



Spotlight On...
p. 2

Events & AGM
Important Notice
p. 5

Evidence-Based
Holistic Nursing
Practice
p. 7

Standards in
Action
p. 8

CHNA Board
p. 11

Book Reviews
p. 12

Members' Forum
p. 13

CHNA Webinars
p. 19

The CIINDE
p. 21

CASE RNs
p. 22

Words For Great Nurses

Celebrating National Nursing Week 2023 : Our Nurses Our Future

There are many ways nurses can practice and serve their communities. A growing trend is the move toward independent and holistic practices.

While there are nurses who provide effective, regulated, holistically based services in private practice, a holistically informed nurse can practice anywhere. Looking at our clients physically, emotionally, mentally, and spiritually is essentially what nurses do, so it's not a big leap!

But how do we manage this in today's nursing environment? One that doesn't provide the time or resources we might need to spend that extra moment being present with our clients. Maybe we start with our own holistic education, and practice embodying these concepts, so they just come naturally. Moving forward we can strengthen our holistic muscles, and networking with like minds will support us as we evolve and integrate.

This edition of the CHNA newsletter will offer reflections on shifting into holistic nursing practice, as well as insights re: self-employment.

Get involved with us if you are interested in learning more about integrating holistic awareness into your current and future way of being (both personally and professionally). Let's start the discussion!

Kate Shelest RN BSN MAIH CAIHP™
President: The CHNA

The CHNA represents nurses from coast to coast to coast and acknowledges the ancestral territories of all Indigenous people of this country. As the CHNA pledges to uphold and uplift the voice and values of nurses, so do we pledge our commitment to upholding healthy relationships, ethics, protocols, traditional knowledge, and cultural practices that reflect and pay tribute to the Truth and Reconciliation Calls to Action.

Spotlight On...



Dana Clay RN/NP MSN CHN-NC

Dana Clay is a Nurse Practitioner and owner of Stepping Stones Health and Wellness in southeast Saskatchewan. Dana has been nursing since 2004, graduating with Distinction from the University of Saskatchewan. In 2019, she received her Masters in Nursing, specializing in Primary Health Care - Nurse Practitioner. In September of 2021, Dana became a certified Holistic Nurse and Nurse Coach through the CIINDE organization and is currently a student advisor there.

If you had asked me what I wanted to be when I grew up – a nurse would not have been on the list. Nursing found me later in my life – I finished my Biology/Psychology degree in my late 20's and really didn't have an idea what to do with it. I loved learning about the physical body and the psychological workings of the brain and thought maybe physiotherapy or kinesiology would be a good fit. But, after some coercion, and the vast opportunities offered through nursing, I decided to give it a try. The Nursing program ignited an excitement within me that fed my insatiable thirst for learning while discovering how fulfilling and humbling being of service to others can be.

My career has included working in various areas from acute care, community nursing, long-term care, then in primary health care. I must be honest, working in these areas never felt like I found my place as a nurse - it wasn't where my passion was. I loved people, I loved feeling I was making a difference, but often, at the end of the day, I felt defeated, frustrated, and physically, emotionally, and mentally, exhausted. Within my first year as a nurse, I was having too many sick days due to GI problems, all related to stress. But luckily enough, through synchronicity I saw a program on the news interviewing a Reiki practitioner and my inner 'ding' went off. This was something I needed to experience.

Spotlight On...

I found a reputable Reiki Master/Teacher and began the journey into mind-body connection. I learned the first two levels of Usui Reiki, and the world opened for me – a whole new understanding of health and dis-ease was presented. I learned about subtle energy bodies, how we receive information from our environment and the influence it has on the nervous system. Most importantly, I put into practice methods that helped me process and understand how my body and mind move through this world and that I could have some control over it. It was a game changer! As an accepted nursing supportive therapy, I offered patients Reiki healing post-op, during chemo treatments, through the dying process, or when just needing comfort. I was beginning to see the relationship between subtle energy and the importance to mind-body-spirit health.

During this time, a fellow co-worker was training in BodyTalk™, a conscious-based energy modality. It incorporated psychological principles, Western medicine concepts, and Eastern medicine models. I was intrigued. I experienced two sessions, and the awareness I gained about how I react to stress and the belief systems surrounding that allowed me to heal my GI problems. Again, cementing the idea that the body-mind-spirit is one and acknowledging how they work together and not separate changed my mind-set towards what health care really is. In 2011, I became a certified BodyTalk practitioner with the International BodyTalk Association. This knowledge elevated my nursing practice to another more meaningful level – we rarely had the time to speak with patients about what else was happening in their life – and the principles I learned through BodyTalk™ enabled me to have meaningful short conversations with patients to help them move through emotions surrounding illness that was often triggered by life circumstances and relationships.

