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FOR IMMEDIATE RELEASE:

American Holistic Nurses Association Awards the 2020 Practice Grant: Implementing Institutional Self-Care Activities Award to Sisters of Charity Hospital

The American Holistic Nurses Association’s 2020 Practice Grant: Implementing Institutional Self-Care Activities Award recipient is Sisters of Charity Hospital of Buffalo, New York. The practice grant provides financial support to initiate and integrate a self-care program for registered nurses and hospital staff within an institution. The intent is to help institutions promote and encourage diverse models of holistic nursing activities focused on self-care, designed to provide nurses an opportunity to practice holistic nursing and extending their self-care influence and practices to other nurses and/or patients and families.

Sisters of Charity Hospital plans to use the practice grant to establish the Holistic Caring Cart Program in Unit 3 South a 30-bed medical, telemetry, and observation unit which has the greatest turnover of nurses in the Catholic Health System since 2019. The Holistic Caring Cart Program will offer holistic nursing principles to nurses in a high paced stressful work environment helping workers cope with stress and tension. The caring cart will be interactive in the unit break room offering three themes: mini moments of self-care, holistic modalities, and nursing theorists with 2, 5, 10 and 15 minute activities and themes changing monthly.

About Sisters of Charity Hospital

Founded in 1848, Sisters of Charity Hospital serves the Buffalo, NY community and is a part of the Catholic Health network. Known as a general medical and surgical hospital, it is also a teaching hospital specializing in women’s health services. Nationally recognized as a designated Stroke Center, receiving the Blue Cross Blue Shield Blue Distinction Center for Maternity Care award and earning the Partner for Change Award by Greenhealth, and the nation’s leading environmental healthcare organization are a few of the achievements Sisters of Charity hospital has been recognized for in recent years.
About AHNA

Founded 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 nursing specialty 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 152 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 an defined scope and standards of practice.

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