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FOR IMMEDIATE RELEASE:

**American Holistic Nurses Association Awards the 2020 Research Grant to Siri GuruNam Kaur Khalsa**

Siri GuruNam Kaur Khalsa, MSN, RN, CNE of Espanola, New Mexico, is the recipient of the 2020 American Holistic Nurses Association Research Grant. She will use this research grant to fund her PhD research project titled, *The Lived Experiences of Parenting Adults with Developmental/Intellectual Disabilities (DD/ID)*, a project to begin this coming summer. Ms. Khalsa, using a Hermeneutic Phenomenological Framework for this qualitative study, will interview New Mexico parents, who are still caring for their adult child with DD/ID. Little is known about this vulnerable population in New Mexico nor nationally. It has been estimated that more than 2.9 million adults with DD/ID are living with a parent who is 55 years or older, due to the lack of appropriate housing, services, support, and general discrimination. In order to have impactful state and national policies that serve this population, it is important to know and understand the parents’ long-term experience of parenting adult children with DD/ID and to implement meaningful interventions that could ease their stress burden and enrich their lived experiences. A holistic starting place is to hear, understand, reflect, and interpret the parental stories. Her research interests include disabilities and health care access issues, complementary and alternative therapies, and pre-licensure nursing student success.

**About Siri**

Siri GuruNam Kaur Khalsa, MSN, RN, CNE, is a PhD health-policy student at the University of New Mexico College of Nursing. She is a graduate of the University of New Mexico’s Leadership Education in Neurodevelopmental and Related Disabilities Program (LEND) (2012-2013; 2014-2015), the American Nurses Advocacy Institute (2015) and Partners in Policymaking (1995-1996). She is also the 2020 recipient of the Liz Thompson Award for Leadership and Advocacy. Her MSN is in nursing education and she has taught for 14 years in a variety of community colleges and universities. She is currently a fulltime nurse educator at the New Mexico Highlands University, a Practitioner and Teacher of Kundalini Yoga and Meditation, a massage therapist, who used holistic modalities for her own self-care, and a member of the Sikh community in northern New Mexico. She is a mother of a 30-year old son with Cortical Vision Impairment, seizures and Autism, who used both alternative modalities, like cranial-sacral therapy and nutrition, and western medical methods to help with her son’s seizures and challenging behaviors. With more than 3 decades of nursing experience, she believes that health policy makers need to understand the impact of their decisions on the welfare of vulnerable populations and community members need an active voice in health policy conversations prior to implementation. Once completing her PhD, she would like to implement research using holistic modalities and continue teaching and working within the legislative arena bringing health and nursing concerns to policy makers.
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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