At this juncture, I was struggling. I could see how important working with the whole person enhanced the healing process, but I wasn't seeing how this could be incorporated in the current healthcare setting to my satisfaction. I explored more evidence-based healing modalities along with Functional Medicine courses to learn more about root cause approaches to health and dis-ease. However, the more I learned, the more aware I was that the health care system was not equipped to address the whole person. At this point, I was ready to leave the nursing profession – I was unhealthy, burned-out and frustrated.

Spotlight On...

Once again, divine timing stepped in when I saw the CIINDE (Canadian Institute of Integrative Nursing Development and Education) logo on a social media platform – a heart with a stethoscope with the statement ‘Reviving the heART of Nursing’. Something about the logo struck a chord inside me, so I trusted that inner guidance and that day, connected with Sherry Hole, one of the founders of the CIINDE. After a short conversation with her, the vision of the organization spoke to my heart and encompassed everything I was looking for. I signed up for the second cohort for the Comprehensive Holistic Nurse and Nurse Coach course. Here, as the logo said, my passion for nursing was revived – I found like-minded nurses learning the importance of self care and how that was different for each of us. Revisiting nursing theories to see how it applied to holistic nursing and seeing how integrative modalities fit into practice by exploring it through a nursing lens. My heart was happy – I could see how I could provide care to clients that also fit with my values, was evidence-based, and used my strengths for best client health outcomes.

As a result, in 2021, I decided to go into independent practice as a Nurse Practitioner creating **Stepping Stones Health and Wellness** to offer clients a wholistic approach to care. In this space, I use my knowledge base built from my nursing experience, holistic nurse coaching, functional medicine, and integrative modalities for a truly wholistic approach with clients. I have the time to explore all aspects of their health, meet them where they are, honor their reality, and guide them toward choices to support their best health. I am honored to be a nurse and proud to take a leadership role. It is my goal to continue showing how mind-body-spirit connection must be addressed in a health care setting to effectively support health and wellness in our communities. I will be forever grateful, for the all the people that have come into my life, continue to teach me, allow me to grow, and share a new way of nursing.

For more information, please visit

<https://www.steppingstoneshealthandwellness.com>

<https://www.theCIINDE.com>

<https://www.bodytalksystem.com>

<https://www.ifm.org>

EVENTS

CHNA ANNUAL GENERAL MEETING : SAVE THE DATE!

June 11, 2023 @ 10am PST

ZOOM link and official meeting announcement will be posted on our website and emailed to members.

www.chna.ca

Please plan to attend so that we can continue with our work raising awareness of Holistic Nursing in Canada.

We will be voting on the addition of new board members and discussing our goals for the future.

This will be a great opportunity to ask questions and provide input on the direction of the CHNA.

This is your association, and your voice is important!

DOOR PRIZES!



THE INTERNATIONAL COUNCIL OF NURSES CONFERENCE

Nurses together: a force for global health

The [International Council of Nurses](http://www.icn-nurses.org) and the Canadian Nurses Association are delighted to invite you to attend the **ICN Congress, 1-5 July 2023** in Montreal, Canada, which will bring together the powerful force of the 28 million nurses worldwide!

Is there a topic or event that you want people to know about or would like us to facilitate? Please let us know! We listen to our members and do our best to meet your needs!

EVENTS

Presented by

EXECUTIVELINKS 

FREE WEBINAR CELEBRATING NURSING WEEK

Nurse Entrepreneurs & Influencers

Interviews with 6 Canadian nurses who made the full time or part time leap to self employment in their careers will be presented.

CHNA Member Janessa DeCoste, BScN, RN, MN, NC-BC, CCHNC will be one of those interviewed!

Janessa shares her passion for holistic nurse coaching and independent practice development through her role as co-founder, faculty and VP of Nurse Coaching and Independent Practice Development at **The Canadian Institute of Integrative Nursing Development & Education Ltd.** Janessa is passionate about educating nurses about Nurse Coaching in Canada, advocating to regulatory bodies across Canada, and working with nurses to help them launch their independent practices. She has developed a Business Development Program for Nurses in collaboration with TheCIINDE(C), that explores what independent practice for Nurse Coaches and Consultants looks like through a Canadian lens. She is also involved with the Canadian Association of Self-Employed Registered Nurses (CASE RNs) as one of the board of directors. She launched her own independent practice in 2017 and works collaboratively with clients and physicians using Nurse Coaching as a core foundation to her nursing practice.

