

Holism and Holistic Nursing

Fundamental of Nursing / Titles of Literature /

- Definition of: - Holistic health
 - Holistic health care
 - Holistic Nursing.

- Advantage of Holistic theories.
- Goals of Holistic nursing.
- Concept of healing.
- Healing Modalities.
 - 1- Touch therapies:
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 - C- Acupressure / goals.
 - D- Reiki.

 - 2- Mind-Body therapies:
 - A- Progressive Relaxation.
 - B- Biofeedback.
 - C- Imagery.
 - D- Yoga.
 - E- Meditation.
 - F- Prayer.
 - G- Music therapy.
 - H- Humor and laughter.
 - I- Hypnosis.

 - 3- Aromatherapy.
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 - 1- Acupuncture and oriental Medicine.
 - 2- Chiropractic.
 - 3- Herbal Medicine.
 - 4- Homeopathy.
 - 5- Naturopathy.

Health can be defined negatively, as the absence of illness, functionally as the ability to cope with everyday activities, or positively, as fitness and well-being.

In any [organism](#), **health** is a form of [homeostasis](#). This is a state of balance, with inputs and outputs of [energy](#) and [matter](#) in equilibrium (allowing for growth).

Health also implies good prospects [امكانية](#) for continued survival [البقاء](#).

The [World Health Organization](#) defines **health** as "a state of complete physical, mental and social well-being, and does not consist only of the absence of disease or infirmity. عاجز.

" Though this is a useful and accurate definition, some would consider it idealistic [مثالي](#) and non-realistic . Using the WHO definition classifies 70-95% of people as unhealthy

Wellness grew as a popular concept in [the West](#) starting in the late [19th century](#), just as the middle class began emerging in the industrialized world

Wellness can include using scientifically-based tests and practices to maintain health, as in checking [cholesterol](#), [blood pressure](#), [glucose](#),

Someone who feels "well" may lower [stress](#) and enhance their sense of well-being [رفاهية- السعادة](#), achieving an enhanced psychological state with proven beneficial effects on various body systems, including [blood pressure](#), [gastrointestinal system](#) functioning, and [immune response](#).

Wellness

The condition of good physical and mental health, especially when maintained by proper diet, exercise, and habits

wellness - a healthy state of wellbeing free from disease

wellness: healthy balance of the mind-body and spirit that results in an overall feeling of well-being.

The term holism was coined by Jan Smuts, a south African statement in his book *Holism and Evolution, 1926*.

- **Smuts theories** that nature trends to brings together to form whole organisms and that the determining factors in nature and evolution are wholes.
- In holistic theory, all living organisms are seen as interacting, viewed in this light, any disturbance in one part is a disturbance of the whole system; in other words, the disturbance affects the whole being.
- **Holistic health**: involves the total person: the whole of the persons being and the overall quality of lifestyle.
- **Holistic health care include health education, health promotion, health maintenance, illness prevention, and restorative rehabilitative care.**
- To identification of pt. needs required to following:
Sensitivity to individual, family, and cultural values.
- **The goal of holistic nursing as described by the American Holistic Nurses Association (AHNA).**
 - 1- To enhance healing of the whole person from birth to death.
 - 2- Recognize the biosychosocial and spiritual dimension of person.
 - 3- Recognized that individuals are unitary wholes whose lives are intertwined with family, community, culture, and environment.

Health Modalities

Nurses with a holistic orientation often use a variety of self care practices in their own lives.

1- **Touch Therapies**:

- A- **Massage**: nurse provided back massage to improve the circulation of the blood and assist in relaxation.

Important of massage:

Physically: 1- massage relaxes muscles and releases lactic acid that accumulates during exercise.

2-improve the flow of blood and lymph, stretch joints, relieve pain and congestion.

3-release body toxins and stimulate the immune system.

Mental and emotional: massage can relieve anxiety and provide a sense of relaxation and wellbeing.

Spiritually: Provided a sense of harmony and balance.

B- **Foot Reflexology** :

Reflexology (called **Zone therapy**): is based on the principle that the hand and feet are mirrors of the body and that they have reflex points that correspond to each of the body's glands, structures, and organs.

Theory developed in the 1900 by William H. Fitzgerald:

More than 72,000 nerves in the body terminate in the feet, when the flow of energy is blocked or becomes congested massaging the reflex points can release the tension. Blockage in any part of the zone can affect the entire zone.

Goals of foot reflexology:

1- To provide relaxation by maintaining or restoring a state of health and relieving congestion or tension

2- Affects on autonomic response which lead to stimulate the endocrine and immune systems.

C- **Acupressure**: is a form of healing in which the therapist exerts finger pressure on specific sites. (657 designated points can be massaged in the body).

- Is used both to diagnose and to treat ailments.

