



Words for Great Nurses

Hello everyone,

As we navigate the whirlwind of changes- like myself moving to a new territory, starting a new job, and balancing family life, it is more important than ever to prioritize self-care. I recently experienced this firsthand and re-learned that taking time for myself is crucial for maintaining my family's wellbeing.

In the midst of juggling life I needed to remember to prioritize my self-care... it was hard at times!
Can you relate?

For me, I had to go walk in nature, practice deep breathing, or do some yoga. These acts make a huge difference!

Let's continue to support each other in making self-care a priority.

Warm regards,
Natalie Sawyer, President 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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SPOTLIGHT ON...

Nola Moulton

RN BN MSN Advanced Practice Nurse in Mental Health & Addiction (Cert)



I was born and raised in rural Newfoundland. I am a first generation Canadian. My parents were British citizens until Confederation in 1949. I am of English, Irish, and Micmac heritage. Following graduation with a diploma in nursing from the General Hospital School of Nursing, St. John's, NL and passing the licensing exams in 1985 I proudly put RN after my name and began a career that has led me to many places and endless discoveries about myself, people, and the world we live in.

I began my career working in hospital care on Medicine/Neurology and in 1988 moved from bedside to community and began a speciality in Public Health & Home Care. I took a ferry boat to and from work every day for five and a half years (there's a book in there somewhere!). Rural practice changed to urban practice and then, in 1997 I moved, with my family, to Yellowknife, NT.

Yellowknife opened many doors that were not available in Newfoundland – one being working in labour and delivery. This opportunity presented itself and was a dream of mine so for 5 years I worked L & D, postpartum and Level 2 Nursery. A maternal death on my charge nurse shift changed the landscape. The poor critical incident care left me with PTSD and change of direction was needed.



SPOTLIGHT ON...

While in Yellowknife I had a private practice as an IBCLC, and for prenatal and postnatal care which gave me opportunities to explore the Arctic from Fort Smith to Inuvik and to work with First Nations and Inuit community groups. I worked in Corrections, Public Health, and then discovered another passion – nursing education. I was most passionate about teaching first year nursing for the chance to lay a solid foundation based on the principles of holism, care, and belief in meeting each human being where they are at that point in their lives. Eventually, in 2008, I moved to Northern Alberta where I still reside and continued my passion as a nurse educator until 2013.

The Slave Lake Wildfire of 2011 was another pivotal event, again with PTSD. One of my gifts from PTSD is the personal and professional excavation that leads to growth and change. I then returned to Home Care as I was missing individual client connection in my work, and I then tried my hand at frontline management. A workplace psychological stress injury in 2021 fuelled a sleeping passion for a focus on mental health, mental illness, and addiction.

My youngest daughter, Hannah, struggled with and suffered from addiction from the age of 15 years old. She died in February 2022 due to an accidental fentanyl overdose. She was 19 years old. This catastrophic life event undid me in ways that I could never have predicted. I have also grown in ways that were born of grief and I continue to learn from her. In her honor, I was led to complete an advanced nursing practice certificate in mental health and addiction from the University of Calgary (2023) and now my self-employed practice as a nurse psychotherapist.

SPOTLIGHT ON...

At different points in my 39-year career I have been disillusioned with nursing. This happens for me when the principle of quality holistic nursing care is compromised by government policy, economics, colonialism, and pandemics. From 2016-2019 I worked as a registered massage therapist (continued to do casual nursing work) so that I could experience the dedicated time for connection of one-to-one holistic client care that would not be hindered by other demands. This is also the driver for my move to private practice.

The power of human communication, particularly through touch, has been a mainstay of my holistic nursing practice. The moments of reaching out and holding the hand of a person while holding space for them have led to some of the best health outcomes I have been privileged to witness.

I continue to be invested in the power of nurses to support positive change in the lives of people of every age, race, color, and country. We do this through our superpower capacity for engaging in therapeutic nurse-patient relationships coupled with seeing and treating people as whole persons in a larger shared context while using our intuition and our research-based knowledge to guide our interactions.