Date: Tuesday May 9, 2023

Time: 0900 PT | 1000 MT/SK | 1100 CT | 1200 ET | 1300 AT



[For More Information & to Register visit Executive Links](https://execulinks.net/?product=entrepreneurs-1)

<https://execulinks.net/?product=entrepreneurs-1>

Evidence-Based Holistic Nursing Practice

Therapeutic Touch® Research

Content Courtesy of:

My Healing Connections Cheryl Larden

Therapeutic Touch is a holistic, evidence-based Therapy that incorporates the intentional and compassionate use of universal energy to promote balance and well-being¹.



Therapeutic Touch is considered a pioneer among modern complementary methods of healing because it is the first healing modality in Western history to be formally taught as an intrinsic part of a fully accredited graduate curriculum of a college or university. This occurred at New York University (NYU), New York City, in 1975 in a masters-level course called “Frontiers in Nursing” (E41.2363).²

For Cheryl’s full article, reference list, and more information about Therapeutic Touch visit: <https://www.myhealingconnection.com/>

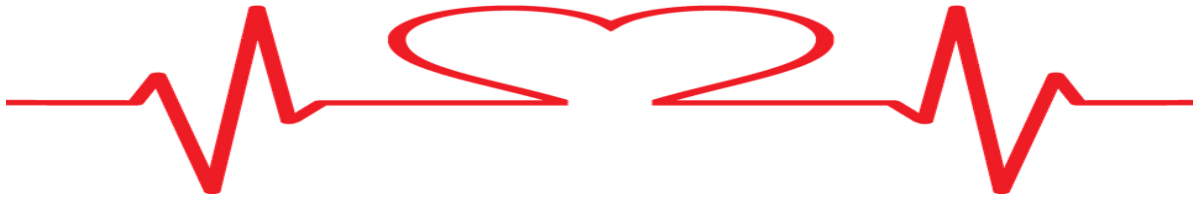
For Therapeutic Touch International Association Research visit: <https://therapeutictouch.org/about-us/research/>

References:

(1)Therapeutic Touch International Association www.therapeutic-touch.org

(2) Kunz, D. with Krieger, D. (2004). The spiritual dimension of therapeutic touch. Bear & Company.

Standards in Action



Sherry Hole BN MN RN, CHNA Standards Officer, CEO & President of The Canadian Institute of Integrative Nursing Development & Education Ltd © Standards in Action

Nursing practice standards outline expectations to ensure the provision of safe and ethical nursing care (CNO, 2022). While provincial standards apply to all nurses regardless of their role, these standards may be augmented by additional standards and guidelines specific to specialty areas of nursing practice, such as holistic nursing. The Holistic Registered Nurse is personally responsible and accountable for ensuring that holistic nursing practice and conduct meet the standards of the RN profession and the legislative requirements in the province or territory in which the holistic nurse is licensed to practice.

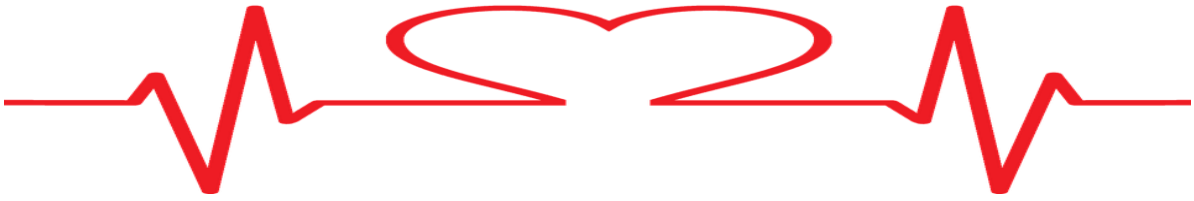
Holistic nurses believe that human beings are affected by both their internal and external environment, and that healing can occur at any level including physical, cognitive, emotional, social, environmental and spiritual. Health is seen as more than the absence of disease or illness and encompasses balance, harmony, right relationship (between the whole); and an improvement in one's overall well-being.

Holistic nursing is a way of being that recognizes and honors the mind-body-spirit-environment connection, as well as whole health and well-being for the nurse, client, and the planet. Holistic nursing also recognizes the nurse as an instrument of healing or facilitator in the healing process.

