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Words for Great Nurses

By Kate Shelest

Burned Out? Consider Holistic Self-Care

We often receive emails from nurses reporting they are burned out, exhausted, and looking for a different job. They don't want to leave their profession but need a change for their own health and wellbeing.

Buckley et al. (2020) stated burnout in pediatric nurses is characterized as "... a work outcome, defined by prolonged occupational stress in an individual that presents as emotional exhaustion, depersonalization, and diminished personal accomplishment" (p. 1). This definition of burnout reflects the framework of Maslach's Burnout Inventory (Maslach et al., 1996) and is referred to by MacPhee et al. (2017) in their study of the impact of perceived workloads on patient and nurse outcomes. Their cross-sectional correlational study of 472 acute care nursing professionals from British Columbia suggested that by reducing nursing practices to "mechanistic approaches to care delivery, nurses suffer from emotional and moral distress," leading to outcomes that include "... emotional exhaustion/burnout, job dissatisfaction and eventual exit from the profession" (p. 13).

(Continued ...)

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.

Burned Out? Consider Holistic Self-Care ... (continued ...)

Nursing as a “culture of care” has been entrenched in the modernistic, allopathic healthcare system. Rafferty et al. (2017) described how some healthcare organizations are looking critically at ways to improve patient-care delivery stating that “...cultures of care that are too often ‘task-based’ when they should be person-centered” can become problematic (p. 1). A post-modern paradigm shift has clients increasingly engaging in traditional and complementary health practices (WHO, 2019).

This presents an opportunity to encourage nurses to reframe their views on health and adopt a holistic view not only for their clients but also for themselves.

How do holistic practices support burned-out nurses? Holistic self-care methods are intentional, goal-based activities that support the integrative aspects of an individual’s experience of health, including physical, emotional, mental, and spiritual. These activities include conventional approaches to stress reduction and physical and mental illness, as well as those that embrace post-modern, consciousness-based practices.

To learn more about holistic self-care for nurses, consider becoming a member of the CHNA today: <https://www.chna.ca/membership/>

Kate Shelest
RN BSN MAIH AIEHP CCHNC
President: The CHNA

References for this editorial are included on p. 22.



Spotlight On...

Mika Nakamura, RN BScN CCHNC



Mika has been nursing since 1998, graduating with distinction from Dalhousie University. She has specialized in nephrology most of her career, working closely with adult clients and families living with advanced chronic kidney disease and a variety of comorbidities and psychosocial challenges.

She completed the Comprehensive Holistic Nurse and Nurse Coach Certificate Program through the CIINDE in September of 2022. She has since founded Lighthouse Vill Holistic Nurse Coaching and joined Caregivers Alberta as a caregiver coach.

My decision to become a nurse dates back to my early childhood. Though I am uncertain as to what exactly served as an original seed planted or the first pilot flame ignited, I clearly remember having an innate desire to care for and support those in need. Come to think of it, though, it also feels related, at least partly, to my desire and needs to ‘make it better,’ ‘keep’ it better, and at the same time ‘be ready to fight or flight’ as I grew up witnessing and experiencing domestic violence and significant verbal and emotional abuse.

My older sister, a big age difference, was already in her early years of serving as a nurse back then, which was a key factor in our pursuit of physical and psychological safety as well as being able to envision and work towards a more nurturing and ambitious future as a family. So even as a small child, it did seem like a good profession to pursue to have a life with freedom and sustainability.

Spotlight On...

Mika Nakamura, RN BScN CCHNC

In hindsight, I am amazed as to how my decision to become a nurse remained unshakable through my youth and all the way up to my young adulthood despite various ‘back-stage’ anecdotes and the extent of professional commitment and requirements (i.e., challenging shift work, ongoing self-directed learning, active involvement in collaborative work, etc.) that were evident through lives of my sister and her colleagues.

In addition, being born and raised in Japan, taking university courses in my second language was beyond challenging as well, but I was unbelievably driven and incredibly blessed to have had amazing support and guidance from very dedicated, nurturing mentors. It was during this time that I learned and embraced the concept of holistic nursing and integrated it as part of my professional core values.

With my family history of kidney disease, I took a natural and strong interest in nephrology nursing even during my baccalaureate program. I worked in an acute care setting in my first years, caring for individuals with various renal health issues and stages in their journey.

