American Holistic Nurses Association Awards the 2019 Practice Grant: Implementing Institutional Self-Care Activities Award to Raritan Bay Medical Center

Raritan Bay Medical Center (RBMC), in Perth Amboy, New Jersey, was awarded the 2019 Practice Grant: Implementing Institutional Self-Care Activities Award at the American Holistic Nurses Association’s (AHNA) 39th Annual Conference in Tulsa, Oklahoma on June 6, 2019. The practice grant provides financial support to initiate and integrate a self-care program for registered nurses and hospital staff within an institution. RBMC plans to implement a Renewal Room that will provide a peaceful escape for staff that are overwhelmed and stressed at work, and will facilitate the practice of loving-kindness for self and others. 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 Raritan Bay Medical Center

Raritan Bay Medical Center (RBMC) has been providing care to residents of northern Middlesex County for more than a century. This Joint Commission accredited hospital provides a full-range of acute medical, surgical and outpatient care. Raritan Bay was one of the original 12 community hospitals participating in a national Johns Hopkins study to determine the benefits of patients receiving angioplasty in hospitals without cardiac surgery programs. Since 1980, Raritan Bay has trained more than 300 residents in its internal medicine residency program affiliated with the Rutgers Robert Wood Johnson Medical School. Through a partnership with Middlesex County College – Nursing Education Program, nurses receive their training at the medical center. Specialty services and programs include: maternity, a cardiac catheterization laboratory, Center for Wound Healing, the Human Motion Institute, Center for Women, and the Center for Balance.

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 nonprofit professional membership organization is 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 alternative treatment opportunities to improve the mind body and spiritual health of the whole person.

AHNA delivers valuable resources, improves educational tools, and offers superior networking opportunities to a vibrant and expanding universe of holistic healthcare professionals. AHNA currently services more than 5,500 members through 166 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 as defined scope and standards of practice.

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