I am a craftsperson who works with wool (knitting & crocheting), a seamstress (specializing in sewing self-compassion teddy bears for adults) and recycled glass (to create etched glass drink-ware).



SPOTLIGHT ON...

My favorite flower is the sunflower. The young flowers have this amazing sun tracking movement called heliotropism whereby they follow the path of the sun from sunrise to sunset. The application to my life is to be like this and while I will experience darkness, I know how to find and follow the light.



I also write poetry as a pathway to my own healing. I am creating a book of my poetry in the hope that others may find their own pathway – no publish date yet.

Thank you for reading about me. I leave you with this-

May you be filled with loving kindness

May you be well

May you be peaceful and at ease and

May you be joyous.

Nola Moulton is a Nurse Psychotherapist in self-employed practice in Alberta. For more information please visit:

<https://www.rising-strong-nurse-psychotherapy.ca>

Members Forum

What is Psychoneuroimmunology?

By

Debra Rose Wilson PhD MSN RN SGAHN AHN-BC CHT

and

Hang N. Holoyda MS

Submitted to the Canadian Holistic Nurses Association

September 2024



About the authors:



Dr. Debra Rose Wilson is the author of the chapter on Psychoneuroimmunology and the chapter on Energy Interconnectedness in Dossey and Keegan's *Holistic Nursing: A Handbook for Practice*. She has a PhD with a focus in Health Psychology, a Masters in Holistic Nursing, and was the 2017 American Holistic Nurse of the Year. Dr Wilson is a Distinguished Scholar in the Global Academy of Holistic Nursing, and is a Canadian living in Tennessee.

Hang Holoyda has an MS in psychology and is a doctoral student taking a course in PNI. Holoyda is a physician assistant in general surgery. Working in a hospital setting and witnessing the anxiety of patients prior to surgery accelerated her understanding of the connections between the mind and body. Holoyda hopes to continue to do work in the PNI field.



Members Forum

Psychoneuroimmunology (PNI) is relatively new, 40-year-old field of study and includes an eclectic list of areas including how stress, sleep, personality types, emotions, or trauma influence immune function, disease, and wellness. Robert Ader was the founding scientist examining how immune function could be conditioned to respond in a new or healthier way, like Pavlov's dogs (Ader, 1998). George Solomon suggested that high emotional stress could trigger a hypofunction of the immune system in the 1960s. Solomon's hypothesis was not widely supported because, at that time, it was believed that neurobiology, psychology, and immunology were unrelated entities (Solomon et al., 1974). Later came studies that showed medical and nursing students who, stressed before writing their board exams, had poorer immune response to flu vaccines. Kiecolt-Glaser and Glaser (2005) rocked the scientific world with a study that showed how highly stressed medical students right before their board exams showed very low levels NK cells. Natural killer cells are needed to stop cells from mutation in cancer, and help protect the body from infection from viruses.

Stress influences biology, here was proof. Thoughts, attitudes, and experiences influence physical health. The mind and body are intricately connected. The fields of quantum healing, the microbiome, and epigenetics also fit into PNI, showing the connections between systems of the body, and provide the evidence for holistic nursing. As holistic nurses we know that health and disease are complicatedly wove into psychology, attitude, spirituality, education, diet, socio-economics, and the world view of the patient.



Members Forum

Previously thought of as a psychological state and having nothing to do with physical health, stress, anxiety, and trauma are now known to influence biology. Thoughts, beliefs, attitude, and resilience influence susceptibility or progression of diseases, especially autoimmune diseases. The connections and importance of the mind and body became clearer as we follow and define pathways through the biology of how once nebulous concepts such as personality type influence disease progression. There are some fascinating studies on how HOPE improves immune function and how *hope* has become an evidenced-based therapeutic target in cancer treatment (Corn et al., 2020).

What is Stress?

We all experience stress, it is intrinsic to being human, but there are different levels and intensities. A little bit of **acute stress** is good for us, makes us think on our feet and problem solve, and is often resolved quickly with a sense of relief. Public speaking or taking a test are examples of acute stress and short-term boosts in immune function are seen. When the stress persists, unrelenting and enduring, **chronic stress** begins to weaken immune function. Chronic stress can leave the body with unbalanced levels of inflammatory markers and leave the body more vulnerable to pathogens (Noushad et al., 2021). Over time the body enters into a chronically inflamed state with high levels of stress hormones, an overactive sympathetic system, and the potential for diseases processes to begin or be aggravated. Stress, coping, and its influence on biology is a significant area of study in the field of PNI.



