



Words for Great Nurses

Greetings, Dear Colleagues,

As we move deeper into the new year, February invites us to pause, reflect, and realign with our intentions. In holistic nursing, we recognize that true well-being is about more than just setting goals—it's about creating balance, nurturing self-care, and honoring the mind-body connection.

This month, let's focus on intentional goal setting—not from a place of pressure, but from a place of self-compassion. Whether you're prioritizing your health, seeking more balance, or embracing new habits, small, mindful actions can lead to profound transformation. It's the things that nourish us, not deplete us, that truly heal.

As I reflect on my personal goals for 2025, I realize that even though I am on track, I often operate from a place of pressure. This is why I love approaching reflection through the lens of a holistic nurse—it allows me to be brutally honest with myself, yet in a loving, self-compassionate way. It gives me the tools to reassess and shift, ensuring that I am truly nursing myself, my family, and my community.

What's one intention you're focusing on this month?

Natalie Sawyer, RN, BScN, CCHNC, NC-BC, Functional Medicine Nurse

Natalie Sawyer Nurse Coaching & Consulting

www.nataliesawyer.com

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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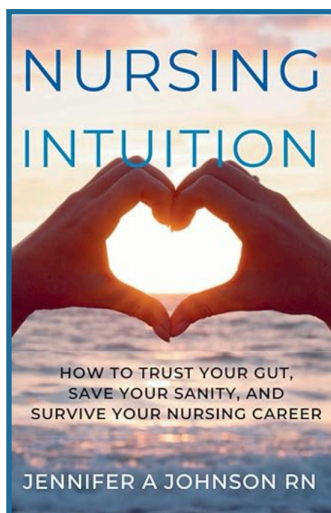


SPOTLIGHT ON...

Jennifer Johnson

Jennifer is a seasoned Emergency Room nurse turned author, whose fresh new perspective merging intuition and nursing mixed with her poignant memoirs has captivated readers worldwide. With over sixteen years of hands-on experience in ERs big and small across Ontario, Jennifer brings unparalleled authenticity and intensity to her writing, transporting readers into the high-stakes world of emergency medicine.

Her debut novel, *Nursing Intuition*, released Fall of 2024, draws from her life-or-death encounters. Jennifer's stories delve deep into the human spirit, exploring the triumphs and tragedies that define us. Her keen insights into the medical field, combined with her gift for storytelling, have made her a favorite.



Members Forum

By Kate Shelest



Content as published 2025, February 18 by the CNA's Canadian Nurse Journal

In reference to the October 1, 2024 Canadian Nurse article, ***“How nurses may be impeding recruitment and retention,”*** this response was published in the Opinion section of the ***Canadian Nurse Journal Feb 18th /25***

The Issue

The potential for a nursing shortage was apparent many years ago. I have witnessed the fight to maintain nursing professional standards and adhere to the CNA Code of Ethics (2017). Nurses' burnout, leading to moral distress and illness, should not be a surprise. Please see these Canadian-based studies listed in my references:

- Havaei, MacPhee, and Dahinten (2016), “Emotional Exhaustion and Intention to Leave”
- Havaei, MacPhee, Ma, Gear, and Sorensen (2020a), A Provincial Study of Nurses' COVID -19 Experiences and Psychological Health and Safety in British Columbia, Canada: Final Report



Members Forum

- Havaei, MacPhee, Ma, Gear, and Sorensen (2020b), A Provincial Study of Nurses' Psychological Health and Safety in British Columbia, Canada: Final Report

In these provincial studies of acute care, community care and long-term care, nurses reported “worsening mental health...and lower quality of nursing care” (Havaei et al., 2020a, p. 14).

It's been my experience that nurses have an innate drive (even a professional core value) to be problem solvers, helpers and healers. When these core values are challenged or blocked from being actualized, nurses can experience moral distress and compassion fatigue.

