

Integration of “Wholistic” Care into a DNP Curriculum

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Objectives



- Introduce the creation of a novel introductory course
- Discuss elements of course design
- Explain the 3 adult learning theories utilized
- List modalities included in the course
 - Highlight on Battlefield Acupuncture (BFA)
- Describe the relevance to military nursing
- Examine lessons learned & future direction

Integrative Medical Modalities (IMM)

- An Interactive introductory doctoral graduate nursing course
- Presents alternative wellness & integrative healing techniques to advanced practice military nurses
- Reinforces critical appraisal through evidenced based literature

Primary Aim

Excite interest in integrative healthcare through the critical appraisal and evidence-based guidance on the diverse nature of alternative & integrative medicine techniques to harmoniously synergize with conventional medicine.



Course Design & Delivery

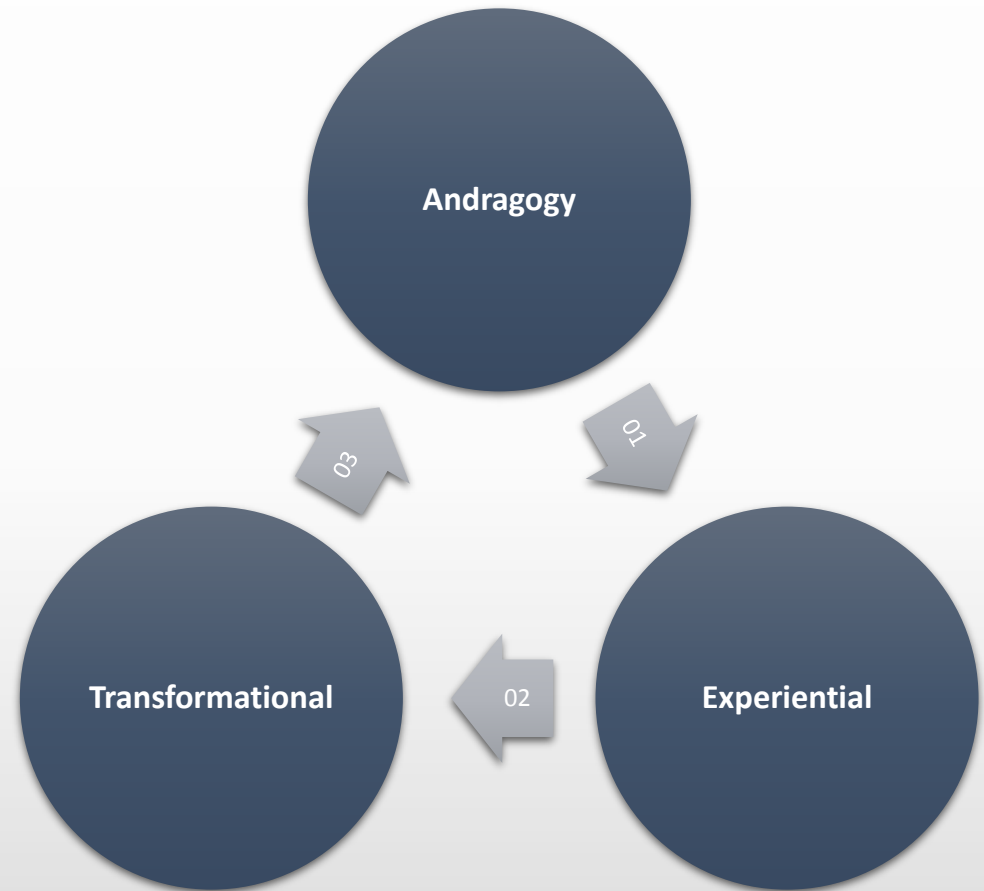
- Asynchronous online modules
- Recorded lectures and presentations
- Online knowledge assessment quizzes
- Short scholarly written assignments
- Comprehensive one-day face-to face intensive clinical practicum

Teaching-Learning Strategies employed...