Members Forum

An example of a population with significant stress are parents of children with disabilities. Scheibner et al. (2024) found that in the United Kingdom, 72% of parents with chronic disease children suffer high anxiety, depression, and poor health as a result of high stress. These parents often feel lonely and isolated and from a holistic perspective, many factors contribute to the parents' depression. Some families are of low socioeconomic class and one parent may have to stay home to provide care, reducing potential income. Worry, frustration with services, stigma when out in public all add to the negative experience (Scheibner et al., 2024). Scheibner et al. (2024) note that mothers and single parents of children with disabilities undergo a higher degree of stress than mothers and non-single parents.

Stress and the immune system

The stress placed on parents of chronically ill children is enormous. Higher levels of stress on the parents have been linked to increased fatigue, depression, and precursors to diseases. When we undergo a one-time acute stress event, there is usually no detriment to our health. However, continuous chronic stress will lead to a dysregulation of our immune system. When the immune system is impaired, there is an increased risk of developing cardiovascular diseases, insulin resistance syndrome, and even cancer (Seiler et al., 2020). Bamber et al. (2023) suggest that the prolonged strain on parents who are caring for children with disabilities can also cause premature aging of the immune system and poor physical and mental health.

A decorative header image showing a dense canopy of autumn leaves in shades of orange, red, and yellow, with some blue sky visible through the branches.

Members Forum

In a healthy individual, when a pathogen attacks, the pro-inflammatory cytokines activate to fight off the pathogens. At the same time, the anti-inflammatory cytokines are also activated to stop the inflammation process to prevent an excess of the inflammatory response. Cytokines are protein chemical messengers within the immune system and trigger inflammation. Inflammation leads to diseases beginning or progressing.

Chronic Stress Coping Mechanisms

We do have control over our health. Stress management is one effective way of reducing inflammation in the body. Journaling or blogging, support groups, respite, self-care, exercise, removing yourself from a toxic environment are all ways to begin self care. The field of PNI also examines how stress management improves immune function. It is indisputable now that the science world accepts that mind and body are connected.



Members Forum

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A Poem by Laura Cantos

In the quiet room where shadows softly fall,
A nurse stands watch, her heart a gentle call.
With healing hands, she brushes back the night,
The warmth of her touch, a flicker of light.