Holistic nursing requires that the nurse engage in reflective practice and demonstrate self-responsibility by fostering self-care, self-development, self-awareness and self-healing practices into one's own life.

The Holistic Nursing Practice Standards reflect the following Five Core Values of Holistic Nursing Practice as identified by the American Holistic Nurses Association (AHNA, 2019), and the American Nurses Association (ANA, 2019):

Standards in Action



Five Core Values of Holistic Nursing Practice

- 1) Holistic Philosophy and Education
- 2) Holistic Ethics, Theories, and Research
- 3) Holistic Nurse Self-Care
- 4) Holistic Communication, Therapeutic Environment and Cultural Competence
- 5) Holistic Caring Process

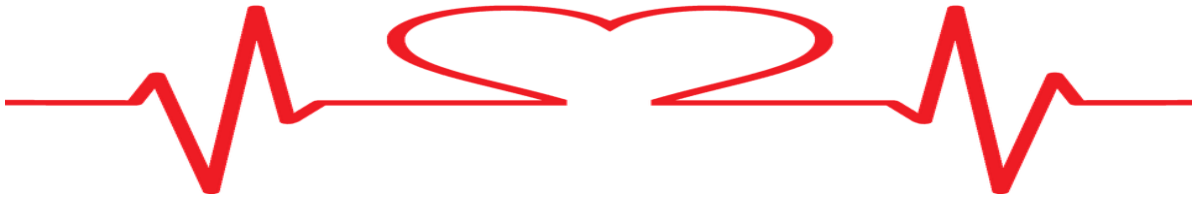
Discussion

It is imperative to remember that in Canada, Registered nursing professionals are bound by their provincial **Standards of Practice** in order to be regulated and call themselves 'nurses'. These **Standards of Practice** and **Code of Ethics** are the primary guides for Nursing practice.

Revised and approved by the Canadian Holistic Nurses Association (CHNA) (June 1, 2020), the Holistic Nursing Standards of Practice serves as a guide for integrating holistic concepts into client care, and can be viewed here: <https://www.chna.ca/chna-standards-of-practice/>

Reference may be made to the contents of this document with appropriate recognition given to the Canadian Holistic Nurses Association. No part of this document may be reproduced in any form by any means, electronic or mechanical, without permission in writing from CHNA.

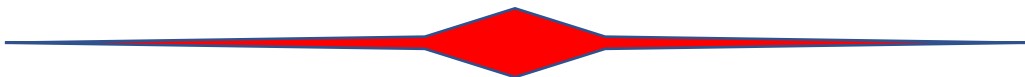
Standards in Action



References

- American Holistic Nurses Association & American Nurses Association. (2019). Holistic nursing: Scope and standards of practice, 3rd ed. Silver Spring, MD: Nursesbooks.org.
- College of Nurses of Ontario. (2022). Professional Standards, Revised. Retrieved from: <http://www.cno.org/en/learn-about-standards-guidelines/standards-and-guidelines/>
- Dossey, B. Luck, S. & Schaub, B. (2015). Nurse coaching: Integrative approaches for health and wellbeing. International Nurse Coach Association: North Miami, FL.
- Dossey, B. & Keegan, L. (2022). Holistic Nursing: A Handbook for Practice (8th ed.). Jones & Bartlett Learning: Burlington, MA.

You can access the complete CHNA
Holistic Nursing Standards of Practice here:
<https://www.chna.ca/chna-standards-of-practice/>

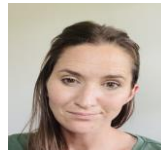


Would you like to join a group of innovative nurses dedicated to the support of Holistic Nursing in Canada?

CHNA BOARD OF DIRECTORS

EXECUTIVE BOARD

Kate Shelest (Pres) Susan Hagar (VP) Meg Knapp (Treasurer) Danielle Dawe (Secretary)



DIRECTORS

Kim Derkach Sherry Hole Lauren Kellar



Julie Sabourin

Jocelyn Uygen Ocsena

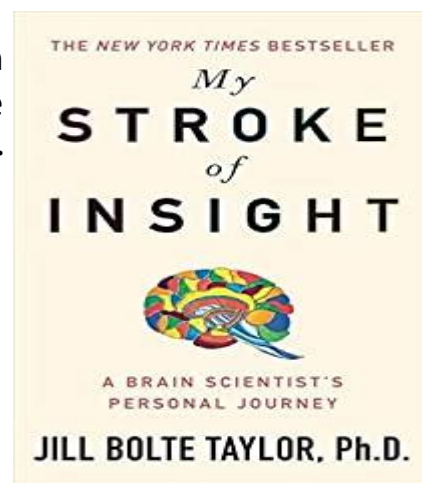


Send all questions or comments to : Amanda.Dallow@gmail.com

Read A Great Book Lately??