The Response

To my disappointment, this article in *Canadian Nurse* strongly suggests that nurses are a root cause of the nursing shortage through their negative behaviours toward aspiring colleagues and students. I'm not denying that varying forms and levels of these behaviours may exist. But time should be taken to understand where these behaviours might be coming from. ...

Want to learn more about the Solutions? Read the rest of the Canadian Nurse Journal article [HERE](#)

Reference:

Shelest, K. (2025, February 18). It's “disappointing” to say nurses are a root cause for the nursing shortage. instead, focus on underlying reasons. Opinions. <https://www.canadian-nurse.com/blogs/cn-content/2025/02/18/nursing-shortage-underlying-reasons>



The Shift- Painting by Kate Shelest



Members Forum

Inflammation Is a Holistic Response

by

Sonia A Roberts LMHC

and

Debra Rose Wilson PhD MSN RN AHN-BC CHT SGAHN

for

The Canadian Holistic Nurses Association's Newsletter

About the authors:

Sonia is the lead therapist at Roberts Counselling Center In Jacksonville, Florida. She has worked in the psychology field for over 20 years and has been in private practice since 2016. Her practice focuses on holistic care and integrative mental health. She is pursuing a PhD at Walden University, specializing in Health Psychology.

Dr. Wilson has a PhD in Psychoneuroimmunology, the science of holism. She has an MSN in Holistic Nursing and was the American Holistic Nurse of the Year in 2017. She is a Canadian and is currently the Chair of Excellence at APSU in Clarksville, TN.



Members Forum

Inflammation Is a Holistic Response

It is common nursing knowledge that inflammation is part of the body's defensive response to wounds or infection. The fundamental goal of the inflammatory process is to restore the individual to good health and return to a condition of homeostasis by clearing out infection, repairing tissues, and healing. Inflammation aims to serve a positive role in the body, but when inflammation is chronic, it becomes detrimental. The damage chronic inflammation can inflict crosses into areas of the body previously thought of as physical, psychiatric, emotional, or cognitive. As holistic nurses we know that these areas are difficult to define and differentiate because they are not really separate, constantly interacting with each other. Inflammation clearly shows the strength of the mind-body connection.

Please see the rest of the article [HERE](#)



RESEARCH ROUNDTABLE

By Linda Yetman, RN PhD

Quantitative Research in Holistic Nursing

Holistic nurses use various research approaches to support and advance nursing practice. The Fall edition of this newsletter discussed the nature of qualitative research. This edition will highlight the quantitative approach, which is important in holistic nursing because it provides empirical evidence that supports various aspects of patient care. Please bear in mind that this exploration is a cursory review.

Quantitative research methods quantify phenomena by collecting numerical data and analyzing it statistically. Like qualitative research, these methods are used in various disciplines such as in psychology, sociology, education, and healthcare. They contrast with qualitative research, which focuses on understanding people's experiences and social phenomena. Therefore, this method also lends itself to holistic nursing research and practice, which promotes a comprehensive, patient/client-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, whether it is qualitative or quantitative. The research question should be carefully formulated to determine the appropriate research methodology.

RESEARCH ROUNDTABLE

Common Quantitative Research Methods

Here are the main quantitative research methods. This list is not exhaustive:

- Descriptive Research
- Correlational Research
- Quasi-Experimental Research
- Experimental Research

These methods differ in their design, level of control, and purpose. For example, experimental research involves manipulating one variable to determine its effect on another, while correlational research examines relationships between variables without manipulation. There are many key characteristics of quantitative research. Some of these include: the use of a structured research instrument, the use of numerical data, objective analysis, and hypothesis testing.

Common Methods of Quantitative Data Collection

- Surveys and Questionnaires
- Experiments
- Secondary Data Analysis
- Longitudinal Studies

Common Quantitative Data Analysis Approaches

- Descriptive Statistics: Used to describe the basic features of the data in a study.
- Inferential Statistics: Used to make inferences about the population based on a sample.
- Regression Analysis: Used to understand the relationship between variables.