Just as I noticed a growing desire within me for more focus and depth for patient/family empowerment, a renal nurse clinician case management role in a pre-dialysis clinic presented itself one day, which completely resonated with me and instantly became my then-next professional goal. I was able to join the team on my second attempt, and here again, it was a steep learning curve for me, which was also exciting as it was much more holistic than what felt possible in an acute care setting.

Through this role, I gained invaluable experience of working as part of an incredible multidisciplinary team and establishing truly partnership-based relationships with renal clients and families. It was vital to recognize, inform, and remind/encourage clients and families of the importance of them being the leaders of their care. It meant ensuring they have a voice – or facilitating re-discovery of their voice if felt lost through a variety of disempowering past experiences.

Mika Nakamura, RN BScN CCHNC



It meant seeing, hearing, and honouring their respective reality and truths, their priorities, and values, and their way of being. With a host of restrictions and health recommendations associated with delaying the progression of advanced chronic kidney disease and optimizing overall health/well-being, it definitely called for a holistic coaching approach.

Things became exponentially challenging to say the least during the pandemic, creating an undeniable contrast and discord between differing perspectives on what/how the health care and helping professions are truly to be, as more and more active and often charged discussions took place in clinical settings. It was beyond disheartening to hear too many of the very people we serve, including those we had been working with in trusted long-term partnerships, express their losing trust in the healthcare system and the members of their healthcare team as their concerns and choices were dismissed and even judged if not aligned with medical recommendations.

While my strong belief and value in patient/client/family advocacy and empowerment only grew stronger along with my deep-rooted value in holistic nursing, I increasingly struggled to feel my personal and professional core values and integrity were at stake. It proved ever so profoundly how nursing has been a significant part of my identity and purpose in life.

A serious healing journey then began, requiring a lot of Inner work of re-discovering and reconnecting with myself (often through dreams and self-reflective activities), acknowledging, honouring, accepting, and embracing myself with love and compassion. It was a moment of life's calling and divine intervention when I came to know about The CIINDE and its holistic nurse and coaching certificate program.

Whether in my independent practice or caregiver coaching role, at the core of my holistic nurse coaching is my passion for human-to-human, heart-to-heart connection, and healing relationships founded upon partnership and empowerment.

Mika Nakamura RN BScN CCHNC



My mission is to facilitate and foster individuals' ability to live in alignment with their core values; through truly connecting with and listening to their own heart's voice, honouring it and advocating for self, and leveraging their strengths and innate desire and ability to heal and achieve personally meaningful states of health and well-being.

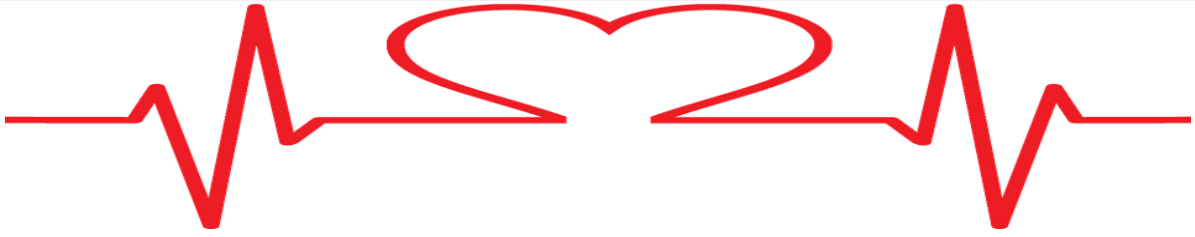
In closing, I would like to share my single most important commitment to myself, the community we collectively serve, and the profession of nursing. It is one of the most significant learnings I have had through my journey of professional and personal healing – a seemingly basic yet ever so essential concept of integrating self-compassion and self-responsibility into one's own life as a holistic nurse/nurse coach.

I feel this is where it all starts and where it all returns to, for personal integrity and holistic health/well-being absolutely overlap and are so integral to that of professionals – especially for those who put forth themselves as an instrument of healing. By truly 'living' and 'breathing' this most significant core value of all to achieve and optimize our own holistic integrity, we empower ourselves to serve with authenticity and being impactful in our holistic nurse coaching.

No myth of perfection here, as my journey continues with ongoing self-discoveries and a lot of unlearning and evolving. As I find myself feeling ever so aligned, I am excited about the journey ahead with further professional purposes to fulfill along with a couple of ambitions to explore next!



Standards In Action



The Holistic Nursing Practice Standards and Five Core Values of Holistic Nursing Practice

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.

