



Words For Great Nurses

The Paradigm is Shifting ... Rapidly

Many nurses have worked diligently to ensure the practice of holistic nursing is grounded in theory and research. Standards of practice have been developed; educational programs have been accredited. The excitement of this growth in awareness and acceptance is palpable. Yet, there are still many obstacles to overcome including integration into nursing education and the allopathic system and recognition by health insurance groups for billing to support client access.

I have been honoured to connect with nurses who are part of the development of standards of practice and policy, recognizing the value of a holistic approach in nursing. What I often tell them is not to get frustrated. We are pioneers at this point, building a strong foundation for the growth of holistic nursing in Canada. We may not be here to see the fruition of our work, but if we are wise and conscientious, others with energy and ideas will carry the torch forward.

I hold space for a nursing practice that integrates the physical, emotional, mental, and spiritual aspects of health ... and beyond. The CHNA is here to support this exciting shift by offering resources, networking, and encouragement to nurses who are on the holistic path. We also recognize the importance of supporting *all* nurses in their practice and being grateful for the energy and perseverance they exhibit daily caring for their clients and communities.

Being a foundation builder is as important as being the one who brings the ideas to fruition. Be part of the journey: <https://www.chna.ca>

Kate Shelest RN BSN MA Integral Health
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.

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* Due to Summer break this CHNA Newsletter is a condensed version ... stay tuned for the Fall edition for more great holistic nursing information and resources!



The Paradigm for Nursing is Shifting ... Rapidly...

Be Part of this Shift... Invite Your Colleagues to Join Us....Join CHNA

<https://www.chna.ca/membership/>



Image: **The Shift**
by Kate Shelest



Spotlight On...

Jennifer Kirk BN, RN, LP



Jennifer is the founder of Dragonfly Meadows, where, since 2014, she offers unique ways through Equine Facilitated Learning Workshops/Clinics to support Registered Nurses (RNs), Licensed Practical Nurses (LPNs), and other professional caregivers. Jennifer has been nursing since 2004, graduating with distinction from Athabasca University. She is a certified Equine Learning Professional (LP) through Pro-Equine Facilitated Wellness Canada and currently works in Post-Anesthetic Care Unit in the Annapolis Valley of Nova Scotia.

Before becoming an RN, I was a massage therapist and practiced reflexology and craniosacral therapy, and studied acupuncture, aromatherapy, and Reiki. After I was injured and could no longer work as a massage therapist, I thought nursing was a good option to incorporate the skills I already had.

I had this idea that “alternative medicine” and “modern medicine” was going to meld and treat the whole person in a new holistic model of health. Unfortunately, this has not been my experience in the last 19 years.



Image courtesy of Dragonfly Meadows

Spotlight On...

I have worked most of my career in critical care in Alberta, and I know all too well the challenges nurses are facing. I have witnessed increased workloads, low morale, high turnover rates, moral injury, compassion fatigue, PTSD, vicarious trauma, and poor work-life balance.

My life changed when I got my first horse for my 40th birthday. I took my first workshop in Equine Facilitated Learning in 2012 at Healing Hooves, in Cremona, Alberta, and I was captivated by the healing power of horses. I discovered I had poor coping skills in dealing with the stressors in the ER and ICU, a poor work-life balance and I was not very good at self-regulating. For example, I would come home from a crazy ER shift and the horses would be at the gate waiting for me and I would be carrying this negative energy with me to see them, and in response to this energy, they would simply scatter. Through horsemanship, counseling/therapy, and the Pro-EFW certification, I really grew as a person, a horsewoman, and an RN.

After experiencing firsthand the healing power of horses, I wanted to find a way to share horses and help nurses manage the stressors of their careers. A magazine article on Compassion Fatigue was an "A-ha" moment for me and I began offering professional development clinics/workshops in Alberta for Nurses in 2014. I help nurses discover mindfulness, healthy boundaries, self-care and develop their communication skills, improve their work/life balance, and much more, all with help from my equine partners. The interactions with the horses are on the ground, and you do not need any experience with horses to attend.



[Image by morenoboeron, Pixabay]

Spotlight On...

We moved back to Nova Scotia in 2017, and the clinics/workshops have been well received here. Then the pandemic came, and like everyone else, I was frustrated and angry. I knew I had to do something different. I came up with the concept of offering an online course for other equine-facilitated practitioners to offer my clinic for nurses. I put my program online "How to Run an Equine Facilitated Workshop to Support Nurses" as a beta test, and I am proud to say that there are workshops/clinics offered in Australia, coming soon the Yukon, BC, and Wisconsin! I also have opened the door to traveling to other facilities for clinics/workshops. have just come back from an amazing trip to Alberta.