RESEARCH ROUNDTABLE

- ANOVA (Analysis of Variance): Used to compare the means of three or more groups.
- Chi-Square Tests: Used to determine if there is a significant association between two categorical variables.

Choose each method based on the research question and data nature, as they provide unique insights. There is software available to help researchers in the analysis phase. However, in my humble opinion, and if you are new to quantitative, or mixed methods research it is so valuable to have a person to work with who understands the interpretation of statistical data. These numbers and analyses guide nursing practice and patient care.



RESEARCH ROUNDTABLE

Bibliography

Polit, D., & Beck, C. (2020). Essentials of nursing research: Appraising evidence for nursing practice. Lippincott Williams & Wilkins.

Grove, S. K., & Ciper, D. J. (2020). Statistics for nursing research. Elsevier.

Examples - Quantitative Research

Al-Hammouri, M. M., Rababah, J. A., & Alfurjani, A. M. (2024). The Effect of a Mindfulness-Based Intervention on Family-Work and Work-Family Conflicts Among Nurses: A Randomized Controlled Trial. *Journal of Holistic Nursing*, 42(4), 323-332.

<https://doi.org/10.1177/08980101231218361>

Soylu, T. G., Roess, A., Boolani, A., Wilson, A. N., Huddleston, K. C., Lawrence, G. N., & Oetjen, C. (2024). Depression, Anxiety, Energy, and Fatigue Among Nurses Who Cared for Patients During the COVID-19 Pandemic: A Cross-Sectional Study. *Journal of Holistic Nursing*, 42(3), 231-242. <https://doi.org/10.1177/08980101231200352>

Examples - Qualitative Research

The Fall newsletter included two links to qualitative research examples. Below are links to two additional examples.

Tengblad, J., Airosa, F., Karlsson, L., Rosenqvist, J., Elmqvist, C., Karlsson, A. C., & Henricson, M. (2024). "I am Here"—The Importance of Caring Touch in Intensive Care. A Qualitative Observation and Interview Study. *Journal of Holistic Nursing*, 42(3), 254-264.

<https://doi.org/10.1177/08980101231198723>

Lai, W. T., Hsu, M. T., Chou, W. R., & Lee, P. Y. (2024). The Lived Experiences of Palliative Care Professionals in Cultivating Mindfulness: A Phenomenological Study. *Journal of Holistic Nursing*, 08980101241251508. <https://doi.org/10.1177/08980101241251508>



Food Forum

Tips For Better Digestion 101

As we set goals, intentions and the space for new habits this time of year, let's look at some ways to improve our digestion. Some tips may be a reminder but are essential ways one can improve gut health!

- 1- **Practice Intuitive Eating** - Pause before reaching for your next snack or meal and tune in to your bodies messages. Will this nourish you or deplete you? If you can slow down & pause before reaching out of habit, you will be amazed at what your body is telling you! It takes time and practice but it's definitely worth it!
- 2- **Stress-Free Setting** - Put down the phone, turn off the screen. Decrease the noise and distractions that may be increasing your stress levels and instead, set a relaxing atmosphere with nice music, candles, sunlight and/or company! When in a parasympathetic state, the blood can flow to the right parts of our GI system where it's needed to improve digestion.
- 3- **Chew, Chew Chew Your Food** - Perhaps the most important tip! The more we do this, the easier it is for our digestive system to further breakdown food particles and the better chance we get at ABSORBING nutrients. This is key. Otherwise we risk feeding our bad microbiome undigested food which may lead to gas, bloating and even deficiencies. We are what we absorb!
- 4 - **Posture** - Sitting in an upright, relaxed posture sends messages to our nervous system to relax and therefore be in a parasympathetic. Sitting curled up or slouched at a desk or couch puts pressure on internal organs and inhibits the natural digestive process.
5. **Gratitude**- Taking a sacred pause before chowing down on the amazing food that journeyed from a farm to your table can promote feelings of gratitude and appreciation and may decrease cortisol levels.

