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## Words For Great Nurses

Dear Members,

As February settles in, many of us across Canada find ourselves still firmly in winter—and here in the Yukon, winter has a strong and steady presence. The cold is real, the snow is deep, and the pace of life can feel heavy at times. And yet, there is a quiet shift happening. The days are growing longer, the light is slowly returning, and with it comes a renewed sense of possibility. This time of year, invites reflection. As holistic nurses, we are deeply attuned to cycles of nature, of energy, of health, and of healing. Winter asks us to rest, to listen inward, and to honor what has been demanding our resilience. At the same time, the lengthening days gently encourage us to imagine what comes next. Personally, I am finding joy in these small but meaningful changes: noticing the light linger a little longer in the afternoon, reconnecting with what sustains me, and beginning to plan future vacations and moments of rest that support balance and well-being.

Across our profession, nurses continue to navigate immense clinical, organizational, and emotional pressures. In this context, holistic nursing is not a luxury—it is essential. Our commitment to whole-person care, relational presence, and self-reflection remains a powerful act of leadership and advocacy, both for those we serve and for ourselves. The Canadian Holistic Nurses Association remains a space where these values are named, protected, and nurtured.

As we move through the remainder of winter and look toward spring, I invite you to notice where light is returning in your own life and practice, and to honor even the smallest sources of renewal. Thank you for the work you do, the care you provide, and the way you embody holistic nursing across diverse settings and communities.

With warmth and gratitude,  
Natalie Sawyer, RN, BScN, NC-BCN  
President, Canadian Holistic Nurses Association

The CHNA represents nurses from coast to coast to coast and acknowledges the ancestral territories of all Indigenous people of this country.

As the CHNA pledges to uphold and uplift the voice and values of nurses, so do we pledge our commitment to upholding healthy relationships, ethics, protocols, traditional knowledge, and cultural practices that reflect and pay tribute to the Truth and Reconciliation Calls to Action.

# Spotlight On...



## **Margarita Weaver Holistic RN** **My Story**

As a Registered Nurse, Reiki Master Teacher Practitioner, Certified Holistic Nurse & Coach, Certified Emotional Freedom Technique (EFT) Practitioner, Master of Public Health with a Specialization in Nursing, and a Registered Nurse for 30 years, I provide evidence-based care under my Ontario nursing license. As a Nurse, mother, wife, daughter, sister, aunt, neighbour, and friend, I have always been dedicated to helping others, holding space for people, and promoting well-being.

Several years ago, I was overwhelmed by my responsibilities, feeling broken, stuck, and depressed. Although the stress was initially overwhelming, it was a transformative experience that led to my awakening.

I began meditating, practising self-care, and discovering my true self. This led me to establish my independent complementary therapy practice, Margarita Weaver Holistic RN, which offers Coaching, Reiki, and Emotional Freedom Technique (EFT) Tapping.

My vision is to provide a safe and holistic community that supports individuals in finding their purpose and light, balancing their energy, healing dis-ease, and enhancing their ability to cope with life's challenges. To support nurses who are feeling overwhelmed, burned out, in transition, or seeking a holistic community. I am passionate about Holistic Nursing and Complementary Therapy and the transformative benefits they offer. I provide in-person and online support for individuals, as well as group sessions where people can gather without judgement, for community practice of Reiki and EFT, Reiki attunements, and specialized Holistic Nursing care in long-term care facilities.