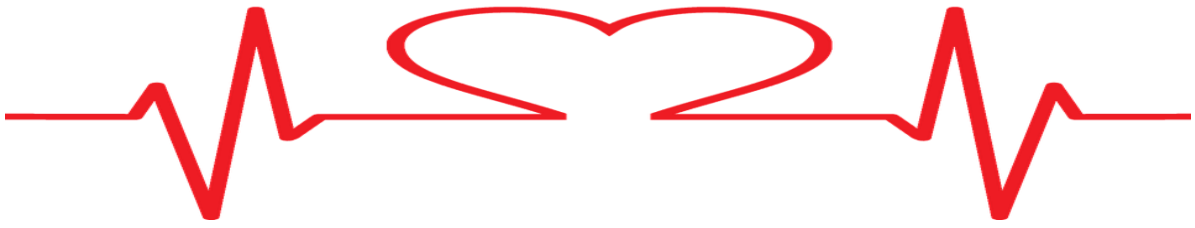
Holistic nurses believe that human beings are composed of an internal and external environment and that healing can occur at any level including physical, cognitive, emotional, social, environmental, and spiritual. Health is seen as more than the absence of disease or illness and encompasses balance, harmony, the 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 the whole health and well-being of 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 in one's own life.

[Acknowledgment to Sherry Hole, RN BN MN Board-Certified Holistic Nurse (BC-HN), Board-Certified Health & Wellness Nurse Coach (BC-HWNC) and CHNA Board Director for this excerpt. Sherry had published in an earlier newsletter.]

Standards In Action



The Holistic Nursing Practice Standards and Five Core Values of Holistic Nursing Practice

The Holistic Nursing Practice Standards reflect the following Five Core Values of Holistic Nursing Practice as identified by the American Holistic Nurses Association.

Association (AHNA, 2019), and the American Nurses Association (ANA, 2019):

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

To review the Holistic Nursing Standards of Practice Document please visit:

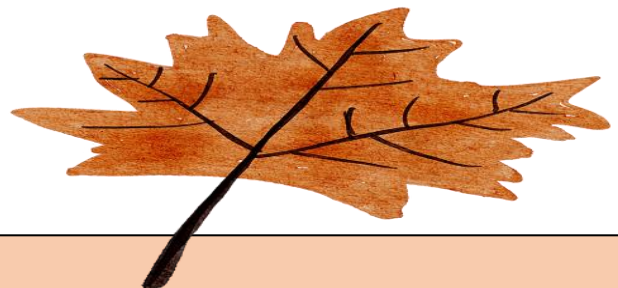
<https://www.chna.ca/chna-standards-of-practice/>

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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/>



Did you know??????

NANDA recognizes a 'balanced energy field' or 'imbalanced energy' field as nursing diagnoses.

(see p. 154 Class 3 – Energy balance, 00273)

Reference:

The NANDA International
Nursing Diagnoses – Definitions
and Classification
2021-2023

Twelfth Edition





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

Join us November 23 at 9am PST Unlocking the Healing Potential of the Nervous System with Ali Dasovic RN BSN CCHNC

This presentation will be an engaging journey into the Nervous System, where Ali will reveal the keys to unlocking its incredible healing potential. Tune in to gain valuable insights into why Nervous System regulation is essential for achieving health and vitality and discover how it can create the optimal environment for healing to take place.

ACCESS ZOOM LINK:

<https://www.chna.ca/members-area/webinars/schedule/>

Not a Member? Join Today!

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

★ **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!



Upcoming Events

“Meet the Board”

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



December Meet the Board Webinar

Time: Dec 7, 2023 10:00 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/87975002641>



Upcoming Events Coffee Breaks



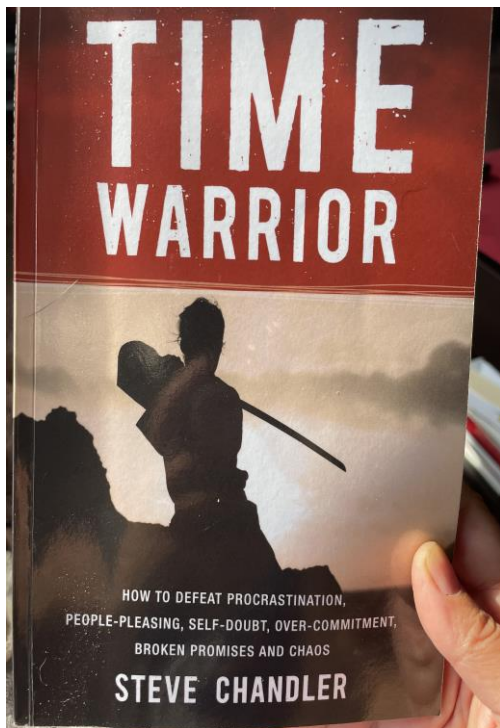
Coffee Breaks hosted by Linda Yetman: **November 20 & 24**