Methodology

- Invite an open mind receptive to “wholistic” care
- Highlight the importance of self-care & mindful lifestyle practices as vital to optimal health & resiliency
- Leverage optimal health through therapeutic relationships & patient empowerment
- Incorporate the concept that alternative and integrative care modalities are “standard of care” within the Military Health System (MHS)

Adult Learning Theories



Significance to Nursing & Military

- Expansive evidence to support biophysiological plausibility & efficacy in alignment with scientific principles of modern medicine
- Concomitant interest piqued for alternative & integrative care modalities amidst a national opioid crisis
- MHS has endorsed non-conventional healthcare modalities as standard care offered to treat beneficiaries
 - Combat/non-combat related conditions
 - Acute & chronic diseases



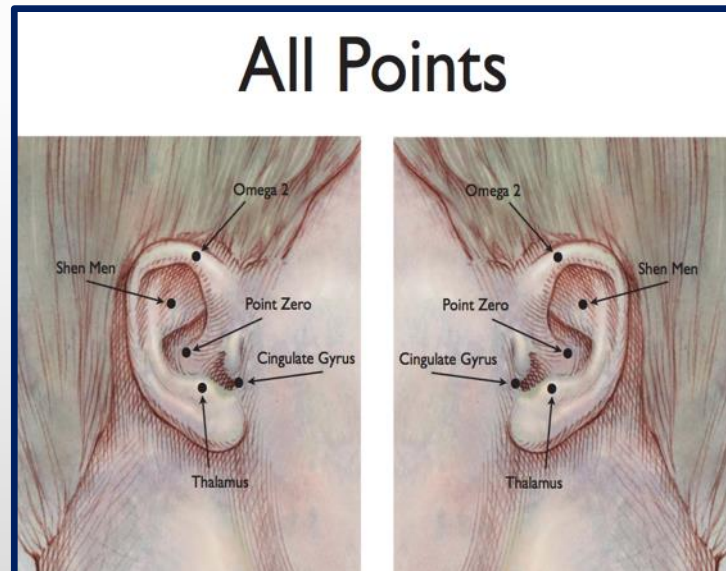
Popular Techniques



Integrative Medicine Modalities Presented:

- Battlefield Auricular (BFA) Acupuncture
- Nutrition
- Massage
- Physical Movement (Yoga)
- Guided Imagery/Meditation

Battlefield Auricular (BFA) Acupuncture



Nutrition





Massage



Physical Movement (Yoga)



Guided Imagery/Meditation



Course Evaluations



- “I initially thought this class was a “pet project” for the faculty and not of extreme value after doing the pre-quiz and reviewing material, I was wrong and found the experience to be great and saw some real value to the program and to myself as a provider moving forward.”
- The lessons gained from the course are very helpful for student wellbeing...”
- “Loved the course.”
- “I really enjoyed this day and am grateful to the faculty for putting it together. As a future Psych provider, it is important that I gain more understanding of these treatments.”
- “All guests were great.”
- “Awesome! Keep the course.”
- “Extend the wellness day over 2 days.”



Lessons Learned

- Course competencies filled an APRN education gap
- Exquisite organization is key to faculty SUCCESS with IMM!
- Overwhelmingly well received by both students & faculty
- Tools & techniques utilized by students beyond the course
- Insight from the GSN Commandant
 - Noticeable improvement in student body camaraderie & overall morale



Future Directions



- Expand techniques & content with successive course iterations
 - Progressive Muscle Relaxation
 - Brain Health
 - Sleep Hygiene
- Greater emphasis on Interdisciplinary integration
 - Inclusion of the SOM
- Recruit more faculty involvement

WELLNESS



*“...not just the absence of disease.
It includes lifestyle behavior
choices to ensure health,
avoid preventable diseases and
conditions, and to live
in a balanced state of body...”*

-AANA (2018)



Conclusion

The scholarly exploration of evidenced-based practices of ancient healing coupled with modern medicine expands the knowledge & resources of future APRNs, enabling the true practice of “WHOLISTIC” healthcare.

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* Graphics not including students retrieved from google images.

Thank You!

