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FOR IMMEDIATE RELEASE:

American Holistic Nurses Association Awards the 2020 Practice Grant: Implementing Institutional Self-Care Activities Award to Upstate University Hospital

The American Holistic Nurses Association’s 2020 Practice Grant: Implementing Institutional Self-Care Activities Award recipient is Upstate University Hospital of Syracuse, 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.

Upstate University Hospital plans to use the grant to provide nurses pursuing Health and Wellness Nurse Coach (HWNC-BC) certification with self-care supplies and activities during and after training. The outcome of the grant is to identify if there is a statistically significant difference in resilience and wellbeing before HWNC-BC training and one month after, the purpose of the grant is to compare the difference between resilience of critical care nurses before HWNC-BC training compared to one month after training.

About Upstate University Hospital

Founded in 1839 Upstate University hospital in Syracuse, NY is the second oldest surviving medical school in New York and the sixteenth in North America. Upstate University Hospital specializes in family centered healthcare, and serves seventeen counties covering one-third of New York State, with two large hospitals and more than 80 specialty clinics, including an Epilepsy Center designated as a level four, which is the highest possible designation. The Hospital has received numerous awards in recent years, including a trio of awards from the American Heart Association and American Stroke Association, as well as being recognized as a National Safe Sleep certified hospital.
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 as defined scope and standards of practice.

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