Contact Margarita: <https://holisticrn.ca/> & Email: [Margarita@HolisticRN.ca](mailto:Margarita@HolisticRN.ca)

# Members Forum

## **The Microbiome** **by Debra Rose Wilson,** **PhD MSN RN AHN-BC CHT SGAHN**

The microbiome refers to the diverse community of microorganisms, bacteria, fungi, and viruses, that live in and on the human body. While gut bacteria receive the most attention, microbes also live on our skin, scalp, eyes, and mucous membranes. Before birth, in a sealed amniotic sac, the infant is essentially sterile (Clark & Wilson, 2026). From the moment of birth, these microbes begin to colonize on and in the infant, shaping immune function, digestion, and even neurological development. Vaginally delivered babies are exposed to their mother's vaginal and intestinal flora, which seeds their gut with beneficial bacteria. In contrast, infants born via Cesarean section often miss this initial exposure, leading to differences in microbial composition that may persist for years. Babies born by Cesarean section are at higher risk for disease related to impaired metabolism and immune functioning. They have higher rates of asthma, inflammatory bowel disease, arthritis, and other autoimmune disease (Wilson et al., 2021). While promising, the practice of "seeding" or swabbing newborns with maternal vaginal microbes has only emerging evidence to support it (Wilson et al., 2021).

Breastfeeding further nurtures the microbiome, as human milk contains oligosaccharides that feed beneficial bacteria. The microbiome, in turn, improves breastmilk digestion (Wilson, et al., 2021). Over time, diet, environment, and lifestyle continue to shape the microbial ecosystem. A balanced microbiome supports digestion, strengthens immunity, and helps protect against pathogens.

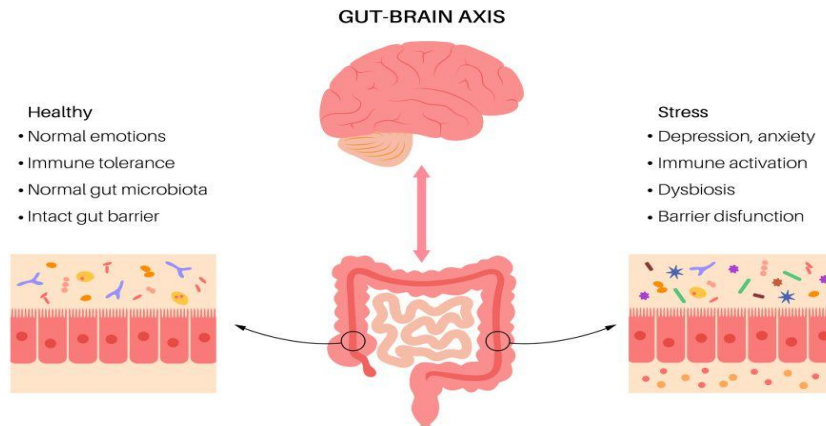
### **Purpose of the Microbiome**

The microbiome's purpose is multifaceted. It aids in breaking down complex carbohydrates, synthesizing vitamins, and regulating metabolism. It also trains the immune system to distinguish between harmful invaders and harmless substances. The microbiome is needed to make several B and K vitamins (Wilson et al., 2024). Because the baby does not have a developed microbiome, newborns are given Vitamin K essential to developing clotting factors. Some bacteria excrete the essential pre-cursors needed for development of neurotransmitters such as serotonin and dopamine, the role of both are significant in mental health. Emerging research suggests that the microbiome influences mood and cognition through the gut-brain axis. The microbiome is not just a passive passenger; it is an active partner in human health. The microbiome needs to be diverse and balanced, and when there is surplus of bad bacteria and not enough good bacteria, dysbiosis occurs.

Dysbiosis can lead to an overactive immune response. As a result, inflammation, and a breakdown of the gut lining, allow unwanted substances to leak into the bloodstream (leaky gut syndrome) (Canadian Digestive Health Foundation, 2022). The body's reaction to these invaders can create allergies and further chronic inflammation.

# Members Forum

The microbiome is a dynamic ecosystem essential to human health, beginning at birth and shaped by diet, environment, and diet. Probiotics (live microbes), prebiotics (fiber and other elements needed for consumption by the microbes), and symbiotic (synthetic combination of pro and pre-biotics) offer tools to support microbial balance. As science advances, understanding and nurturing the microbiome may prove to be one of the most powerful ways to promote lifelong wellness.



## References

Canadian Digestive Health Foundation. (2022). What is leaky gut syndrome?

