GOVERNORS STATE UNIVERSITY

NURS 6145: THEORETICAL PERSPECTIVES FOR ADVANCED PRACTICE NURSING

ANALYSIS /CONCEPT PAPER

Analyze one of the following concepts: "Leadership in Nursing Practice" in terms of the interrelationships of philosophy, theory, research, and practice. The paper should be 7-10 pages in length (including title page & reference page). Paper should be written in APA format. Attention should be paid to proper grammar and correct spelling.

RECOMMENDED OUTLINE

Title Page
Introduction of concept Discussion of

o Philosophy o Theory
o Research o Practice

Analysis of concept in terms of interrelationship of philosophy, theory, research, and practice.
Conclusion
Reference Page

Note:

1. There must be minimum of 5 References / citations.
2. The references /citations should not be older than 5 years (2015 – 2020).
3. References / citations must be written in APA Style.
4. The References / citations must be from scholarly articles / textbooks/

journals and not from blogs.

1. **Wikipedia must not be used for references at all.**

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**EXAMPLE OF HOW PAPER SHOULD BE WRITTEN (EXAMPLE ONLY)**

Holistic Nursing Practice 1

Holistic Nursing Practice Nancy N Nurse Governors State University Prof. Dr. Nagaraj October 24, 2012

Holistic Nursing Practice

2

Introduction

The concept of holism is defined as “the view that an organic or integrated whole has an independent reality which cannot be understood simply through an understanding of its parts” (Webster, 2001). Holistic nursing embraces the concept of holism and cares for patients as a whole being, addressing physical, mental, emotional, and spiritual needs (Crawford, 2010). Holistic nursing is important because it is the foundation of nursing practice dating back to the 1800’s as Florence Nightingale addressed basic human needs such as clean air and water and incorporated therapies including; light, music, aromatherapy, touch, and exercise into her care (Dossey, 2010). Holistic nursing is important and necessary because it is the future of nursing practice. This paper will discuss and analyze the concepts of and the relationships between philosophy, theory, research, and practice of holistic nursing.

Overview of Theory in Nursing Practice

The theory of Human Becoming developed by Dr. Parse is an appropriate theory to guide nurses who practice holistic care. The knowledge of the nurse operating within the framework of human becoming will manifest to others with the attitude that this is “what I am” rather that something “I put on” (Cody, 2006, pg69) The nurse who practices using the theory of human becoming exists with the person a nonjudgmental way. The nurse is not an expert and will not develop a plan but rather will allow the person to dictate what is important to them and act as a guide on their way to becoming (McEwen, 2011). The nurse will not attempt to fix a perceived problem but will listen and be with the person. The nurse will not label them with a nursing diagnosis and will not attempt to fit them within a specific nursing process (McEwen, 2011).

Holistic Nursing Practice

3

Discussion of Philosophy

Philosophy relates to the study of problems and asking abstract questions in a search for the truth (McEwen, 2011). Philosophy seeks answers to the abstract questions in life. Why are people here on earth? What is the purpose of humans? What is good or bad? Nursing philosophy refers to the belief system of the profession and provides perspectives for practice, scholarship, and research (McEwen, 2011). Nursing philosophy provides questions which lay the groundwork for development of theory. What is a nurse? Why do nurses do what they do? What is moral or ethical for nurses and what is not? What is health? Nursing philosophy is subjective and constantly changing and evolving. There is no one answer and there is no one belief system but rather there are many. These philosophies of the nursing discipline range from that of nurse theorists to nursing students developing their own personal views of what comprises nursing.

Discussion of Theory

The theory of Human Becoming developed by Dr. Parse was first published in 1981 and draws on ideologies from Heidegger, Sarte, Merleau-Ponty, and Rogers Science of Unitary Human Beings theory. The three major concepts related to the theory are; “human becoming is freely choosing personal meaning in situations in the intersubjective process of living value priorities, human becoming is creating rhythmical patterns of relating in mutual process within the universe, and human becoming is transcending multidimensional with the emerging possibles” (McEwen, 2011, pg. 193). The theory of Human Becoming of Dr. Parse is applicable to holistic nursing practice as it states that humans are whole and open comprised of more than

Holistic Nursing Practice 4

the sum of their biological, psychological, sociological, and spiritual parts. The theory of human becoming views health as “a way of being in the world; it is not a continuum of healthy to ill, nor is it a dichotomy of health or illness, rather it is the living of day- to- day ways of being” (McEwen, 2011, pg. 199).

