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FOR IMMEDIATE RELEASE:

**American Holistic Nurses Association Awards the 2019 Research Grant to Jaime Vinson**

Jaime Vinson, BSN, RN, HN-BC, RYT, of Fort Wayne, Indiana was the recipient of the 2019 Research Grant at the American Holistic Nurse’s Association’s (AHNA) 39th Annual Conference in Tulsa, Oklahoma on June 6, 2019. She will use this research grant to fund research into “A Quantitative Study to Assess the Efficacy of Weighted Blanket Intervention for Pre-Surgical Anxiety, Pain, and Post-Surgical Restlessness and Nausea in Patients Having Surgery”. The research involves the application of a multi-patient, hospital approved, therapeutic weighted blanket. Jaime plans to determine whether the innovative use of weighted blankets in surgical patients can reduce pre-surgical anxiety and pain, as well as post-surgical restlessness and nausea. She hopes to demonstrate the benefit of holistic measures, specifically weighted blankets, as a nurse-driven approach to patient care. This study seeks to advance holistic nursing practice while practicing nurse autonomy.

Approximately 150 people will participate in the study to determine what effects treatment with a weighted blanket has on pre-surgical anxiety level, pain rating, and post-surgical restlessness and nausea. Data collection will use pre and post-intervention measures to test whether the weighted blanket was effective in reducing the study variables. Weighted blankets have been utilized to decrease anxiety and agitation in patient populations and may provide an alternative to the pharmacological approach common among pre-surgical patients.

**About Jaime**

Jaime Vinson, BSN, RN, HN-BC, RYT, is the Holistic Nursing Coordinator at Parkview Health System. She obtained her BSN through Purdue University Northwest and continues to pursue her MSN there. Jaime is the Indiana director for the National Association for Holistic Aromatherapy (NAHA). With her strong background in holistic modalities, and with excellent mentorship, she has found her passion in holistic nursing, nursing research, quality improvement implementation, and healthcare innovation. She has contributed articles to both AHNA’s Beginnings magazine and NAHA’s Aromatherapy Journal. Jaime teaches several holistic nursing related courses, webinars, and workshops at local and national levels. She was the first to implement the use of a medical-grade weighted blanket in her hospital system. She is principal investigator of a research study that proved a reduction of anxiety in outpatient chemotherapy infusion patients using weighted blankets.
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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