I am grateful to every nurse who has spent the day with me and my horses. I have learned from everyone. Each nurse has helped me learn and grow and make the next clinic a better one. A common theme throughout the years has been "I thought I was the only one".

It is an amazing experience to see nurses come together and share their stories and be open to the experience of working with horses and most importantly support each other.



The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet."

Rachel Reman

For more information, please visit:

www.dragonflymeadows.ca

www.healinghooves.ca

Equine Facilitated Wellness | Respect- Trust- Connection

Social Media: Facebook:

Dragonfly Meadows Equine Facilitated Learning

Standards in Action



Self-care and the Holistic Nurse

Presented by Kate Shelest RN BSN MA Integral Health

Why is Self-care so important in context to our Standards of Practice? Where does Holistic Self-care for nurses fit into this conversation? Based on research done for the Conscious Nurse Project (Shelest, 2021):

The Issue

- RNs Standards of Practice require them to maintain their health and fitness to practice.
- RNs frequently experience challenging situations and workplace stressors.
- Trauma, and exposure to vicarious trauma
- Impact is on physical, emotional, mental, and spiritual health.
- Can lead to reduced functioning and BURNOUT.
- COVID-19 & staffing issues have compounded the issue.

RNs (and all nursing professionals) are bound by their Standards of Practice and Code of Ethics to support their own health and maintain fitness to practice.

The CNA Code of Ethics endorses the WHO's definition of health as:

"... a state of complete physical, mental (spiritual), and social well-being, not merely the absence of disease." (CNA, 2017, p. 23)

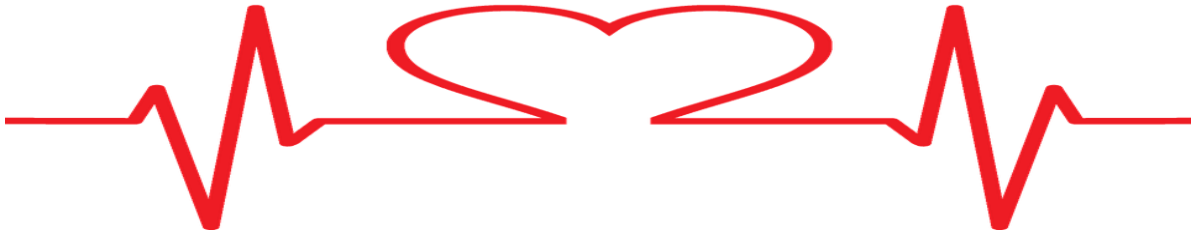
This is an acknowledgment of the interactive relationship between *all* dimensions of the human experience is ***holistic***.

∴ Holistic self-care is a valid resource to support the health of nurses.

You can access the complete CHNA Holistic Nursing Standards of Practice here:

<https://www.chna.ca/chna-standards-of-practice/>

Standards in Action



Self-care and the Holistic Nurse (continued)

The Holistic Nursing Standards of Practice document (CHNA, 2022) supports this premise:

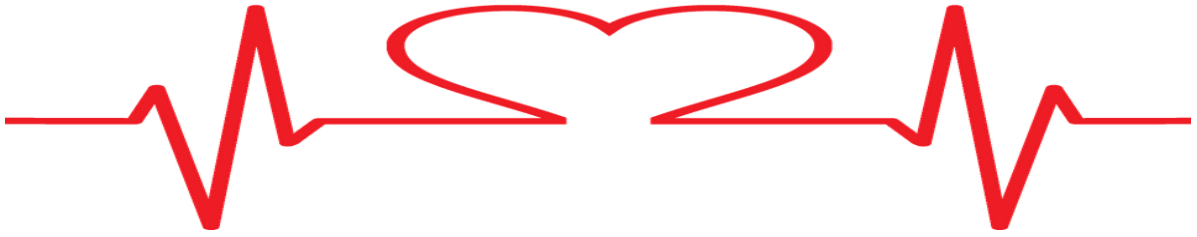
‘The Holistic Registered Nurse (HRN) is personally responsible and accountable for ensuring that holistic nursing practice and conduct meet the standards of the RN profession and the legislative requirements in the province or territory in which the holistic nurse is licensed to practice (p. 8)’.