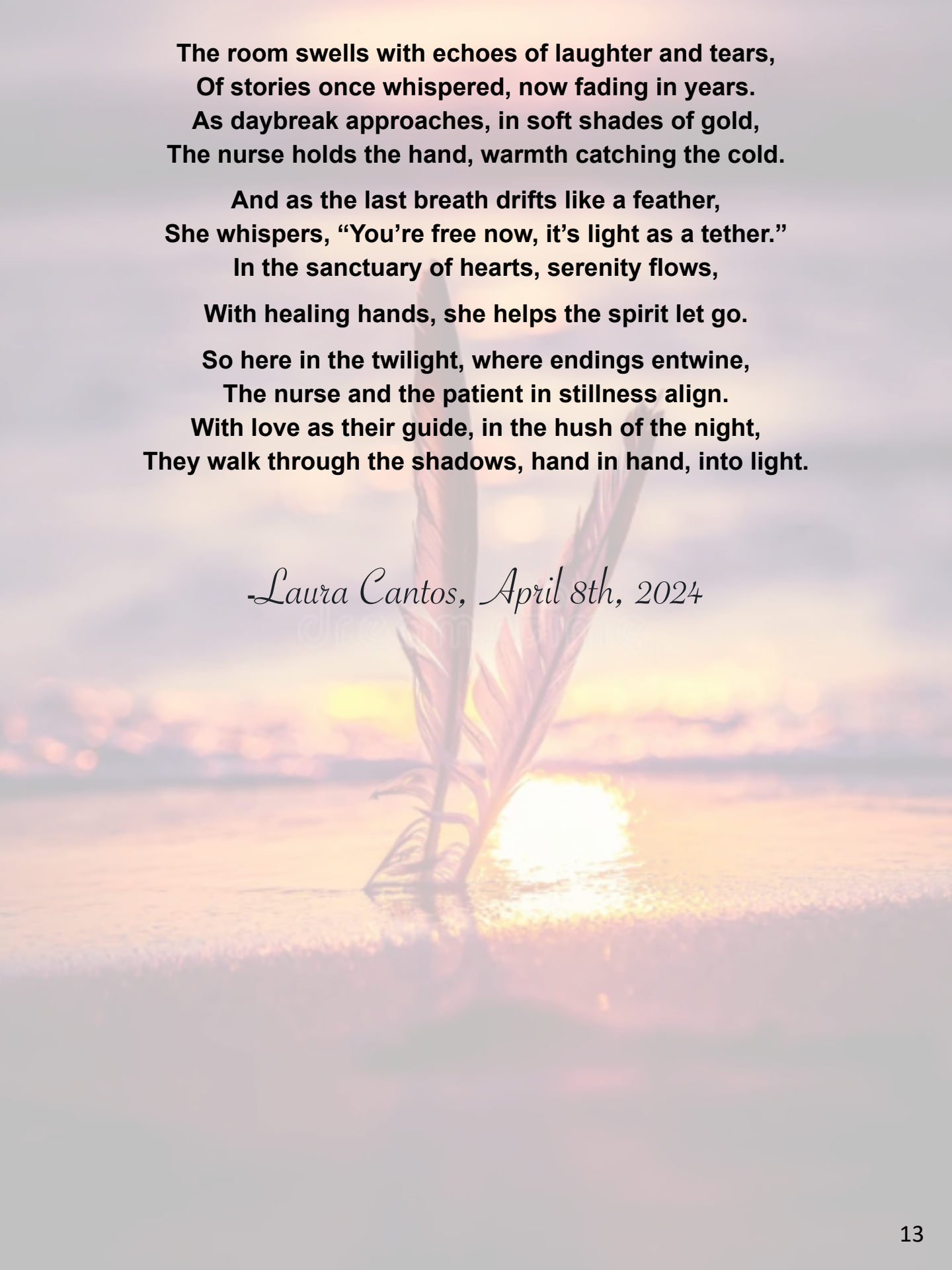
Through whispered breaths, the patient lies serene,
A tapestry of memories, quiet and keen.
Each heartbeat echoes tales of joy and pain,
In this fragile dance, the end is not in vain.

She kneels beside the bed, a steadfast gaze,
Her presence a balm in these final days.
With every soft whisper, she eases the fray,
A guardian of peace as shadows play.

The room is a cradle, cradling the soul,
As life's gentle river begins to unroll.
Inhale the sweetness of lavender air,
Exhale the burdens; she's here, she'll care.

She lifts a frail hand, fingers intertwine,
A bridge to forever, their spirits align.
The tears that flow shimmer like morning dew,
In letting go, she finds solace anew.

With every heartbeat, she teaches the way,
That love transcends the limits of day.
In the silence, a symphony starts to hum,
As the patient surrenders, the stillness becomes.

The background of the page is a soft-focus photograph of a sunset or sunrise over a body of water. The sun is a bright, glowing orb on the horizon, reflecting on the water's surface. In the foreground, a willow branch with long, slender leaves hangs down from the top center, partially obscuring the text. The overall color palette is warm, with shades of orange, yellow, and soft blue.

The room swells with echoes of laughter and tears,
Of stories once whispered, now fading in years.
As daybreak approaches, in soft shades of gold,
The nurse holds the hand, warmth catching the cold.

And as the last breath drifts like a feather,
She whispers, “You’re free now, it’s light as a tether.”
In the sanctuary of hearts, serenity flows,
With healing hands, she helps the spirit let go.

So here in the twilight, where endings entwine,
The nurse and the patient in stillness align.
With love as their guide, in the hush of the night,
They walk through the shadows, hand in hand, into light.