Join Linda in a conversation with Angela Wilkins, a Holistic Nurse Coach, about trauma-informed care...details and Zoom login are on the [CHNA Members Site](#) and posted on the [Members' Facebook Page](#)

December's Coffee Break will be 'Open Mic'
Dates: December 4th & 8th

Read A Great Book Lately??

Our CHNA Members Recommend:



I highly recommend the book ***Time Warrior: How to defeat procrastination, people-pleasing, self-doubt, over-commitment, broken promises and chaos*** by Steve Chandler. A long title but it provides short two-page insights on how to take action to change self-sabotaging habits and unhealthy beliefs. This book has helped me understand the underlying factors that contribute to self-limiting behaviour. It helped me as a Nurse Coach, Nurse Practitioner, wife, sister, and friend. A must-read.

Dana Clay NP, CHN-NC, CHCN

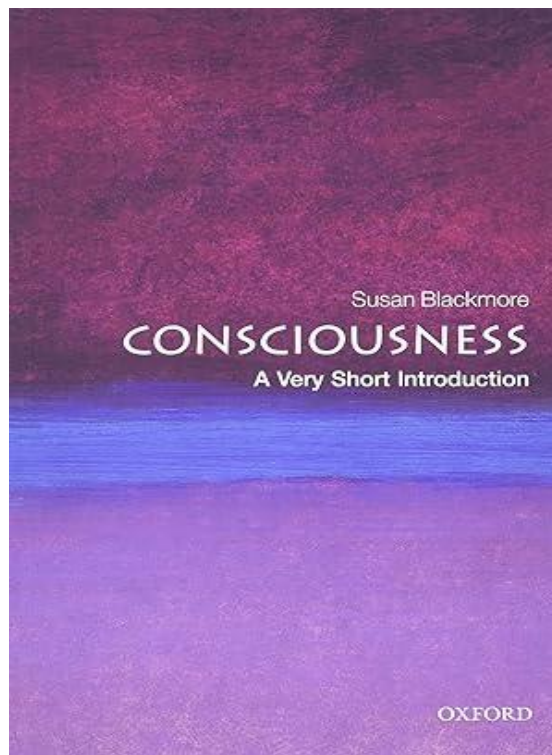
Consciousness: A Very Short Introduction

by Susan Blackmore

An interesting read that reviews philosophy, theories, and science around the concept of consciousness.

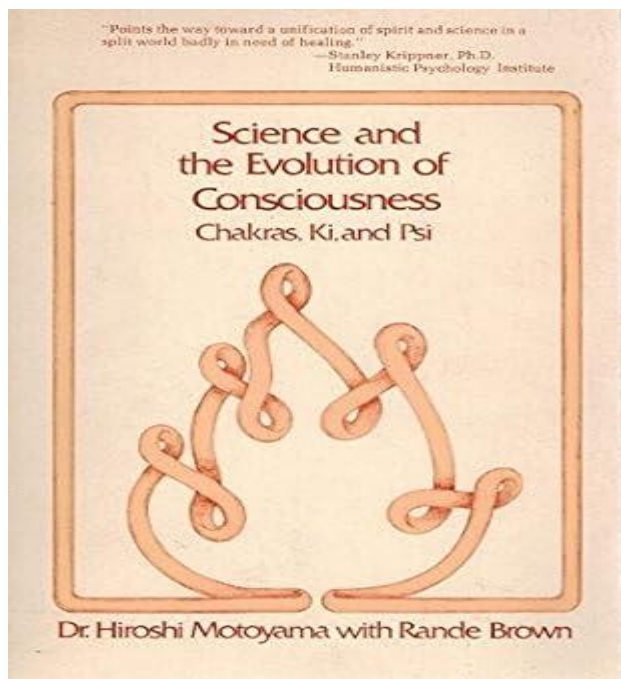
A nice 'in-hand' handbook ...

Kate Shelest, RN BSN MAIH AIEHP CCHNC



Read A Great Book Lately??

