American Holistic Nurses Association Awards Morristown Medical Center the 2018 Practice Grant
Award Implementing Institutional Self-Care Activities Award

Morristown Medical Center, of Morristown, New Jersey was awarded the 2018 Practice Grant: Implementing Institutional Self-Care Activities Award at the American Holistic Nurses Association’s (AHNA) 38th Annual Conference in Niagara Falls, New York, June 5-June 10th, 2018. 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 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 Morristown Medical Center

Morristown Medical Center in Morristown, New Jersey, is a Magnet Hospital for Excellence in Nursing Service and in 2017 was one of just 12 hospitals in the country to receive three of the most sought-after industry honors – America’s 50 Best Hospitals by Healthgrades, an “A” safety grade by Leapfrog and five stars from the Center for Medicare and Medicaid Services. The AHNA Practice Grant will help Morristown Medical Center institute a Jin Shin Jyutsu (JSJ) Self-Help Program that will address the need to reduce nurses’ stress and increase physical, emotional and spiritual reserves. The goal is to provide ongoing JSJ self-help classes to the nurses, establish formal opportunities for nurses to practice experiential sequences during their workday, and assess and monitor the sustainability of the classes over a period of one month. The program will also allow the dissemination of new knowledge and research on JSJ, allow the integration of evidence-based research on JSJ into nursing education and practice, and provide widespread formal opportunities for up to 2,000 nurses to be exposed to a holistic healing culture. The program will have two (2) parts. Part One (1) will be a 1-hour introduction class that will teach the basic concepts of JSJ and include experiential JSJ self-help. Part Two (2) is a series of on-going experiential classes where nurses can drop in for half hour segments and be guided through different JSJ self-help sequences. An MMC Holistic Nurse will teach all classes.
About AHNA

The American Holistic Nurses Association (AHNA) is a non-profit specialty nursing professional membership organization that serves as the definitive voice for registered nurses who practice holistic nursing.

Founded in 1981, AHNA’s primary mission is to advance holistic nursing through Practice, Community building, Advocacy, Research and Education. The association is dedicated to the continued development of evidence-based holistic research, self-care methods for nurses and non-pharmacological pain management. AHNA offers networking opportunities to its members along with continuing nursing education through webinars, self-study programs, publications, conferences, and scholarship and grant opportunities.

AHNA currently services more than 5,000 members through 146 local chapters in the U.S. and abroad. Holistic nursing is recognized by the American Nurses Association as an official nursing specialty with both a defined scope and standards of practice.

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