-Laura Cantos, April 8th, 2024

RESEARCH ROUNDTABLE

Submitted by Linda Yetman RN, PhD

Qualitative Research in Holistic Nursing

As noted in the summer edition of this newsletter, holistic nursing research uses various approaches. In this edition, the qualitative approach will be explored. Please bear in mind that this exploration is a cursory review. It does not provide enough information or guidelines to critique a research article! That is for another edition!

Qualitative research methods are used to understand people's experiences, behaviours, and social phenomena. They are often used in sociology, anthropology, psychology, and education disciplines. They contrast with quantitative research focusing on numerical data and statistical analysis. Therefore, this method lends itself to holistic nursing research and practice, which promotes a comprehensive, patient-centred approach to care that considers all aspects of a patient's well-being.

Determining the research question is one of the most critical processes when starting a research study. Careful consideration must be given to developing the question, as it determines which research approach is best to answer it.

Common Qualitative Research Methods

The most common qualitative research methods are listed below. This list is not exhaustive:

- Phenomenology
- Ethnography
- Grounded Theory
- Exploratory Descriptive
- Historical Research
- Qualitative Research Reviews
- Focus Groups and Case Studies are considered qualitative research approaches by some researchers

RESEARCH ROUNDTABLE

Remember that ‘purist’ researchers in these methods also have method-specific research data collection procedures. For example, data collection procedures will differ between phenomenological and grounded theory studies. The same holds for data analysis. Some research approaches have specific ways to conduct data analysis.

Common Methods of Qualitative Data Collection

- Interviews
- Focus Groups
- Observation

Common Qualitative Data Analysis Approaches

- Thematic Analysis
- Content Analysis
- Grounded Theory Method
- Narrative Analysis
- Discourse Analysis
- Interpretative Phenomenological Analysis (IPA)

Each method offers unique insights and can be chosen based on the research question and the nature of the data being analyzed.

Two links are provided to articles that illustrate approaches to qualitative research.

Tilburgs, B., Vernooij-Dassen, M., Koopmans, R., Weidema, M., Perry, M., & Engels, Y. (2018). The importance of trust-based relations and a holistic approach in advance care planning with people with dementia in primary care: a qualitative study. *BMC geriatrics*, 18, 1-11.

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Research Roundtable

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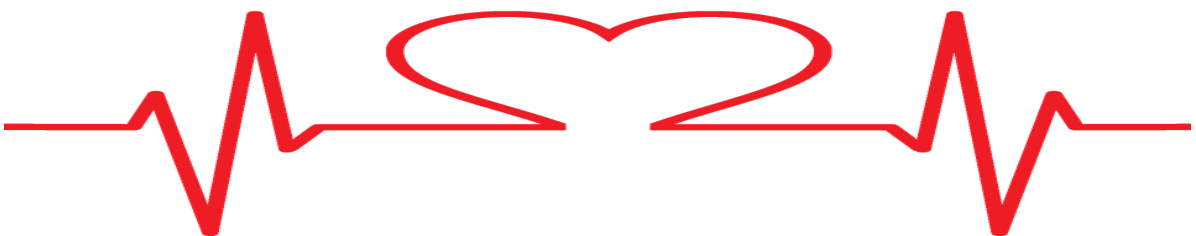


STANDARDS IN ACTION

Standard 4) Holistic Communication, Therapeutic Relationship, Healing Environments and Cultural Care

The Holistic Registered Nurse upholds this standard by:

- A)** Creating a therapeutic relationship through holistic communication skills;
- B)** Creating optimal healing environments that value support, holism, caring and the integration of complementary and alternative approaches;
- C)** Creating a safe and brave space in which the client is able to share their needs and concerns, acknowledging and supporting the unique needs of vulnerable populations
- D)** Calling forth full-use-of-self while interacting with others;



- E)** Recognizing that full-use-of-self includes applying skills such as coaching and consulting and a solution-focused approach with individuals and in groups, to assist others in gaining enhanced self-awareness;
- F)** Acknowledging that suffering, illness, and disease are natural processes from which clients can learn about themselves and patterns of healing;
- G)** Recognizing self as an instrument of healing; and
- H)** Honouring the nurse's and clients' culture, beliefs and values and how these influence a person's concept of illness and disease.



