Nursing Intuition:
Applying Your 6th Sense to Nursing Practice

Learning objectives

1. Reflect on personal experiences of intuition.
2. Examine the literature on nursing intuition.
3. Describe four ways of knowing in nursing.
4. Evaluate the aspects of evidence-based practice that allow for the application of nursing intuition.

Lori Johnson RN, MSN, OCN, AHN-BC
• BSN San Diego State University
• MSN in Nursing Education Walden University
• 22 years in Oncology Nursing Clinical Education
• Invited Key Note speaker on holistic topics related to self care, resilience, and medical cannabis
• Published on topics related to quality of oncology care, distress in oncology patients, and maintaining Life-Work balance
Intuition...defined?

- Quick and ready insight
- Immediate apprehension or cognition without evident rational thought and inference
- Often described as a(n):
  - Hunch
  - Inking
  - Idea
  - Sense
  - Notion

Telling stories

"While finishing my charting at the nurses’ station one night, I had a sudden impulse to check the 3yr old boy in room 196. Admitted to our unit the week before with pneumonia, the boy was to be discharged in the morning. Logic told me nothing should be wrong, and I needed to get my charting done. But logic couldn’t silence that insistent inner voice - thank God. When I went into the room, the boy was in respiratory distress. Fortunately, we were able to resuscitate him, and he was discharged 7 days later. This happened 30 years ago. I’m amazed that I can remember the number of the room - and still grateful for the impulse that propelled me toward it."

Margaret Miller RN, BSN, MSEd

Telling our stories

- Activity:
  - In pairs or 3’s, discuss experiences you’ve had with nursing intuition...
    - ...that led to a good outcome
    - ...that was suppressed, which prevented/delayed a good outcome
Ways of knowing

**Empirical**

- Objective
- Logical
- Positivist science
- Reductionist

**A word about evidence-based practice**

Research

Clinical Expertise & Experience

Patient Values & Preferences

“Ways of knowing

**Ethical**

- Sense of right and wrong / Moral obligations
- Nursing Code of ethics
- What should be done in a given situation
- What is acceptable practice
- Requires openness to differences in philosophical positions

“In the varied topography of professional practice, there is a high, hard ground overlooking a swamp. On the high ground, manageable problems lend themselves to solution through the application of researched-based theory and technique. In the swampy lowland, messy, confusing problems defy technical solution.”

- Schon (1983)


Ways of knowing

Personal
- Self-knowledge
- Determined by ability to self-actualize
- Comfort with ambiguity
- Commitment to patience and self-care
- Determines nature of relationships

Aesthetic
- Artful knowledge / transformative acts
- Defies formal description and measurement
- Understanding of subjective experiences
- Creative patterns
- Perceiving the nature of a clinical situation and interpreting this information to respond with skilled action
- Requires the nurse's intuition, empathy, and skill

What does the literature say?

• Intuition in the context of:
  - Knowledge and experience
  - The nursing process
  - Ways of knowing
  - Relationships
  - Personality

Knowledge and experience

• Benner’s seminal work supports knowledge in the form of experience and expertise to be the foundation of nursing intuition.
  - Similarity recognition
  - Skilled know-how, and a sense of salience
  - Deliberative rationality

  “Intuition can be an important tool for the nurse who must decide where to focus attention and how to intervene.” (Alverzo 2004, pg 87)
The nursing process

- Nursing intuition is a 'shortcut' - a way of skipping over B and C to go straight from A to D.
  - Fuses together or reverses the nursing process steps of assessment and diagnosis
- Arguments against intuition:
  - Assessment conclusions should be based on tangible data alone
  - If intuition is encouraged, nurses will be led to act precipitously
  - Emphasis on scientific rationality provides little room for the novice to admit having intuitive experiences. If the assessment data doesn't support it, the intuition may be ignored.

Ways of knowing

- Concept of "Nursology" - The main premise of nursology is that nursing knowledge is both objective and subjective and together form nursing's methodology.
- Arguments against knowing in nursing education curricula other than linear reasoning develops the full extent of mental abilities brought to learning situations by nursing students.
  - According to Polanyi (1966), when we use our intuition, we filter information initially triggered by the imagination, thus leading to the integration of all information and/or knowledge to solve the problem.
- Nurses who demonstrated strong ethical knowing also acknowledged and used intuition more often in practice.

Relationships

- Mellin et al. (2017) looked at nursing intuition in the context of:
  - The nursing process
  - Relationships
  - Clinical settings
  - Found that personality and relationships with the patients combine with skill and experience to make use of intuition possible
  - Nurses cite relationships as increasing the incidence and their confidence in their intuition
  - "...they are not as settled as you would like or it's the way they're interacting with you. And yet there is nothing measurable you can put your finger on."