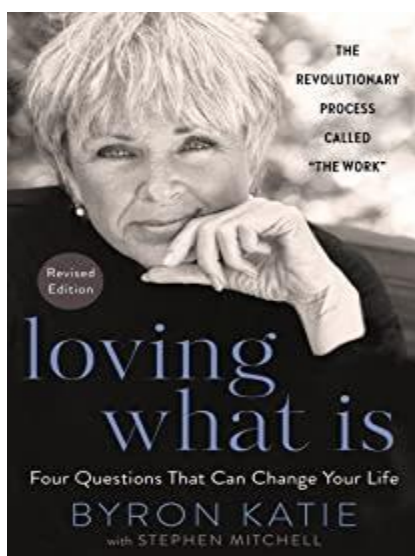
Our CHNA Members Recommend:

One person's experience of left-brain/right-brain awareness during a CVA. You can also see Dr Bolte Taylor on TED >

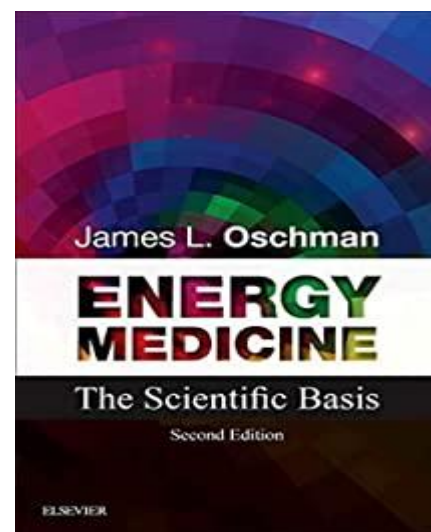


< The questions are so simple but seriously life changing in getting you to put things into perspective.

Lauren Kellar



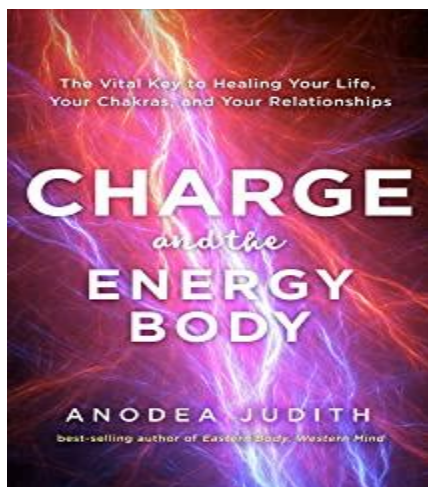
A scientific perspective on the impact of energy on health >



Kate Shelest

< I love how she talks about energy as charge

Sherry Hole

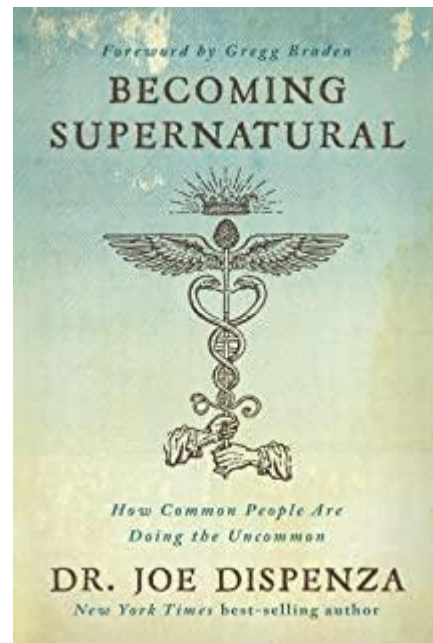
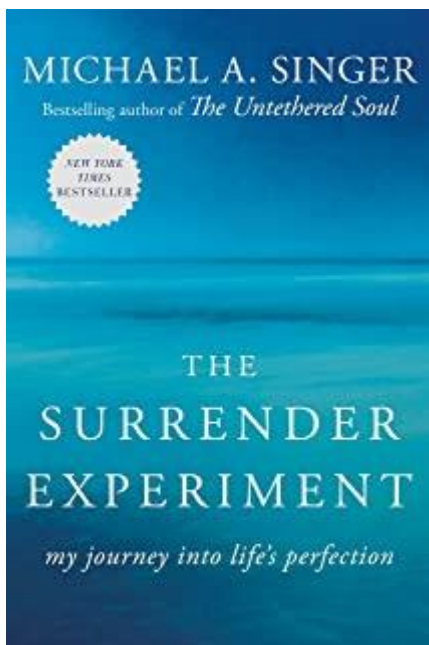


SEND US YOUR FAVORITE BOOKS TO SHARE!