Read More About:

**The CHNA Holistic Nursing Standards of Practice
Canadian Holistic Nurses Association (2021)**

[The CHNA Holistic Nursing Standards of Practice](#)

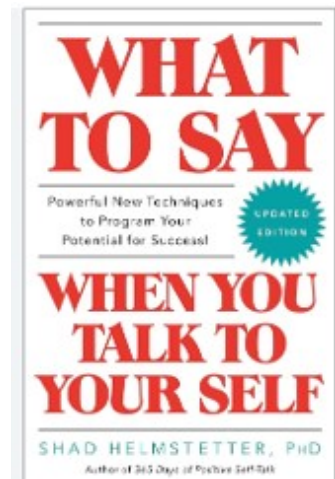
Read A Great Book Lately??

Our CHNA Members Recommend:

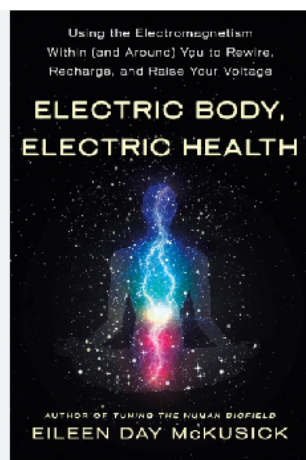
What To Say When You Talk To Your Self. - By Shad Helmstetter

Holistic Nurses inevitably find themselves in a coaching role, given their approach to health and wellness, whether they define themselves as a coach or not. This amazing book offers a unique perspective, showing us how to collaborate with our "inner coach" for a life worth living.

- Sue Hagar



Only \$1.34
on Kindle!



Electric Body, Electric Health. -By Eileen McKusick

We are all electrical beings! This book provides the tools and information to help transform your mind, emotions, and relationships in the electrical world around you! -Vanessa Kelly



The NEW CHNA Board of Directors

Susan Hagar CHNA Vice President

It is with great pleasure that I introduce to you the new Board of Directors for the CHNA:

Introduction of the CHNA Board of Directors 2024

EXECUTIVE BOARD

President: Natalie Sawyer
Vice President: Susan Hagar
Secretary: Shelly Scheideman
Treasurer: Dana Clay

DIRECTORS

Anita Klein
Danielle Dawe
Jennifer Johnson
Kathryn Shelest
Linda Yetman
Sierra Grouette-McDougall
Vanessa Kelly

A special thanks to Amanda Dallow the Nominations Committee Chair for her hard work recruiting and organizing all application processes! We intend a smooth transition for these new board members and look forward to a productive and successful upcoming term!



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](#)

OCTOBER 23rd:

**SPECIAL EVENT* OPEN FORUM CHAT
Exploring the current reality of nursing together,
let's share our perspectives and offer much
needed support and healing to one another and
the nursing profession.*

3:00PM PST

ZOOM Link:

Join Zoom Meeting: <https://us06web.zoom.us/j/86171148820>

Meeting ID: 861 7114 8820

Passcode: 632381

NOVEMBER 13th:

*The CHNA HOSTS Q & A
What is Holistic Nursing and Why Does it
Matter???*

10:00 AM PST

DECEMBER:

*December: Date and Time TBA Meet the CHNA
BOARD! Open Forum with Q & A*

ZOOM LINKS AVAILABLE HERE:

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

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 2024! This is your CHNA ... help us grow it for you!

Membership Options

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

- Exclusive Canadian Membership
- AHNA Chapter Membership
- Retired and Student Nurse Memberships
- Associate 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 other!