2) Holistic Nurse Self-Reflection, Self-Development, and Self-Care

The Holistic Registered Nurse (HRN) upholds this standard by:

- a. engaging in self-assessment, personal development, and conscious empowerment.
- b. engaging in a practice of ongoing self-care that addresses and alleviates moral distress and compassion fatigue
- c. creating an internal healing environment that promotes stress reduction.
- d. recognizing self-reflection, self-development, and self-care as significant requirements of being an HRN.
- e. recognizing the importance of enhanced self-awareness and its role in becoming more authentic and mindful.
- f. honoring self-care and self-reflection as self-responsibility.
- g. reflecting inwards to recognize beliefs, values, feelings, judgments, perceptions, and sensations that may affect their actions and the care they provide.
- h. learning about healing from within, identifying their own strengths and limitations

Standards in Action



Self-care and the Holistic Nurse (continued)

- i. taking action to mobilize necessary resources to integrate self-care, self-healing, and self-responsibility into their own lives, including the implementation of self-healing practices such as yoga, exercise, whole nutrition, biological-based therapies, manipulative and body-based therapies, energy therapies, creativity, supportive communities, self-assessment and lifelong learning.
- j. striving to achieve harmony and balance in their own lives.
- k. acknowledging that HRNs can advocate for the creation of and implementation of self-care programs to improve the health and well-being of self, clients, healthcare settings, community, and the globe (CHNA, 2022, p.9)'.

References:

- British Columbia College of Nurses and Midwives. (2012). Professional Standards for Registered Nurses and Midwives. BCCNM. <https://www.bccnm.ca/RN/ProfessionalStandards/Pages/Default.aspx>
- British Columbia College of Nurses and Midwives (2012). Standard 1: Professional Responsibility and Accountability. <https://www.bccnm.ca/RN/ProfessionalStandards/Pages/ProfessionalAccountability.aspx>
- Canadian Holistic Nurses Association (2022). Holistic Nursing Standards of Practice. <https://www.chna.ca/wp-content/uploads/2022/06/CHNA-HOLISTIC-NURSING-STANDARDS-OF-PRACTICE-Revised-and-approved-June-922.pdf>
- Canadian Nurses Association. (2017). Code of ethics for registered nurses. Canadian Nurses Association. https://hl-prod-ca-oc-download.s3-ca-central-1.amazonaws.com/CNA/2f975e7e-4a40-45ca-863c-5ebf0a138d5e/UploadedImages/documents/nursing/Code_of_Ethics_2017_Edition_e.pdf
- Shelest, K. (2021). Evaluation of an on-line holistic self-care workshop for registered nurses. The conscious nurse project research proposal [un-published master's thesis]. California Institute for Human Science.



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>

EVENTS

CHNA Coffee BREAKS!

We are excited to announce that starting on Monday, August 14, 2023, CHNA will host ongoing Coffee BREAKS! Bring a coffee, tea, or beverage of your choice!

Offered specifically for CHNA members, Linda Yetman, CHNA Board Member, will facilitate a Coffee Break get-together two times monthly over Zoom for about 30 – 45 minutes. Some breaks will be 'Open Mic'. Do you have questions about Holistic Nursing? This would be a place to come to explore them! Or it could be a place to just drop in to escape for a casual conversation with other nurses to explore holistic practices and concepts. These sessions will be live and may be recorded for educational purposes.

Some sessions will be more structured, like a podcast, where we'll explore the meaning of holistic nursing from nurses who have embraced this perspective. What does it mean to 'be' a holistic nurse?

We can't offer spa treatments; however, we can offer a space for a few minutes where you can schedule a time to 'just be' ... no expectations!

To join the coffee breaks please log into the Members Area of the CHNA Website:

<https://www.chna.ca/login/>

Not a Member?? Join Today!

