

UC San Diego

Summer 2014 - UC San Diego Health Journal of Nursing: The Unique Power of Nursing

Title

Front Matter. 2014. Holistic Nursing: A holistic approach to helping patients deal with pain management, healing and recovery, and preventive care

Permalink

<https://escholarship.org/uc/item/5q33n9tt>

Journal

UC San Diego Health Journal of Nursing, 7(1)

Author

UC San Diego Image of Nursing Council

Publication Date

2014-07-01

Peer reviewed



Innovate, Involve, Inspire

HOLISTIC NURSING

A holistic approach to helping patients deal with pain management, healing and recovery, and preventive care



Five Magnet Components

Transformational Leadership

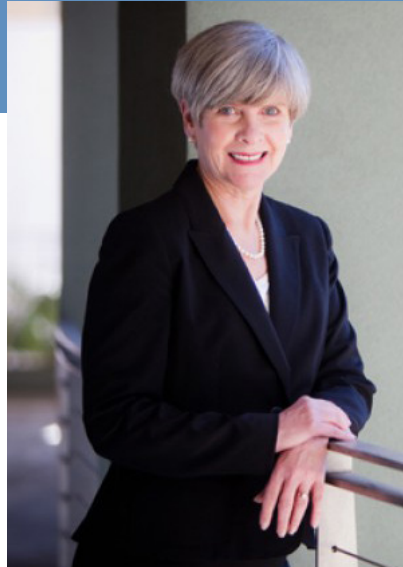
Structural Empowerment

Exemplary Professional Practice

New Knowledge and Innovation

Empirical Outcomes

Shared Governance committee membership is a great way to become personally involved in the Magnet journey and to help shape the future of nursing at UCSD. For more information go to our nursing website at <http://medinfo.ucsd.edu/nursing/committees/> to learn about committee membership opportunities.



Message from the The Chief Clinical Officer

Welcome to our 11th edition of the UC San Diego Health System Journal of Nursing! The focus of this issue is Holistic Nursing. In this journal, a holistic approach to helping patients deal with pain management, healing and recovery, as well as preventive care will be highlighted. Healing Touch, Reiki, Acupuncture, Yoga, Imagery, Biofeedback, Massage, Tai Chi, Meditation, Music, Aromatherapy, Acupressure, and even Hula Hoops are some of the holistic approaches shared in this journal and administered by our own nurses. These articles also

remind us that diet and exercise are important in reducing the risk of chronic diseases such as cancer, heart and lung disease and diabetes. Not only does Holistic healing help assist our patients but it is also a great way to help ourselves as nurses to take care of our body and mind.

The practice of Holistic nursing includes a specific body of knowledge, evidence-based research, unique skills, defined standards of practice, a diversity of modalities from a broad range of health practices, and a philosophy of living and being that is grounded in caring, relationship, and interconnectedness. Holistic nursing was officially recognized as a specialty by the ANA in 2006.

The American Holistic Nurses Association's Standards of Holistic Nursing Practice include therapeutic environments as part of their core values. Holistic nurses can be found in all areas of UC San Diego Health System, from the Neonatal Intensive Care Unit to Behavioral Health to the Emergency Department. A nurse from any specialty can become Board Certified in holistic nursing.

I hope you had a chance to attend one of our many events to celebrate Nurses Week May 5-9 2014! Our Nurses enjoyed a combination of gourmet food truck events, the Advanced Practice Symposium, Bannister House Fiesta, Free Chair Massages and the MAGNET focused 2014 Nursing Excellence Awards.

Along with giving out 92 Scholarships for Tuition and Certification, I am pleased to share our 4 Overall Nurse of the Year Award recipients:

Clinical Nurse of the Year: Cresilda Newsom, MSN, RN, CCRN, CPAC

Advanced Practice Nurse of the Year: Lina Soaft, MSN, ANP-BC, CCTC

Nurse Consultant of the Year: Karen Mitchell, MSN, RN, CMCN

Nurse Leader of the Year: Mary Hellyar, MSN, RN, CCRN

I want to thank all of the nurses at the UC San Diego Health System for their dedication to their profession and to their commitment to quality patient and family care.

Sincerely,

MARGARITA BAGGETT, MSN, RN

CHIEF CLINICAL OFFICER

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