Personality

- An open attitude correlates with increased acceptance and use of intuition.
  - Result of complex interactions between:
    - Experience
    - Expertise
    - Knowledge
    - Personality
    - Environment
    - Acceptance of intuition as valid
    - Presence or absence of the nurse/patient relationship

Factors influencing use of intuition

- **Age/Experience**
  - Life experience provides a rich source of reference
  - Awareness of abilities and limitations

- **Self-confidence**
  - Ability to voice intuition and back it with conviction
  - Confidence based in knowledge and experience
  - Buffers us from social judgment

- **Spiritual perspective**
  - Faith in powers unseen

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What is Medical Intuition?

- Certified Medical Intuitive Practitioner (CMIP)
- Certified Biofield Balance™ Energy Healing Practitioner
- Certified Transformational Coach (CEG)
- Founder/CEO of The Practical Path, Inc. presenting the accredited Medical Intuitive Training™ Certification Program, intuitive development for wellness professionals.
- In private practice for 20 years, teaching intuitive development and energy medicine 10+ years.
- Invited speaker/instructor at premier health and education organizations, including Academy of Integrative Health & Medicine (AIHM), Institute for Functional Medicine (IFM), American Holistic Nurses Association (AHNA), Institute of Noetic Science (IONS), ISSSEEM, Association for Comprehensive Energy Psychology (ACEP), and more.
- Currently teaching Medical Intuition at Prebys Cardiovascular Institute, Scripps Health, La Jolla, CA, and live online to students around the world.
Medical Intuition is designed to assess and evaluate the root causes and underlying drivers of illness, imbalance and disease. Medical Intuition is not a "modality." It is a foundational skill integral to support all modalities, allopathic to CAM.

Definition of Medical Intuition

- Medical Intuition is a system of expanded perception gained through the development of the human sense of intuition.
- Medical Intuition is part of the emerging field of Complementary and Integrative Medicine (CIM).
- Medical Intuition focuses on pinpoint visualization skills and in-depth intuitive scanning to obtain information from the physical body systems and energy systems (aka Biofield).
- Medical Intuition is intended to identify and evaluate energetic patterns in both the physical and energy systems of the body that can correspond to illness, imbalance and disease.
- Medical Intuition is also designed to address the energetic influence of thoughts, beliefs and emotions, and how they impact the health and well-being of an individual.

Research on Intuition

"Intuition is not unscientific. It is a highly creative process, fundamental to hypothesis generation in science. The experienced practitioner should generate and follow clinical hunches as well as (not instead of) applying the deductive principles of evidence based medicine."


"We find that intuition plays a key role in more or less all of the steps in the nursing process as a base for decision-making that supports safe patient care, and is a validated component of nursing clinical care expertise."


"Technical knowledge alone is not sufficient to solve the complex problems that professionals face on a daily basis, and intuition, developed through a reflective practice, is crucial for any professional's practice."

Edgar Cayce, 1877 - 1945
Caroline Myss, 1952 - present
Phineas B. Quimby, 1802 - 1866

“The trouble is in the mind, for the body is only the house for the mind to dwell in. (Your mind has been deceived by some invisible enemy into a belief, you have put it into the form of a disease, with or without your knowledge.)”

– Phineas Quimby, Volume I, page 289, Quimby's Complete Writings

History of Medical Intuition in the United States

First nationally recognized Medical Intuitive.
Opened clinic in 1925 in Virginia Beach, VA
Clinic dealt with healing the gut microbiome as the basis of all or most physical disease.
Book “Anatomy of the Spirit” first coined term Medical Intuitive.
Worked with Dr. C. Norman Shealy.
Current focus is on the psychospiritual aspects of imbalance.

Case Report
Female, mid-40’s
Tendonitis ≈ month
Interventions not effective
"Out of the blue"

Intuition...

“Aren’t You Just Born With It?”

• Instruction  • Practice  • Time

Misconceptions About Intuition
Charlatanism
Superstition
Special Gifts
Cultural Taboos
…etc.
Flash of Insight!