Read A Great Book Lately??

Our CHNA Members Recommend:

Recommended by Kim Derkach ...



SEND US YOUR FAVORITE BOOKS TO SHARE!

Members' Forum

Responding to the Call of our Times: What's Your "Next"?

by Linda Shea, PhD, RN, NC-BC



We are living in times of complexity and unprecedented change that highlight the interdependent nature of humanity with all life forms on the planet. As holistic nurses, our interest in embodying principles of holism and healing extend beyond ourselves and our patients to include the individual and collective healing of humanity and the planet. On a deep level, we know that humanity's well-being is intertwined with the wellbeing of all life forms, and a healthy planet that sustains our lives. How we show up as healers and respond to the call of our times matters for more than ourselves.

To adapt and thrive in our rapidly changing world, the ability to reinvent ourselves is becoming indispensable. We can support ourselves in this reinventing process by asking three salient questions:

Why am I here?

What does that call me to do?

Who does that call me to become?

Asking these questions is not a one-and-done inquiry. Over time, we can become more skillful in designing our lives with presence and awareness, bringing forward our unique gifts to a world in much need of healing. As holistic nurses, we have a shared vision of how embodying principles of holism and healing can support the well-being of nurses and those in our sphere of influence. Your life mission, however, is unique to you.

One emerging approach to working with life mission is offered by Daniel Goodenough, who has been thinking about this topic and exploring with students for 30+ plus years. His book *The Caravan of Remembering: A Roadmap to Experiencing the Awakening of your Life's Mission* is a fictional account of being present to the question of life mission, offering a roadmap for the reader including over 80 life mission questions.

Members' Forum

Daniel's approach calls us to a consistent practice that helps us develop and engage our trans-rational knowing self, availing us of the wisdom seated there. Over time, we are able to move beyond our tendency to 'figure out' what to do next, often with limited success, and reinvent ourselves with more presence and awareness. While our rational minds have much to offer, we need to continue developing the parts of us that can be present to the level of complexity that is in our world now.

If you'd like to continue the conversation, Daniel Goodenough has a number of pages on his website that may be of interest, including:

- What's your Next? – with a step-by-step process for being in an inquiry.
<https://caravanofremembering.com/whats-your-next/>
- What is life mission? – offering a way to explore the meaning of life mission through metaphor, such as, "life mission is like the acorn that can only grow into the oak tree."
<https://caravanofremembering.com/what-is-life-mission/>

Knowing why we are here, what we are called to do, and who we are called to become are questions humanity has been asking for thousands of years. We are all in good company! So, if you're curious about "what's next" for you in our rapidly changing world, these questions and resources may help you on your way.

Linda Shea, PhD, RN, NC-BC

www.lindashea.ca

linda@lindashea.ca

Members' Forum

SCOPE of Practice and Holistic Modalities

Your provincial regulatory body will advise you whether a holistic modality is within your Scope of Practice. Contact your Provincial Regulatory Body/College to determine whether your holistic or complimentary practice satisfies your *Standards of Practice*, and whether you may still call yourself a Nurse when providing this type of care to clients.

Nursing Diagnoses: Definitions and Classification 2021 - 2023

The presence of a balanced or imbalanced energy field is recognized and referenced by NANDA in context to nursing diagnoses (NANDA, 2021, p. 154).

NANDA International, Inc. Nursing Diagnoses: Definitions and Classifications 2021-2023. 12th Edition. Edited by T. Heather Herdman, Shigemi Kamitsuru, and Camila Takao Lopes. © 2021 NANDA International, Inc. . Published 2021 by Thieme Medical Publishers, Inc. New York.

Self Employed Nursing Regulation

“ASSESSING THE REGULATION OF SELF-EMPLOYED NURSES IN
THREE CANADIAN JURISDICTIONS”

An MN thesis published by Natalie Thiessen in Saskatchewan in December 2022.