Submitted by Vanessa Kelly,
RN & Registered Holistic Nutritionist



STANDARDS IN ACTION

Goal of Holistic Nursing

Holistic nursing is a way of being that recognizes and honors the mind-body-spirit-environment connection. Holistic nursing focuses on whole health and well-being for the nurse, client and the planet. Holistic nursing recognizing 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.

Philosophical Principles of Holistic Nursing

Healing & Health

- 1) Human beings are composed of an internal and external environment, and healing can occur at any level including; physical, cognitive, emotional, social, environmental and spiritual.
- 2) Therapies offered include conventional allopathic techniques, complementary/alternative therapies and the integration of these two types of therapies as appropriate.
- 3) We acknowledge the complexity of the whole-person-system and take into consideration the ways in which experiences, relationships, community, culture, beliefs, values, environment(s) affect the health and well-being of the individual.
- 4) Practices can be offered for individuals, groups and communities to foster healing.

- 5) Health is seen as more than the absence of disease and encompasses balance, harmony, right relationship (between the whole); and, an improvement in one's well-being.
- 6) Healing is multidimensional, can happen without curing and can occur at any level of the human-energetic level.
- 7) Illness and disease are a part of life and are seen as a teacher and an opportunity for self- awareness and growth.
- 8) Healing is experienced and defined by the individual.

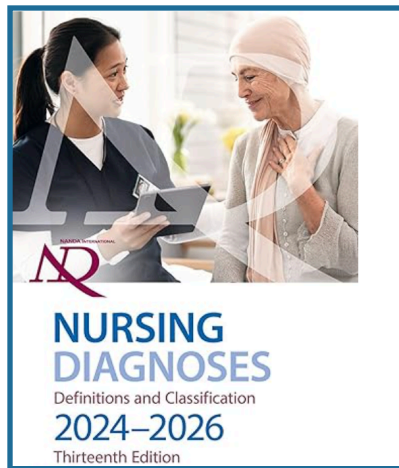


For the full Holistic Nursing Standards of Practice document, visit:

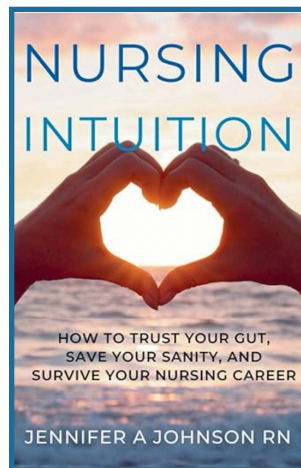
[The CHNA Holistic Nursing Standards of Practice](https://www.chna.ca/)

Read A Great Book Lately??

Our CHNA Members Recommend:



This book is significant because it recognizes nursing diagnoses that reflect the Spiritual and Energetic aspects of self as within the realm of nursing practice.
~ Kate Shelest



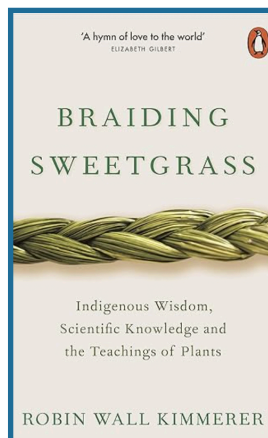
Check out our own members new book on intuition and all the ways it showed her, her true power!

~ Janessa Lynn

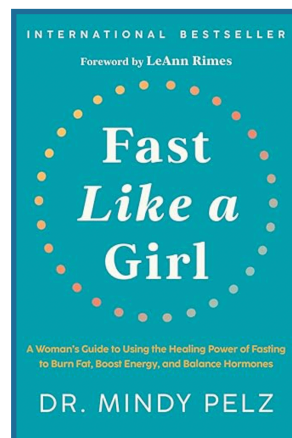
Only \$8.99 now on Kindle

Braiding Sweetgrass

My all time fave!
Robin Wall Kimmerer beautifully weaves her words in a way that leaves you feeling more connected to nature, land and spirit than you were before you picked up this grounding book. With a beautiful theme of 'reciprocity,' you cannot help but think twice about what and how you give and take from the natural elements around you
~Vanessa Kelly



~ Janessa Lynn



A women's guide to using the healing powers of fasting to overcome a condition or just thrive!