- Random
- Unrepeatable
  - Undependable

ASK ➔
RECEIVE

Meta-Sensory Skills

Claircognizance – “clair” = clear / knowing

Clairsentience – clear feeling

Clairaudience – clear hearing

Clairvoyance – clear seeing

Mind-Body Medicine

An approach to medicine that recognizes the effect of thought, feeling and belief on health, as well as the impact of health and illness on attitude and thought. - Medical Dictionary, Farlex and Partners © 2009

Taking into account the physiological, psychic, and spiritual connections between the state of the body and that of the mind. - Random House Dictionary, Random House, Inc. © 2017

Medical Intuition is Mind-Body Medicine
Roots of Trauma

"Every physical issue has, at its root, a trauma event. This trauma creates not only physical, but also emotional, mental and spiritual energetic imbalances, which can manifest in patterns of thought or behavior, whether conscious or unconscious. When energetic imbalance reaches a tipping point, illness can manifest."

- Wendie Colter, The Practical Path

“Psychic Detective”

- What
- Why
- How

Medical Intuition in Healthcare

Feedback from Certified Graduates:

- **Time** – rapid and pertinent information
  - Diagnostic support, evaluation, assessment
  - Prioritize treatment options, testing, modalities, etc.

- **Holistic View** – identify underlying root causes
  - Personalized choices to support comprehensive care plan
  - When people aren’t healing despite best efforts

- **Compliance** – increases patient/client compliance
  - Patient becomes a partner in health journey
  - Brings power of awareness into healing experience
Cognitive Bias

- Beker’s Hospital Review, (2017). How 4 types of cognitive bias contribute to physician diagnostic errors and how to overcome them

Medical Intuition - an Essential Skill

Case Report
- Female, mid-20’s
- Severe kidney pain > six months
- “Psychosomatic”
- Anti-depressants, opioids

- Medical Intuition can be used when testing is inconclusive, symptoms are atypical, etc.

Preliminary Survey Results

- The Practical Path, Inc.® Certified Medical Intuitives
- 43 Survey respondents (ongoing)
- Blinded sessions
- Female: 85% - Male: 14%
- 18-24: 3% / 25-34: 19% / 35-44: 36% / 45-54: 8% / 55-64: 17% / 65-74: 17%
- 97% Agree/Strongly Agree MI located and accurately evaluated primary health issue
- 94% Agree/Strongly Agree MI accurately described life experiences that corresponded to health issues.
- 35% of respondents had received a definitive medical diagnosis from healthcare provider.
- 100% rated the MI Consistent/Totally Consistent with medical diagnosis.
- 99% Agree/Strongly Agree MI offered useful recommendations.
- 97% Satisfied/Extremely Satisfied with session and would recommend Medical Intuition.

Medical errors are 3rd leading cause of death after heart disease and cancer.

https://www.seattletimes.com/opinion/misdiagnosis-millions-of-patients-are-being-treated-for-the-wrong-conditions/
University of California San Diego
School of Medicine

Research Study Proposal: “Medical Intuition in the Medical Setting”

- UCSD is one of the top-ranked public research universities in the nation.
- UCSD School of Medicine faculty rank #1 in clinical research and #3 in basic research.
- UCSD ranks 4th in the world in terms of ‘citation impact’ in the fields of science and social science, with worldwide notable faculty.
- The Department of Family Medicine and Public Health, in which the Center of Excellence for Research and Training in Integrative Health resides and where the study will take place, is ranked #1 in the nation among Family Medicine departments.
- Dr. Paul J. Mills, UCSD Principal Investigator and Director of the Center of Excellence for Research and Training in Integrative Health, has published over 350 scientific studies, and has extensive experience conducting studies that require collaboration among interdisciplinary groups of practitioners, clinicians and researchers.

The Future of Healthcare

- Complete view of health for body, mind, spirit well-being
- Reveal what is driving symptoms at the root cause
- Offer treatments, recommendations for personalized holistic healing
- Transform current healthcare paradigm
- Medical Intuitive on staff at clinic, hospital, ER
- Essential part of healthcare training

Holistic View

Medical Intuition Exercises

- Visualization techniques to create the mind-body connection.
- Your “Intuitive IQ”
- Energy Hygiene Tools to help build resiliency and avoid burnout.
Energy Hygiene 1

- **Grounding**
  - Creates a solid foundation of energetic support between body, biofield and earth.
  - Reduces energetic "disconnection" from the body.

https://www.thepracticalpath.com/guided-meditations

Energy Hygiene 2

- **Shielding**
  - Keeps other's energy from absorbing into yours.
  - Helps you stay energetically "neutral."
  - Can enhance resiliency and reduce burnout.

https://www.thepracticalpath.com/guided-meditations

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“Every trauma – whether physical, emotional, mental or spiritual – contains our most fundamental life lessons. When we become aware of this meaningful aspect of trauma, we begin to look inward for the answers that bring the shifts. From this place, the deepest healing can begin.”

– Wendie Colter, The Practical Path

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The Practical Path
Intuitive Development for Wellness Professionals

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