A great overview and comparison of 3 provinces; AB, ON & SK.

Abstract: Self-employed nursing creates new opportunities with increased autonomy to provide for the needs of Canadians using their unique skills, knowledge, and judgment in alternative settings, yet research demonstrates current provincial nursing regulation is inhibiting nurses in these roles. Using qualitative case study methodology, this research aims to examine how provincial regulation impacts self-employed nurses. The case study compares three provincial registered nurse regulatory bodies by analyzing publicly accessible documents to discover how regulatory actors and context impact the content and processes self-employed nurses engage in. The findings demonstrate specific contextual features and actors as having a significant impact on the regulation of self-employed nurses through their influence on content and processes. Right-touch regulation and other evidence-informed regulatory practices are identified as a facilitator of self employed nursing regulation which represents a key finding of this research. Keywords: nursing roles, regulation, self-employment, independent practice, qualitative, case study, Canada.

https://dt.athabascau.ca/jspui/bitstream/10791/375/5/Thiessen_Self-Employed%20Nursing%20Regulation_Thesisfinal4.pdf

Advertise with the CHNA

* YOUR ADVERTISEMENT HERE *

CHNA Members Receive A 20% Discount

The CHNA has developed an advertising policy for those who align with our Mission and Vision. This opportunity is open to members and non-members.

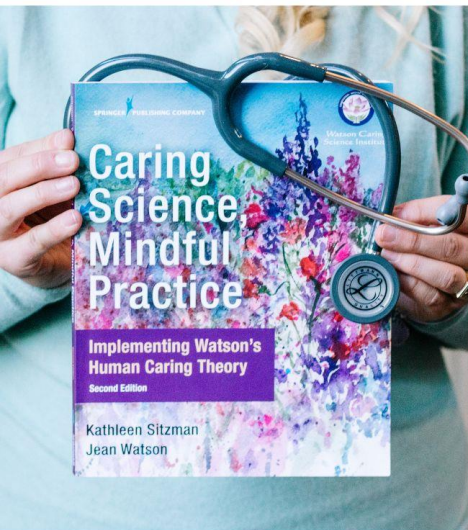
Membership with the CHNA **already includes** space in our Members' Directory for you to place contact information, link to your website and business icon or headshot.

<https://chnamembersdirectory.ca/>

Take advantage of advertising with the CHNA!

Contact us at info@chna.ca

THE CANADIAN INSTITUTE OF INTEGRATIVE NURSING DEVELOPMENT & EDUCATION LTD. (THE CIINDE©)



SIGNATURE PROGRAM

The Comprehensive Holistic Nurse, Nurse Coach & Consultant Certificate Program

Have you ever wanted to learn more about Holistic Nursing, Nurse Coaching & Consulting? This program will help you reimagine what it means to embody holism in your nursing practice.

COMMUNITY

The heART of TheCIINDE©

At TheCIINDE© we believe that like minded and like hearted nurses need a space where they can xoke together, connect and show up authentically as themselves. Our courses and programs, meet you, the learner, wherever you are at on your journey.

COMPLEMENTARY PROGRAMS

We have a growing list of complementary programs

- Spirituality: The Fourth Pillar of Health Business Development Course for Nurses
- TheCIINDE Complementary & Integrative Health Certificate
- Holistic Cannabis Nurse Program
- Fundamentals of Holistic Nutrition
- Holistic Nurse Reiki Program (Level 1 & 2)

Would you like to advertise with the CHNA?

info@chna.ca



Join us at our monthly webinars with expert speakers presenting topics specific to holistic nursing, holistic practices, and self-care. Time and ZOOM address available in the CHNA Members Area www.chna.ca

May 16 @ 4pm PST

**Nursing Students & Educators
Information Webinar**

***Membership not required to attend**
info@chna.ca for ZOOM link



May 31 @ 10am PST

**Exploring the Unconscious Mind
through Dream Work**

Linda Yetman, RN PhD

Certified Coaching Practitioner

This webinar will explore the significance of dreams, especially for nurses (do nurses dream differently from others?!), how to recall your dreams and an experiential demonstration.

Check the Website for more Webinars

[Monthly Webinar Schedule - Canadian Holistic Nurses Association \(chna.ca\)](#)

ALL WEBINARS ARE ARCHIVED FOR MEMBER VIEWING

Webinars are Member Privileges. To become a Member and access our Archives or join in person: [Memberships](#)

Webinar notices & ZOOM addresses are also posted on the Members' Community Facebook Page & emailed directly to you. If you have any problems accessing, please let us know: info@chna.ca

We want to hear from you with suggestions for presentations in 2023! This is your CHNA ... help us grow it for you!

