Holistic Nursing: Engaging the Five Senses for Emotional Health

Article by: Carol E. Gutierrez, RN, MS, LMT
CNE by: Margaret O’Brien King, PHD, RN-BC, AHN-BC, CNL
Barbara Harland RN, MEd, MSN
Debra Van Kuiken, PhD, RN, AHN-BC

Overview
The purpose of this activity is to learn how to use the five senses to positively affect the mind, body, and spirit.

Learning Outcomes:
Following this education activity, the participant will be able to:
1. Integrate the five senses into one’s daily life centering creating a new positive imprint.
2. Gain greater physical and emotional well-being through the use of sensory modalities.
3. Discuss the effect of each sense as a healing tool.

Contact Hour(s) 1.1

Requirements for Successful Completion
Requirements for successful completion includes: read the entire article, score 70% or better on the posttest, complete the online evaluation form.

Conflict of Interest
The planners and faculty have declared no conflicts of interest related to this activity.

Commercial Support
There is no commercial support or sponsorship for this activity

Expiration Date of Contact Hours
Posttest must be completed on or before May 31, 2019

Beginnings, AHNA Member Magazine, June 2017 Issue

AHNA is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission On Accreditation.

Provider approved by the California Board of Registered Nursing, Provider # 10442

Accredited status does not imply endorsement of any product/service by AHNA or ANCC.

AHNA’s CNE activities do not include any unannounced information about off-label use of a product for a purpose other than that for which it was approved by the Federal Drug Administration (FDA)