- **The main purpose is to maintain health than treat illness.**

D- **ReiKi**: Is a japons word meaning(universal life- force-energy).

In this therapy, the practitioner places the hands on the client and energy flows from one to the other.

1- Is a technique used for stress reduction and relaxation that allows the pt. to tap into and unlimited supply of (life force energy).

2- To improve health and enhance the quality of life.

2- Mind-Body Therapies: in mind-body therapies individual focus on realigning or creating balance in mental processes to bring about healing

A- **Progressive Relaxation**(Relaxation technique)

Goals: used to reduce high levels of stress and chronic pain.

Box 14-2---- page 75 or 230.

B- **Biofeedback:**

- Is a technique that teaches various forms of relaxation by providing a response from physiologic processes.
- is described as a technique to bring bodily processes under conscious control
- This technique to reduce the stress related disorders.(blood pressure, heart beat) through concentration and knowledge.

C- **Imagery:** Defined as application of the conscious use of power of the imagination with intention of activating biological, psychological, or spiritual healing.

- People respond powerfully to images that can produce physical, mental, emotional, and spiritual changes.
- Most images are unconscious, and these produce changes as well.
- Conscious imagery involves creating mental pictures of what is desired and can be evoked from memories, dreams, fantasies, and hopes.

D-**Yoga:** The word yoga, derived from the Sanskrit root Yug meaning to bind or "to yoke" is the uniting of all powers of the body, mind, and spirit.

Yoga is an approach to living a balance life based on ancient teaching found in Hindu spiritual treatises (the Upanishads).

Yoga: a system of exercises for the body, based on Hindu philosophy. Yoga helps you control and relax both your mind and your body.

Stages of practicing for yoga:

- 1- Yama (universal moral commandments).
- 2- Niyama(rules for daily conduct).
- 3- Asanas (physical postures).
- 4- Pranayama(breath control).
- 5- Pratyahara(controlling the senses).
- 6- Dharana (concentration of the mind on one point).

- 7- Dhayana(meditation).
- 8- Samadhi (supraconsciousness).

E-Meditation وسائل: Is a technique used to quite the mind focus it in the present and to release fear, worries, anxieties, and doubts concerning the past and the future. It produced a state of deep peace and rest combined with mental alertness.

F-Prayer: is similar to meditation but is intended to be communication with God, a saint, or some other being who answers the prayer .

G-Music Therapy: defined as the behavioral science concerned with the systematic application of music to produce relaxation and desired changes in emotions, behavior, and physiology.

H- Humor and Laughter: Humor in nursing is defined as helping the client to perceive, appreciate, and express what is funny, amusing, or ludicrous in order to establish relationships, relieve tension, release anger, facilitate learning or coping with painful feeling.

Steps of Humor in nursing:

- 1- Establishing relationship (decrease the social distance between persons and assists.
- 2- Relieving tension and anxiety.
- 3- Releasing anger and aggression.(Humor helps individual act out impulses or feeling an a safe nonthreatening manner).
- 4- Facilitating learning: Many lectures and presentation begin with a joke or cartoon. Humor not only reduces the presenter's anxiety but also gains the audience's attention.
- 5- Coping with painful feelings: people may use to blunt the immediate effect that are too painful, such as the effect of threatening diagnosis or treatment.

I- Hypnosis: Is an altered state of consciousness in which an individual s concentration is focused and distraction is minimized, hypnosis may be used to control pain, and change lifestyle habits.

3- Aromatherapy: العلاج بالعطور

Defined clinical aromatherapy: as controlled use of essential oils for specific measurable outcomes.(the early Egyptians used to relieve pain)

- Today aromatherapy use essential oils to promote a number of positive health outcomes including the improvement of mood, edema, acne, allergies, bruising, and stress.
- Oils are distilled from flowers, roots, bark, leaves, wood resins, and lemon or orange rinds.
- Oils can be massaged in to body, applied as hot, cold compress, adding to bath water or inhaled.

4-**Transpersonal Therapies**: are therapies that effect healing between persons.

A- **Noncontact therapeutic touch**: is a process by which practitioners believe they can transmit energy to a person who is ill or injured to potentiate the healing process.

B- **Intercessory prayer**: refers to prayer offered in favor of another

5- Alternative medical therapies:

1-**Acupuncture and Oriental Medicine**: Traditional chins Medicine (TCM):the focus of acupuncture treatment is to restore balanced and free flow of qi in order to help the body to heal itself. This achieved by the insertion of fine, sterile needles into specific points along meridians, in various areas of the body.

2-**Herbal Medicine**: herbal have been used since antiquity for the prevention and treatment of illness.

3- **Homeopathy**: the treatment of a disease by giving very small amounts of a drug that would cause the disease if given in large amounts. المعالجة المثلية