Membership Options

CHNA is happy to offer membership options that fit your needs including the:

- Exclusive Canadian Membership
- AHNA Chapter Membership
- Retired and Student Nurse Memberships

NEW: Association Membership (Non-nurse)

Explore the possibilities at <https://www.chna.ca/membership/>

CHNA/The CIINDE/CASE RNs Mutual Membership Discount Program

Membership in 1 qualifies you for a discounted initial membership in the others!





Snapshot into TheCIINDE© Comprehensive Holistic Nurse, Nurse Coach & Consultant Certificate Program

As we, Kim Derkach and Janessa DeCoste (*Co-creators of The Comprehensive Holistic Nurse, Nurse Coach & Consultant Certificate Program, alongside Sherry Hole*) prepare to share The heART of Charting with nurses in July 2023 in a presentation with The American Holistic Nurses Association (AHNA) we wanted to share a glimpse into a something that students learn when enrolled in our signature program:

The Comprehensive Holistic Nurse, Nurse Coach & Consultant Certificate Program.

Our signature program is full of wonderful and creative tools, strategies and practices that you can weave into what you do as a holistic nurse. Watch for the AHNA announcement on the date and time of this presentation.

Holistic Vital Signs & The HEART of Charting

The role of the holistic nurse and nurse coach is unique, and how we assess vital signs and documentation should be as well. When we explore traditional vital signs, we instantly go to the physical realm, however, when we look deeper, we recognize we are more than the physical biometrics of pulse, respiration rate, blood pressure, O2 saturation and temperature. Even within our physical bodies we need to explore other elements that indicate our health and well-being. As we explore and evaluate holistic vital signs, we want to come back to the heart. What revives the heart when out of alignment?

We believe that charting with heART is an art and science and should be approached holistically as we implement this essential skill within our practice. The heART of charting has been developed to guide you through the documentation process as a holistic nurse, nurse coach and nurse consultant.

What is The heART of Charting?

H – Holistic Healing Process

E - Evaluation of Environment and Energy

A – Art of Assessment

R – Research / Resources / Referrals

T – Transformation Over Time

Documentation is timeless and charting with HEART may help the nurse gain a greater understanding of the client's needs and goals while simultaneously facilitating the nursing process and the Nurse Coaching process. We have identified that Charting with heART follows along with the Holistic Nursing (Caring) Process, a circular process that involves six steps that may occur simultaneously. These steps are assessment, patterns/challenges/needs, outcomes, therapeutic care plan, implementation, and evaluation.

Disclaimer: Please remember that this is our interpretation of key elements we feel are in alignment with a holistic documentation process. It is important to remember to also reference your jurisdictional documentation guidelines.

CASE RNs was launched by a small group of nurses who acted on their commitment to nursing practice as well as their desire to revolutionize patient care. Across Canada our nurses have taken the risk of leaving the familiar hospital-based model of care to serve the public in another meaningful way.

In 2019 CASE RNs formalized to promote and advocate for the advancement of independent practice nurses, both nationally and internationally. Our members recognize the need to transform the current healthcare 'system' and transform the delivery of care in the community.

Self-employed Nurses Provide Innovative Solutions!

Independent practice nurses use a holistic model of care to meet the unique needs of individuals and their families. We're bridge builders, effectively supporting patients in their lifelong journey across the continuum of care.

Registered Nurses are well positioned to address the gap between hospital and community, given the silos in care delivery and fragmentation of the medical system. Nurses in independent practice offer innovative services and critical assessments that save the publicly-funded system time and money, which better serves the needs of Canadians.

The Canadian Association of Self- Employed Registered Nurses connects Registered Nurses who are self-employed and offering their services outside the public health care system. We support members through networking and educational events, while informing the public and policy-makers on the ever-expanding scope of nursing practice, and how that benefits health care consumers.

Consider a Membership with CASE RNs <https://www.case-rns.ca/page-18074>



Members of the CHNA Board welcome and invite all suggestions from you to grow our organization and community.

We want to hear from you!

Contact us at: info@chna.ca

Follow us on Facebook:

CHNA Members Community (Members Only) or
Canadian Holistic Nurses Association (Public)

**Join us on [LinkedIn](#) &
[Instagram](#) : chna_community_**