Meet The Board

Executive Board

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our amazing team?**

**We are now
accepting
applications for a
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learn more!**

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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](#)

CHNA Webinar
February 27th 2025
February 27th 2025 @ 2pm PST

Bringing Holistic to Work!

Kim Derkach and Kate Shelest will host this presentation and open chat discussing ways to integrate holistic theory and practice into your current work environment!

****[ZOOM Link HERE](#)****

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

Join us for a collaboration with the [CIINDE](#) at our inaugural symposium.

“Nurturing the Nurse-Bedside & Beyond”

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Open to ALL nurses, at no cost

March 12, 2025
9:00AM PST - 4:00PM PST
10:00AM MST / 11:00AM CST / 12:00PM AST

FREE EVENT: The Exciting Evolution of Holistic Nursing & Integrative Care in Canada

We want to hear from you with suggestions for presentations in 2025! This is your CHNA ... help us grow it for you! info@chna.ca





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 2025/26

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

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[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/>

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EMAIL - info@nurseonboardottawa.ca.

The **Canadian Association of Self-Employed Regulated Nurses (CASERNs)** is a not-for-profit organization dedicated to supporting all nurses who practice independently (www.case-rns.ca). We recognize service gaps as business opportunities for nurses wanting to move away from traditional roles. We are a group of like-minded professionals offering resources, networking opportunities, and guidance to help nurses establish, manage, and grow a business. CASERNs serve as a unifying body fostering partnerships with healthcare organizations, government bodies, and other health practitioner associations to strengthen the role of self-employed nurses within the healthcare systems. Our mission is to empower and motivate our members with developing and building upon the entrepreneurial skills required when creating and managing a business. Joining CASERNs provides an opportunity to connect with others within the independent practice community across Canada. We are the only organization focused and dedicated to assisting independent nurses practitioners with growing a successful business.

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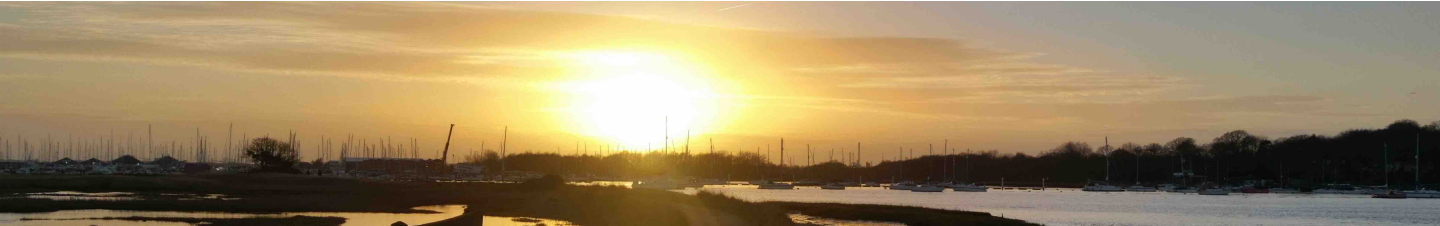
Interested in becoming a CIINDE Certified Holistic Nurse, Nurse Coach & Consultant in 2025?

Gain FREE Access to our Course Syllabus! In this syllabus you can expect to learn what is in our Comprehensive Holistic Nurse, Nurse Coach & Consultant Certificate Program!

You will gain access to see class topics, criteria for completion, information about Holistic Nursing, Holistic Nurse Coaching, Holistic Nurse Consulting, and so much more... Now is your chance to join for C10 starting April 2025! [CLICK HERE NOW!](#)

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>





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BURSARY OPPORTUNITY

Applications for the April bursaries are now open. Watch for the 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:

[CHNA 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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[Instagram](#) : chna_community_

Many thanks to all our contributors to this newsletter!