<https://cdhf.ca/en/what-is-leaky-gut-syndrome/>

Clark, T, & Wilson, D. R. (2026) The microbiome and autism. Journal of Pediatric Surgical Nursing. Doi: 10.1177/23320249251407544. In production.

Wilson, B. C., Butler, É., Grigg, C. P., Derraik, J., Chiavaroli, V., Walker, N., Thampi, S., Creagh, C., Reynolds, A. J., Vatanen, T., O’Sullivan, J. M., Cutfield, W. S. (2021). Oral administration of maternal vaginal microbes at birth to restore gut microbiome development in infants born by caesarean section: A pilot randomised placebo-controlled trial. The Lancet, 69(103443). Doi: 10.1016/j.ebiom.2021.103443



Dr. Wilson is a Canadian nurse who is a Professor and the Chair of Excellence at Austin Peay State University in Clarksville TN. She was the 2017 American Holistic Nurse of the Year.

Submitted to the Canadian Holistic Nurses Association for the CHNA newsletter Feb 15, 2026. The author declares no conflict of interest.

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# Members Forum

## Re-imagining Aging at Home: A Holistic Path Forward Submitted by Vanessa Kelly RN

Winter has a way of clarifying what matters most. As days grow cold and routines slow, many older adults feel the season more deeply. Mobility becomes harder. Isolation increases. Health concerns feel closer to the surface. For many families, winter is when difficult questions about safety, support, and care can no longer be postponed.

For decades, our healthcare system has answered those questions with institutions. When needs increase, we default to beds, buildings, and waitlists. Yet most older adults want to remain at home, connected to familiar spaces, relationships, and communities that give their lives meaning. From a holistic nursing perspective, I feel this desire should not be viewed as a preference, but a foundational component of health and wellbeing.

Canada does not simply have a capacity problem in long-term care. We have a community care gap. Too many people fall into the space between home support, primary care, and social connection. Care becomes fragmented and transactional, measured in visits, tasks, and time blocks rather than outcomes, dignity, and quality of life.

Too much of our system is built around transactional care. Care is broken into visits, tasks, and schedules, rather than relationships, continuity, and outcomes. When support is reduced to checklists and time slots, the deeper work of holistic nursing, presence, trust, and understanding the whole person is often lost. Nurses and caregivers feel this tension every day, wanting to provide meaningful, person-centred care within systems that leave little room for connection.

From a holistic nursing lens, I feel this is not just a structural problem. It is a human one. Aging at home, when properly supported, is one of the most powerful holistic interventions available. It supports physical health while preserving autonomy, identity, and emotional wellbeing. It reduces stress, strengthens social ties, and allows care to be proactive rather than reactive. Importantly, it also creates space for nurses to practice in preventative, relational, and collaborative ways.



# Members Forum

## Re-imagining Aging at Home: A Holistic Path Forward Cont. ...

This belief is at the heart of a new community-based pilot being launched by Hero Home Care. Drawing inspiration from Buurtzorg, the internationally recognized leader in nurse-led community care, the Hero Community pilot is designed to support older adults through small, consistent care teams embedded in local communities. Instead of fragmented visits, care is coordinated around relationships, shared accountability, and ongoing communication between caregivers, families, and health professionals.

In this model, nurses play a central role as clinical leaders and connectors. Changes in health are noticed earlier. Care plans evolve in real time. Families feel less isolated, and nurses spend less time navigating silos and more time delivering meaningful care.

This shift also matters deeply for the workforce. Nurses and caregivers thrive in environments where they are trusted, supported, and connected to a team. When care is relational rather than transactional, burnout decreases and purpose returns.

Winter invites reflection, but it also calls for action. As our population ages, we have a choice. We can continue investing primarily in institutions, or we can strengthen home and community as the foundation of care. For holistic nurses, this conversation sits at the very heart of our practice. A future where people can age well at home, supported by integrated, community-based care, is not only possible. It is essential.

