistic work at AHNA conferences.

Congratulations

Maryann Abendroth was awarded an American Nurses Foundation grant for her research on caregiver strain risk and physical health among informal caregivers of persons with Parkinson’s disease.

The American Holistic Nurses Credentialing Corporation conferred upon Quinnipiac University School of Nursing: Holistic Endorsement for the Traditional and Accelerated Bachelor of Science Nursing Programs as well as the Family and Adult-Gerontology Nurse Practitioner Doctorate of Nursing Practice Programs on September 3, 2015.

Dr. Colleen Delaney was selected by the Connecticut Nurses’ Association (CNA) to receive the 2015 Virginia A. Henderson Award for Outstanding Contribution to Nursing Research. The Virginia A. Henderson award is one of several Diamond Jubilee Awards established by CNA to honor individuals or organizations that have made outstanding contributions to nursing in the areas of practice, education, administration, political action and service to CNA. These prestigious awards are named after some of the most distinguished leaders in Connecticut nursing history and represent the highest honor that the nursing profession in Connecticut can bestow on one of its own, a kind of “Nobel Prize” in nursing.

Publications


AHNA members names in bold. We would love to hear about your research. Have you started your dissertation, had a paper published, presented, etc. Send your “Researcher in Action” to research@ahna.org. For publications, click on the article title for link to abstract (if available).

Promoting Research and Quality Improvement in Holistic Nursing through Consultation Service

AHNA Research Consultation Service

The AHNA Research Committee is now offering a program for those nurses who want to conduct research or are working on a quality improvement project, but need some guidance. If you are a new researcher who would like some assistance, the AHNA Research Consultation Program is for you.

For AHNA members, this service is provided for $20 for one research consultation and $50 for three, and can be purchased online at www.ahna.org/shop. Consultations are expected to be less than one hour, and will be most productive when the Consultation Request Form is thoughtfully completed. For example, providing your area of research interest and other descriptors will enable the program manager to better match you with a consultant. After purchasing your consultation service, you will receive an email receipt.
that guides you in the process for your consultation. This program is managed by Cindy Barrere, who can be contacted at cynthia.barrere@quinnipiac.edu.

The AHNA Research Committee is very excited to make this service available to the members, continuing their focus to promote and support future researchers in holistic nursing.

**AHNA 2015 Washington, DC Regional Conference**

Join AHNA at our second regional conference entitled *Holistic Self-Care: Your Secret Power for Enhancing Patient Care* at the Georgetown University Hotel and Conference Center in Washington, DC **Saturday, November 14, 2015** from 9 AM-5 PM. The conference Keynote will be AHNA Past President, **Peggy Burkhardt** PhD, RN, AHN-BC. The $150 registration fee includes continental breakfast and lunch, as well as 6 continuing education hours. (Registration after November 9th is $175) To register, visit: [www.ahna.org/cne](http://www.ahna.org/cne)

Guest rooms are available at the Georgetown University Hotel for $129 if booked by October 16th, to reserve a room, [click here](http://www.ahna.org/cne).

**Research Terms**

*by Sue Roe, DPA, MS, BSN, RN*

Since 2010, *Connections in Holistic Nursing Research* has included an informational feature that offers readers an overview and description of selected research terms. We thank the many authors who have written these descriptions and contributed to the knowledge of others.

We thought we would pause in this issue to remind everyone which research terms have been published to date.

- **Companion Animals**
- **Concept Analysis**
- **Correlation - Its Role in Research**
- **Dissemination**
- **Effect Size and Significance**
- **Four Levels of Measurement**
- **Grounded Theory**
- **Hawthorne Effect**
- **Phenomenology**
- **Power Analysis**
- **Randomization**
- **Systematic Review of Literature**
- **Theory of Compassion Energy**
- **The RCT: Randomized Controlled**
- **Threats to Internal and External Validity**
- **Triangulation**
- **Validity**
- **Variables in Quantitative Research**
We would like to know if this feature has been helpful and in what way.
Further, what new research terms do you believe will be of benefit to our members?

Send your thoughts and don’t forget to volunteer to be a research term author. Contact us at research@ahna.org

And, if you are not aware of where these terms are located, they can be found in individual Newsletter issues and in the AHNA Research Glossary - Holistic Nursing Research- Web Library at www.ahna.org/Research/Web-Library/Glossary

View AHNA's growing research glossary. To contribute a definition or suggest a term, please contact research@ahna.org.

Feel free to share the content in this eNewsletter with your e-mail contacts, list-serves, or favorite discussion boards/ blogs. Please just be sure to mention that Connections is a benefit of AHNA membership.

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Although the AHNA supports the concepts of holism, it refrains from endorsing specific practitioners, organizations, products, services or modalities. Opinions expressed in this eNewsletter may not reflect the position of the AHNA.

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