FOR IMMEDIATE RELEASE

American Holistic Nurses Association Recognizes Caiocimara “Cai” McPhee, RN, MS, AHN-BC, EdD(c) for 2018 Research Grant Award

Caiocimara “Cai” McPhee, RN, MS, AHN-BC, EdD(c) of Raleigh, North Carolina was awarded the 2018 Research Grant Award at the 38th Annual American Holistic Nurses Association (AHNA) Conference in Niagara Falls, New York, June 5 – June 10th, 2018. The AHNA Research Grant Award is a competitive grant that awards up to $5,000 to members who are conducting holistic nursing research that demonstrates advancing holistic nursing practices.

About Cai

Caiocimara “Cai” McPhee, RN, MS, AHN-BC, EdD(c), Clinical Faculty at the University of North Carolina at Chapel Hill, School of Nursing, will use this grant to fund her research project “The lived experience of self-compassion among professional registered nurses”. The study will attempt to bring understanding to the phenomenon of self-compassion in RNs in professional practice, such as being kind and compassionate toward oneself during times of stress, inadequacy, and/or failure. Insights gained from the study have the potential for affecting compassionate patient care and nurse retention. Approximately 15 participants around the Chapel Hill and Durham areas of North Carolina will be recruited. Using interviews, participants will share and describe their experience of self-compassion in the workplace. The transcripts of the interview will be analyzed and themes identified. The findings of this project will potentially uncover the meaning for Holistic Nurses in professional practice and the nursing profession, as well as the economic implications related to nurse turnover costs.
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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