



# IMPACT CIRCLES

A yearlong series of Academic Consortium member successes in integrative innovation and implementation, intended to inspire new ideas and programs throughout the integrative medicine community, worldwide.

## INTEGRATIVE NURSING

### A Portal to Patients' Optimal Healing Environment, Whole Health and Well-being

The nursing profession has always been associated with holistic patient care. **Integrative** nursing has broadened nursing's healthcare embrace with relationship-based, evidence-informed, and collaboratively interdisciplinary interventions directed toward whole person health and well-being.

Given healthcare's current focus on whole health, and medicine's interest in salutogenesis, what is the integrative nurse's role in creating the optimal healing environment for every patient? This could include recognizing the impact of nature, daylight, positive distractions, and aesthetics as well as the social and economic determinants of health and well-being, access to fresh food sources and appropriate health education and support services.

What are the current strengths and challenges of this field today? What are the integrative nurse's views of the future in clinical practice, education, and research?



**Megan E. Voss**, DNP, RN, is a Clinical Associate Professor at the University of Minnesota School of Nursing, and the university's Director of Education, Director of Graduate Studies & Associate Professor, at Earl E. Bakken Center for Spirituality & Healing

*I believe there is public and professional traction in this field right now because there is increasing support for the **principles of integrative nursing** and for the concepts and **components of an optimal healing environment**," says Dr. Voss. "These tenets are visionary but achievable; a rock-solid foundation for what patients want and what we all want for our patients and communities, our healthcare system, and the planet."*

As a strong advocate of the whole health paradigm, the University of Minnesota has taken a leadership role on behalf of integrative nursing and the [six principles](#) that are guiding its development. The [Doctor of Nursing Practice \(DNP\)](#) in Integrative Health and Healing, for example, is the first program of its kind in the U.S., introduced in 2009. It remains one of the only such programs in the country, an indication of the ongoing development of integrative nursing as a relatively new healthcare extension. Courses offered through the university's Bakken Center for Spirituality & Healing include selected integrative therapies, e.g. health coaching, self-care, yoga, food and well-being, healing environments and more.

#### Integrative Nursing Education Sampler

- There are options for those in or entering the nursing profession or who are interested in learning more about the benefits and fit of integrative medicine for their career path and passion. Two Coursera options offered by the University of Minnesota are [Integrative Nursing Specialization](#) and the interdisciplinary [Integrative Health and Medicine Specialization](#), convenient and more informal online portals to this knowledge.
- A [Bachelor of Science in Nursing \(BS\)](#) program with an emphasis in Integrative health can be found at the University of Arizona College of Nursing. It is the first such program in the U.S. and strongly reflects the first principle of integrative nursing, recognizing the cultural environment and extending its practice beyond the acute care setting into the community.
- Advanced Practice Registered Nurses are welcome in Fellowship Programs in integrative medicine at select academic medical centers, including the [Fellowship](#) at the University of Arizona Andrew Weil Center for Integrative Medicine.
- The George Washington University in Washington D.C. welcomes Nurses and Nurse Practitioners to a variety of [Integrative Medicine \(INTM\) Programs](#), including a Master's in Integrative Medicine, Master's in Integrative Medicine and Fellowship and Master's In integrative Medicine Nutrition, as well as graduate certificates.
- At the University of Minnesota, integrative nurses have an open, global conduit to CNE in this arena through a series of webinars. Available to all who have interest, there have been six free webinars since 2021, attracting nearly 1,400 registrants (32% from outside the U.S.) on such topics as *The Role of Nature in Integrative Nursing, Nurses' Role in Psychedelic Therapy, and Health Equity & Integrative Nursing.*

#### Engagement Opportunities for Nurses

Dr. Voss and other members of the *Oversight and Program Committees* for the 2023 Symposium for Integrative Medicine and Health, reflect interdisciplinary collaboration as much as their session planning ensures this inclusive environment throughout the three-day event. Educational tracks showcase the latest and most creative and innovative components of an optimal healing environment with a role for every member of the healthcare team. *"Think Culinary Medicine & Nutrition, Urban Gardens, Teaching Kitchens, Food Security, Health Equity, Nature, Music Therapy, Digital Healing and so much more that will help us nurture the patient's mind, body and spirit,"* says Dr. Voss.

As Chair of the *Integrative Nursing Special Interest Group* for members of the Academic Consortium for Integrative Medicine & Health, Dr. Voss and her colleagues at the Academic Consortium offer welcome opportunities to share insights and challenges among members. Any member of the Academic Consortium can join.

#### Today's Strengths and Challenges, and the Future for Integrative Nurses

Increasing patient awareness and demand leads the list of strengths in this field, in tandem with integrative nurses' role in health outcomes and measures as well as leadership champions. One of the most well-recognized champions, who has published extensively on this topic, is **Mary Jo Kreitzer**, PhD, RN, FAAN, Chair for Health and Wellbeing Leadership, Director, Earl E. Bakken Center for Spirituality & Healing, and Professor, School of Nursing University of Minnesota.

*"During these turbulent and uncertain times, Integrative Nursing is a strategy for addressing fundamental and system issues. Workforce well-being is more urgent than ever, and healthcare organizations continue to struggle with issues related to patient outcomes, cost of care, safety, and access. Frankly, there has never been a more optimal time to focus on Integrative Nursing, a sustainable strategy that supports patient and provider well-being and contributes to the financial bottom line."*

#### Integrative Nursing – Principle #1

**Human beings are whole systems, inseparable from and influenced by environments.**

Integrative nursing is empowerment on multiple levels. One of the most important is its capacity for mitigating burnout. Bringing meaning and purpose to professional life through relationships and focus on evidence-based whole person health and well-being, it serves as an antidote to what has been called "compassion fatigue", the precursor to burnout.

If you are the lone integrative nurse at your location or a nurse leader interested in expanding integrative nursing at your institution, there are resources available and ways to connect. See below.

#### Resources

- [Megan Voss](#)
- [Optimal Healing Environments](#)
- [Integrative Nursing | Bakken Center for Spirituality & Healing](#)
- [Integrative Nursing – a Definition](#)
- [Mary Jo Kreitzer Discusses Integrative Nursing - YouTube](#)
- [Integrative Nursing: Application of Principles Across Clinical Settings](#)
- [Integrative Nursing Webinars from the University of Minnesota](#)
- [Integrative Nursing around the Globe](#)
- [Integrative Nursing | Oxford Academic](#)
- [Systemized Nomenclature of Medicine Clinical Terms Coverage of Complementary and Integrative Health Therapy Approaches used within Integrative Nursing, Health, and Medicine](#)
- [American Holistic Nurses Association](#)
- [American Holistic Nurses Credentialing Corporation](#)

[Click here](#) to join the Academic Consortium Integrative Nursing Special Interest Group

in [Consortium Connect](#) (Member Login Required).

[Quick Guide to Join Consortium Connect](#)

**INTEGRATIVE MEDICINE & HEALTH SYMPOSIUM**

FEBRUARY 28 - MARCH 2, 2023 | CHICAGO, IL, USA

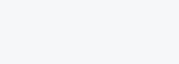
**Why Should You Attend?** [LEARN MORE](#)

<p><b>LEARN</b></p> <p>Discover practical skills you can employ in your organization.</p>	<p><b>CONNECT</b></p> <p>Collaborate with others dedicated to a future of patient-centered care.</p>	<p><b>UPLIFT</b></p> <p>Find inspiration and leave feeling energized.</p>	<p><b>HAVE FUN</b></p> <p>Enjoy yourself through a variety of wellness and entertainment activities.</p>
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