Discussion of Research

Research studies relating to the concept of holistic nursing practice that have been done are more qualitative rather than quantitative. Randomized controlled trials that use placebos and fake treatments are not conducive to answering questions related to holistic nursing (Dossey, 2010). There is encouragement from a few organizations to increase and elevate research related to holistic nursing. The American Holistic Nurses Association rewards research grants yearly looking specifically for evidence that is pertinent to holistic nursing and the promotion of healing and advanced quality of life (Dossey, 2010). Dr. Parse has founded the institute of human becoming which instructs on nursing theory and research methodologies. Dr. Parse is also a founder and the editor of the publication Nursing Science Quarterly which is a journal devoted to nursing study including theory development and research studies.

Discussion of Practice

The ways in which the concept of holism can be incorporated into nursing practice are almost endless. A holistic model for nursing practice will include; the idea that body, mind, emotion, and spirit are inseparable, there is a search for patterns and triggering causes, an emphasis is placed on human values, pain and disease are considered a wakeup call, the patient is empowered (Crawford, 2010). Nurses who practice holism will; be united in partnership with

Holistic Nursing Practice 5

other disciplines, exhibit caring as a component of healing, will be a model for healthy living, and will be a partner with the patient (Crawford, 2010). The holistic nurse should emphasize prescribing methods for health and well ness that is practical and useable and directed by the patient (Reed, 2011). The nurse can promote and encourage healthy eating habits and exercise as a daily routine. The nurse can provide education regarding low salt fat and or low sugar cooking and how to properly monitor ones blood pressure and blood sugar on a day to day basis. The nurse can promote behavioral health and mental and emotional wellness and stability and encourage patients to incorporate their family and who they consider to be their network of support into their care. The nurse can incorporate spirituality into patients care by involving their chosen religion or by encouraging the patient to ask questions such as what gives you hope, what gives you meaning in life, and what motivated your recovery (Gilbert, 2010).

Analysis of Interrelationship of Philosophy, Theory, Research, and Practice

Ideally there will be a reciprocal and cyclical relationship between philosophy, theory, research, and practice. Philosophy asks the questions which drives the foundation of theory. Theories are tested with research and are incorporated into practice. As theories are further tested in practice this sparks the asking of more questions to determine how well the given theory works and if changes need to be made, thus starting the process over again. While the concepts of philosophy, theory, research, and practice do not need to be incorporated in any particular order they depend on one another.

There is a clinic in Pennsylvania which has incorporated these concepts with a foundation in holistic nursing that has proven to be very successful since 1996. This clinic uses family nurse

Holistic Nursing Practice 6

practitioners as primary care providers who emphasize health maintenance, disease prevention, and patient education. In addition to family nurse practitioners this multidisciplinary team consists of; dentists, behavioral health consultants, health educators, social worker, couples and family counselors, fitness trainers, and health educators. This team focused on identifying the needs of the community and the patients from their perspective and customized the best evidenced based practice to address these needs which were unique to the community. A chronic care team was developed also the promote self-management of diabetes and hypertension, fitness classes, nutrition and cooking classes, and support groups. Spiritual practice was also encouraged and practiced including; reiki therapy, meditation, aromatherapy, and yoga. The clinic has an ongoing performance improvement plan which assesses charts for impact and opportunities for improvement. During the year 2009 there were around 28,000 office visits half of which were for primary care, 5.653 visits for behavioral health, 5,586 dental visits, and 2,767 visits for health and wellness programs. From the patients who visited this clinic, diabetics with a hemoglobin AIC of greater than 9 dropped from 70% to 30%, patients with and LDL of less than 130 increased from 30% to 70%, and patients with blood pressures consistently below 140/90 increased from 30% to 70%. This clinic continues to provide quality holistic relationship based care. (Gerrity, 2010).

Conclusion

In conclusion, nurses who incorporate concepts of holistic nursing into their practice could become a part of patients’ family to be a help and a guide along the person’s journey toward optimum health. This is important to the future of nursing and health care because given

Holistic Nursing Practice 7

the current upward trend of stress, obesity, diabetes, hypertension, cancer, and cardiac disease in the United States it is obvious that the current treatment of illness is not working. Given the economic uncertainties and instabilities people are also becoming sicker with less access to health care. Advanced practice nurses who practice holism have the ability to provide care where it is so desperately needed and should be the trendsetter for health and wellness for both patients and the community at large.

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