

Holistic care plan

Business



Millennia Greenhorns Rasmussen College Author Note This research is being submitted on August 2, 2013 for Michelle MacDonald NURTURE Public Health and Community Nursing Holistic Care Plan A primary focus of holistic nursing is to bring “caring” and “healing” back into our health care system. The first step in this process is for nurses to learn to love and care for themselves. While this may seem a selfish pursuit, learning to care deeply for ourselves by taking the time to nurture ourselves physically, emotionally, mentally and spiritually is absolutely essential.

When we do so, we begin to realize our wholeness and we actually become a healing presence for our patients (Thornton, 2008). Although nursing is inherently holistic and often focuses on health promotion for patients, there is little evidence supporting interventions that enhance the health-promoting behaviors of nurses.

This study examined the effect of a holistic program, the Collaborative Care Model Program, and the development of a self-care plan on the health-promoting lifestyle behaviors (as measured by the HP II) of nurses.

There was a significant increase in the overall pretest to posttest HP II scores of the experimental group as compared with the control group over 3 months. In addition, there were significant increases over time in the experimental group in spirituality, nutrition, and interpersonal relations (Mycologist, Capitol, et al., 2010). Nursing Diagnosis: Altered nutrition Related to bad eating habits at work, not having enough time to prepare nutritious, balanced meals (Lorenz, 2013).

Nursing Interventions: Take food from home.

<https://assignbuster.com/holistic-care-plan/>

Make time to prepare nutritional balanced meals. Drink 6-8 glasses of water a day. Goal: Change bad eating habits to three nutritional balanced meals by the next week. Evaluation: Verbalize Importance of nutritional balanced meal. Nursing Diagnosis: Spiritual distress Related to not having enough time and energy for religious involvement (Lorenz, 2013).

Nursing Interventions: Identify causes of distress. Find time for religious activities. Goal: Manage and find time for religious activity by August 21 . Evaluation: Ability to practice desired religious activities.

Nursing Diagnosis: Ineffective individual coping Related to buildup of stress when taking care of difficult patients and their family members; Internal conflicts of taking care of your own family members; and feelings of being taken for granted (Lorenz, 2013). Nursing Interventions: Identify Individual Ineffective coping habits.

Sleep 7-8 hours every day. Practice relaxation exercise on daily basis. Goal: Effective coping. Evaluation criteria: Identify effective coping techniques. Verbalize sense of control. Nursing Diagnosis: Stress overload Related to school, work, and Tamil duties.

Nursing Interventions: Categorize stresses as modifiable or non-modifiable. Remove or minimize some stresses, change responses to stresses. Explore possible therapeutic approaches such as cognitive behavior therapy, biofeedback, nonpharmacological, pharmacological agents, and complementary and alternative therapies (Lorenz, 2013). Goal: Reduce stress levels through use of relaxation techniques and other strategies Evaluation criteria: Stresses are categorized as modifiable or non-modifiable. Possible

therapeutic approaches and complementary and alternative therapies were explored.

Reference Lorenz.