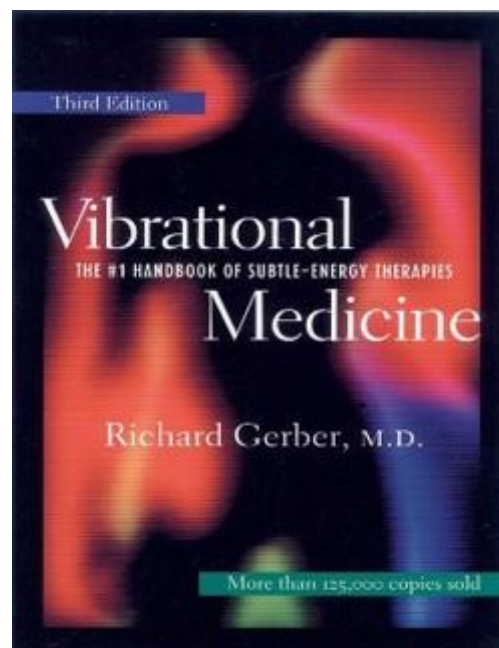
<https://www.chna.ca/membership/>



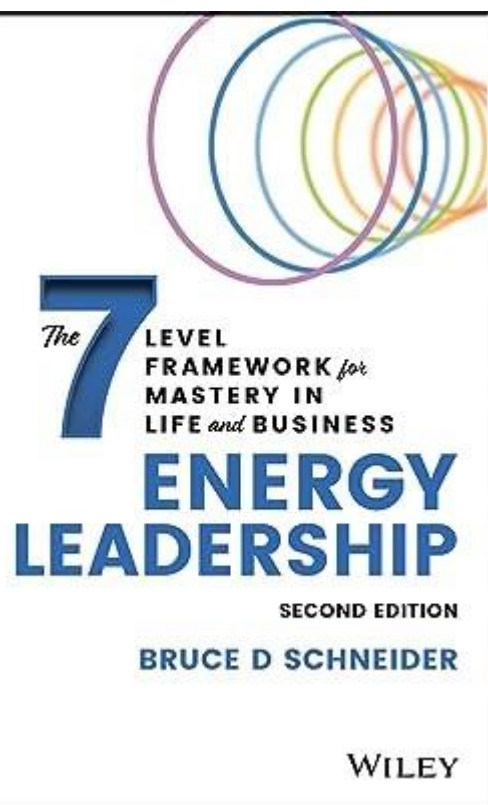
Read A Great Book Lately??

Our CHNA Members Recommend:

Recommended by Danielle Dawe...
completely changed how I viewed the
concept of healing and conventional
medicine (Danielle Dawe)



Recommended by Linda Yetman... explores
energy from personal and organizational
perspectives



SEND US YOUR FAVORITE BOOKS TO SHARE!

Welcome our new Board Members: Linda Yetman and Dana Clay!

CHNA BOARD OF DIRECTORS

EXECUTIVE BOARD

Kate Shelest (Pres) Susan Hagar (VP) Dana Clay (Treasurer) Danielle Dawe (Secretary)



DIRECTORS

Kim Derkach Sherry Hole Lauren Kellar



Linda Yetman



Jocelyn Uygen Ocsena



Would you like to join a group of innovative nurses dedicated to the support of Holistic Nursing in Canada? The CHNA will be looking for Board nominees in 2024.

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



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

**Your loved ones deserve holistic care
to truly address their complex needs**

**Our highly experienced
Registered Nurses will address
the gaps that nobody else does**

**Make sure your family has
professional guidance
wherever they are**



1.613.656.1956 - info@nurseonboardottawa.ca

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

September 13 @ 10am PST
Linda Hay RN, BSCN, CH
(Certified Hypnotist)

The Impact of Hypnosis on Health

This webinar includes a video presentation, and a client case study and will explore how hypnosis uses the subconscious mind to change things in our lives such as chronic pain, anxiety, insomnia, and symptoms of illness.

★ **Check the Website for more Webinars** ★
[Monthly Webinar Schedule - Canadian Holistic Nurses Association \(chna.ca\)](http://www.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!



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October 25/23 @ 10am PST

Natalie J Thiessen, MN RN

Navigating Regulatory Requirements as an Independently Practicing RN

This presentation will provide an overview of regulation as it applies to independent nursing practice and strategies for effective communication with the regulator as individuals and as a collective.

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

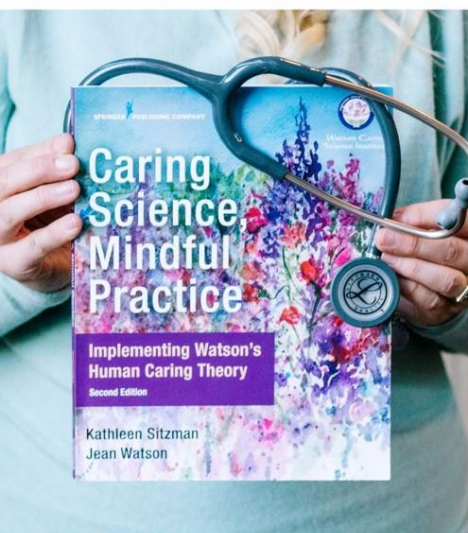
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THE CANADIAN INSTITUTE OF INTEGRATIVE NURSING DEVELOPMENT & EDUCATION LTD. (THE CIINDE©)



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

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/CASE RNs

Mutual Membership Discount Program

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



**applies to initial CHNA Exclusive Membership Only*



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_**

Many thanks to Linda Yetman for publishing this newsletter!

