

WHAT IS HOLISTIC NURSING?

Holistic nursing embraces all nursing which has as its goal the enhancement of healing the whole person from birth to death. Holistic nursing recognizes that there are two views regarding holism: that holism involves identifying the interrelationships of the bio-psycho-social-spiritual dimensions of the person, recognizing that the whole is greater than the sum of its parts; and that holism involves understanding the individual as a unitary whole within his environment. Holistic nursing believes that the goals of nursing can be achieved within either framework.

The holistic nurse is an instrument of healing and a facilitator in the healing process. Holistic nurses honor the individual's subjective experience about health, health beliefs, and values. To become therapeutic partners with individuals, families, and communities, holistic nursing practice draws on nursing knowledge, theories, research, expertise, intuition, and creativity. Holistic nursing practice encourages peer review of professional practice in various clinical settings and integrates knowledge of current professional standards, laws, and regulations governing nursing practice.

Practicing holistic nursing requires nurses to integrate self-care, self-responsibility, spirituality, and reflection in their lives. This may lead the nurse to greater awareness of the interconnectedness with self, others, nature, and Spirit/God/Life-Force/Absolute/Transcendent. This awareness may further enhance the nurses' understanding of all individuals and their relationships to the human and global community, and permits nurses to use this awareness to facilitate the healing process.

Come Home to the Heart of Nursing

- OHNA provides opportunities for professional and personal development to the growing Oregon holistic nursing community.
- Current public demand for better choices in healthcare brings OHNA into the forefront of the healthcare discussion.
- As an inclusive organization, OHNA welcomes diversity in the beliefs and attitudes of its members.

OHNA Activities and Benefits:

- Offers an annual conference or retreat and networking opportunities.
- Presents opportunities for speaking engagements and nursing leadership.
- Organizes and nurtures local area and special interest networking groups that further the AHNA and OHNA mission.
- Provides an on-line discussion forum with the Oregon membership.
- Lists Practitioner and Supporter information on our web site.

www.oregonholisticnurses.org

ANNUAL BREITENBUSH *Healing & Retreat*

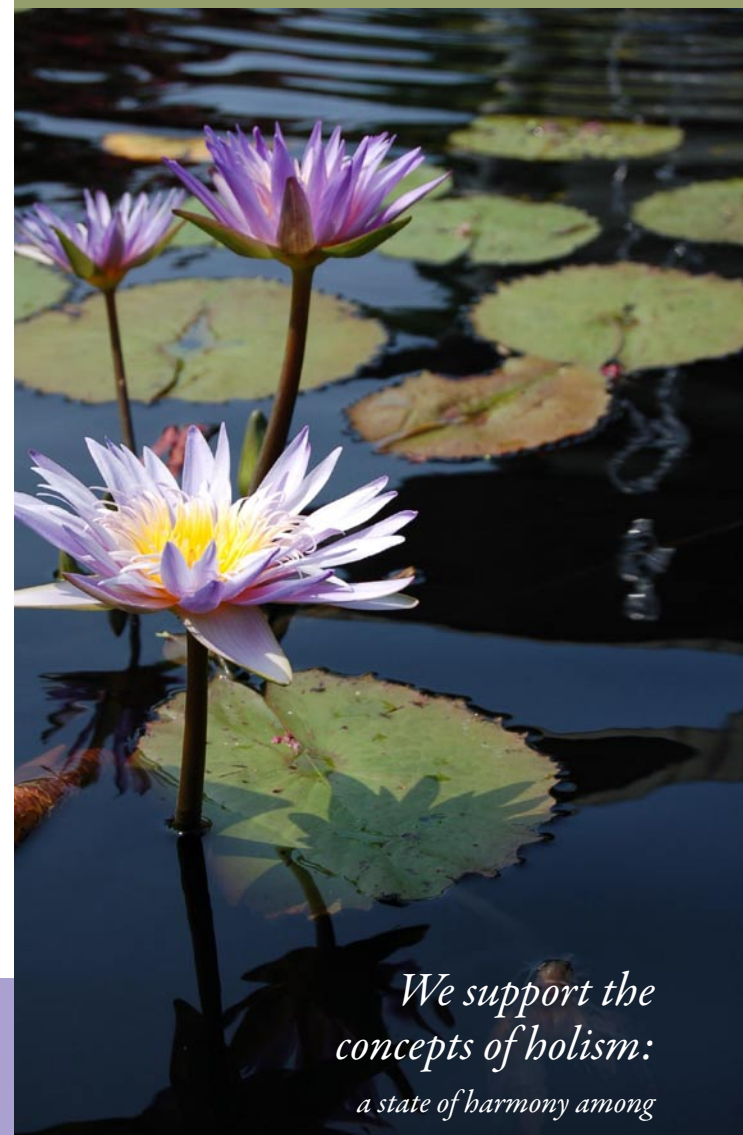
for more information:

www.oregonholisticnurses.org/events

www.breitenbush.com

OREGON HOLISTIC NURSES ASSOCIATION

STATE CHAPTER OF THE
AMERICAN HOLISTIC NURSES ASSOCIATION



*We support the
concepts of holism:
a state of harmony among
body, mind, emotions
and spirit within an ever-
changing environment.*



WE BELIEVE:

1. Nursing is an art/science with the primary purpose to nurture others towards the wholeness inherent within themselves.
2. Nurses have a unique opportunity to provide services that facilitate wholeness.
3. Holistic Nurses demonstrate expertise in a variety of roles and activities.
4. Holistic nursing assists people to assume personal responsibility for self-care.
5. Clients, families, and communities have the right to health care that honors the body, mind, and the spiritual.
6. Disease and distress are viewed as an opportunity for increased awareness of the interconnectedness of body, mind, and spirit.
7. Holistic modalities and therapies provide support and options in healing.
8. The Oregon chapter and the American Holistic Nurses' Association serve as a foundation and dynamic force for holistic nursing practices.

INTENTIONS:

The intentions of the Oregon Holistic Nurses Association are to:

1. Provide vision, direction and leadership for the advancement of holistic nursing practice in Oregon.
2. Empower holistic nursing practice through education, research and standards.
3. Honor individual excellence in the advancement of holistic nursing practice.
4. Maintain financial stability and growth of the OHNA.
5. Coordinate and work between the American Holistic Nurses Association and the Oregon nursing community.
6. Establish and maintain communications between the traditional medical practitioners and universal complementary and alternative healing practices.
7. Make recommendations to the American Holistic Nurses Association regarding concepts of holism and nursing practice.
8. Encourage the efforts of each nurse member to reach a state of harmony among body, mind, emotions and spirit.
9. Create opportunities to facilitate networking among OHNA members and the public.
10. Promote and support educational programs to create public awareness of holistic nursing.
11. Educate nurses, allied health practitioners, and the general public on health-related issues.
12. Create dialogue between the OHNA membership and Oregon politicians regarding health care issues.

CORE VALUES

AHNA Standards of Holistic Nursing Practice

1. Holistic Philosophy and Education
2. Holistic Ethics, Theories, and Research
3. Holistic Nurses Self-Care
4. Holistic Communication, Therapeutic Environment, and Cultural Diversity
5. Holistic Caring Process



JOIN OUR COMMUNITY

To join the Oregon Holistic Nurses Association, you do *not* need to be a member of the American Holistic Nurses Association.

OHNA Membership Application

www.oregonholisticnurses.org