Our CHNA Members Recommend:

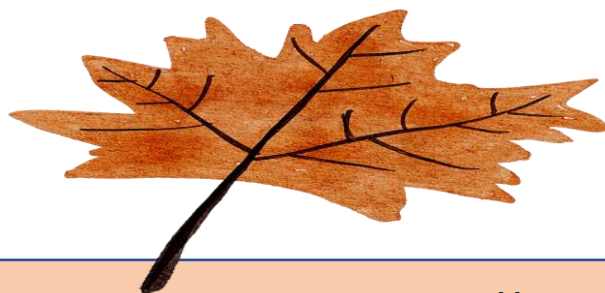
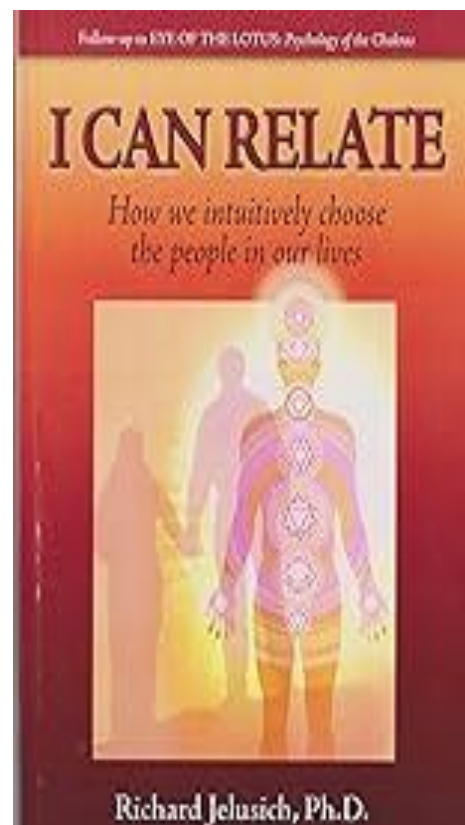


Chakras and the Evolution of Consciousness: Chakras, Ki, and Psi
by Dr Hiroshi Motoyama with Rande Brown

Kate Shelest
RN BSN MAIH AIEHP CCHNC

I Can Relate:
How we intuitively choose the people in our lives.
by Dr Richard Jelusich

Kate Shelest
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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



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**

NURSE ON BOARD

Your Healthcare Navigation Partner

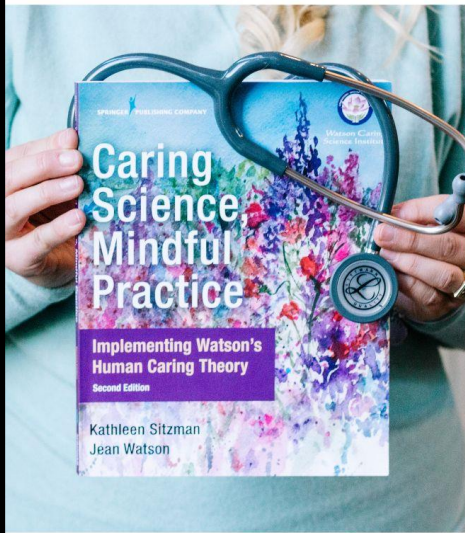


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THE CANADIAN INSTITUTE OF INTEGRATIVE NURSING DEVELOPMENT & EDUCATION LTD. (THE CIINDE®)



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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
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- Holistic Cannabis Nurse Program
- Fundamentals of Holistic Nutrition
- Holistic Nurse Reiki Program (Level 1 & 2)

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FEATURE PROGRAM

The Holistic Cannabis Nurse Program - Start Anytime, Self-paced with live Q&A sessions

The Holistic Cannabis Nursing Program will take you through a deep dive into understanding the ancient medicine of cannabis, the intricacies of this holistic healing modality and the powerful role of a nurse within cannabinoid care.



REVIVING THE HEART OF NURSING

COMMUNITY

The heART of TheCIINDE[©]

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



FEATURED PROGRAM

Price: \$1995 + \$50 non-refundable registration fee +HST

The Holistic Cannabis Nursing Program will take you through a deep dive into understanding the ancient medicine of cannabis, the intricacies of this holistic healing modality and the powerful role of a nurse within cannabinoid care.

Would you like to advertise with the CHNA?
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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>

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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.

Contact Nominations Committee: Amanda.Dallow@gmail.com



References for this issue's editorial by Kate Shelest:

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

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Many thanks to Linda Yetman for publishing this newsletter!