Does your organization align with the CHNA? Want to discuss a Membership Program with us? Let us know!
info@chna.ca



*applies to initial CHNA Exclusive Membership Only



CHNA GOALS FOR 2024/25

The CHNA Goals list was created through feedback from the 2023 AGM as well as from the 2023 CHNA Members' Survey

- Communication – increase and sustain
- Student / Educator Outreach & Education Sponsorship – active outreach; create bursaries for holistic education
- Member Support – continue to respond to queries in a timely manner and act on them through direct work or referral
- Mentor Access – create a list of volunteer holistic nurse mentors
- National Conference / **On-line Symposium** ([Members' Access](#))
- Sustain and Grow Membership – continue to listen and act on Members' requests for resources and support
- Advertising / Procurement of Advertisers – update advertising policy (achieved) & reach out to potential advertising partners.

More Ideas? info@chna.ca



Advertise with the CHNA

* YOUR ADVERTISEMENT HERE *

CHNA Members Receive A 20% Discount

. *website . Facebook . LinkedIn . Insta . newsletters .*

[Check out our SPONSORS page](#)

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



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Learn more about the services offered by Nurse On Board:

<https://www.nurseonboard.ca/range-of-services.html>

EMAIL - info@nurseonboardottawa.ca.

CALL -613-656-1956

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>

Become a CIINDE® Certified Holistic Nurse, Nurse Coach & Consultant

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Free Holistic Nurse Coaching Sessions

Are you ready to embark on a journey toward better health and well-being with the support of a **student nurse coach**? We are thrilled to offer **free holistic nurse coaching sessions** through current students at TheCIINDE®. These sessions are guided by **licensed OR registered professional nurses** (RN, NP, LPN, or RPN) who are furthering their education in holistic nursing, nurse coaching, and consulting. For More Info & to Register [Click Here](#)



The Nurse Coach Collaboratory

Present – Centered – Grounded – Curious Holistic Nursing Services

My name is Shelly – I am a Registered Nurse and owner of The Nurse Coach Collaboratory where I work with you to apply my Nursing skills and over twenty years of nursing expertise to provide care that is collaborative, comprehensive, and inclusive of physical, mental, emotional, and spiritual health care needs. Holistic Nursing Services allows for you to get curious and creative with self-care planning that is exploratory, impactful, and built on guided self-discovery, intention setting and overall optimized wellbeing.

Holistic Nursing Services practices the Nurse Coaching methodology. And, as a Nurse Coach, I am committed to establishing a relationship that guides you to empower and to grow throughout a journey of self-discovery, inner knowing and development of micro-shifts that provide for your optimal health, wellness, and wellbeing. The Nurse Coach does not fix, but cultivates choices, focuses on strengths, and offers the opportunity to engage with a regulated healthcare professional in a new, meaningful, and truly individualized space, where you are seen, and heard.

- Whole Assessment: Physical, mental, emotional, and spiritual well being
- Nursing Diagnosis: Strengths, opportunities, and results focus
- Outcomes Identification: Realistic goal setting and micro-shifting strategies
- Planning: Co-creation of a comprehensive plan to address needs and empower change
- Implementation: Facilitating choice and opportunities to incorporate Complementary Integrative Health Modalities including – Mindfulness

The Nurse Coach Collaboratory provides in-person Holistic Nursing Services at Restorative Sports Therapy located in Okotoks, AB.

<https://www.thenursecoachcollaboratory.com/>
<https://www.restorativesportstherapy.com>

EMAIL





BURSARY OPPORTUNITY

Applications for the October bursaries are now closed. Watch for the January offering of the CHNA Quarterly \$500 Education/Conference Attendance Bursary

Quarterly \$500 Education/Conference Attendance Bursary

Offered to provide CHNA Member support in accessing a variety of holistic education/workshop or conference opportunities. Deadline for applications is set quarterly: April 15th, July 15th, October 15, & January 15th. Bursaries will be awarded by a random draw of all eligible applicants April 30 /July 31/ October 31/ January 31.

The CIINDE Bursary

Provided by the CHNA, a \$1000 Bursary towards The Canadian Institute of Integrative Nursing Development & Education LTD. Comprehensive Holistic Nurse, Nurse Coach & Consultant Certificate Program - Fall Cohort

For more information re: eligibility and to download an application form for either of these bursaries please visit the Members Area of the CHNA Website:



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



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

[BECOME A MEMBER TODAY](#)

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Many thanks to all our contributors to this newsletter!

