



# PRESS RELEASE

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January 19, 2024

FOR IMMEDIATE RELEASE:

## **AHNA Releases Spanish Translation of Promoting Nurse Health & Well-Being Toolkit**

AHNA is happy to announce the the Spanish translation of the Promoting Nurse Health & Well-Being Toolkit, to address worldwide nurse burnout, again with the help of the President of the Chilean Association of Holistic Nursing, Jacqueline Wigodski S.

Following the prompting by the National Academy of Medicine, the American Nurses Association 2020 Challenge Healthy Nurses-Healthy Nation, and a call from American Nurses Foundation to “Reimagine Nursing” this document provides AHNA strategies and recommendations helping nurses and organizations for moving forward in the future. The Promoting Nurse Health and Well-Being Resource Kit integrates holistic strategies and recommendations to address worldwide nurse burnout that is urgently needed.

### **About AHNA**

The American Holistic Nurses Association (AHNA) is a non-profit specialty nursing professional membership organization that serves as the definitive voice for registered nurses who practice holistic nursing.

Founded in 1981, AHNA’s primary mission is to advance holistic nursing through Practice, Community Building, Advocacy, Research and Education. The association is dedicated to the continued development of evidence-based holistic research, self-care methods for nurses and non-pharmacological pain management. AHNA offers networking opportunities to its members along with continuing nursing education through webinars, self-study programs, publications, conferences, and scholarship and grant opportunities.

AHNA currently services more than 5,300 members through 136 local chapters in the U.S. and abroad. Holistic nursing is recognized by the American Nurses Association as an official nursing specialty with a defined scope and standards of practice.

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