### Reference:

Hegedüs A, Schürch A, Bischofberger I. Implementing Buurtzorg-derived models in the home care setting: a Scoping Review. *Int J Nurs Stud Adv.* 2022 Jan 12;4:100061. doi: 10.1016/j.ijnsa.2022.100061. PMID: 38745628; PMCID: PMC11080323

<https://www.buurtzorg.com/about-us/>

### **Vanessa Kelly, RN**

Care Manager  
Hero Home Care



# Members Forum

## Jill Charlie : A little about my holistic journey ...



My journey in holistic nursing is a commitment to caring for the whole person - body, mind and spirit - by combining evidence-based research with compassionate presence, cultural humility, and attention to the social determinants of health for a person.

I have been working as a nurse for 20 years this year and in the Yukon for the last 17 years where I started in a remote fly-in community of Old Crow. I have worked in all the communities in the Yukon and several in NWT and Alberta, where I am from originally. I have always believed in a holistic approach but felt hampered often by constraints of the health system.

The past couple years I have been more seriously pursuing my professional growth as a functional medicine nurse as I am working my way through the advanced practice modules and board certification. It has reinvigorated my passion for nursing and feels so much more in line with how I view health and wellness from a whole-person approach.

I also recently started by own independent consulting business to work more in line with my values and bring a more holistic approach to health and wellness to our Yukon community.

Contact Jill and visit her website here: [Roots To Wellness](#) or email [jillcharlie1407@gmail.com](mailto:jillcharlie1407@gmail.com)

# CHNA Bursary Program

The CHNA offers Bursaries throughout the year to it's Members who are looking for support to attend conferences and courses relevant to Holistic Nursing Practice.

Our Next Quarterly \$500 Bursary application cut off is April 15/26.

You can visit our site to see more about what is available, criteria and deadlines for applications:

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



CONGRATULATIONS to our January 2026 Quarterly \$500 Bursary Winner:



## **Jill Charlie RN BSN MPA**

Jill will be using her bursary to support her attendance at the Annual International Conference for Functional Medicine in San Diego, CA this May 2026. This conference supports holistic nursing and holistic health practices overall. It is an opportunity to further develop her holistic practice network and knowledge in all areas of the body. The topics this year include optimizing the healthspan, advances in gut microbiome therapies, a focus on mental-emotional-spiritual health, brain health, menopause, and the environment-health connection.

# Standards in Action



## CHNA Holistic Nursing Standards of Practice Standards of Practice #3

### 3) Holistic Caring Process

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

- a. recognizing the interconnectedness of body, mind, emotion, spirit, and environment.
- b. considering complementary and integrative approaches to care, such as healing touch, therapeutic touch, cognitive restructuring, visualization and guided imagery, hypnotherapy, aromatherapy, stress-management, Heart Math, and others.
- c. partnering with clients while implementing the 6-step holistic nursing process (1- assessing; 2- diagnosing or identifying patterns/challenges/needs/health issue(s); 3- identifying outcomes; 4- planning care; 5- implementing the plan of care; and 6- evaluating) with individuals across the lifespan in all settings.
- d. acknowledging that HRN's assume a variety of roles, such as consultant, change agent, researcher, advocate, facilitator of healing, coach, educator.
- e. acknowledging that holistic assessments include physical, functional, psychological, mental, emotional, cultural, sexual, spiritual, transpersonal, and energetic assessments of the whole person.
- f. detaching selves from the outcomes or the need to fix the client; rather, collaborating with clients and guiding them to utilize their inner strengths, wisdom and resources throughout the healing process.

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

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

## CHNA BOARD OF DIRECTORS

The CHNA is supported by a volunteer board of directors who have been instrumental in facilitating the growth of the association by listening to Members, networking with like-minded groups and staying apprised of current healthcare issues and policies.

This upcoming year will be an exciting opportunity for growth and involvement. Our recent Members' Survey Results provide us with direction regarding development of Goals for 2026 and onward.

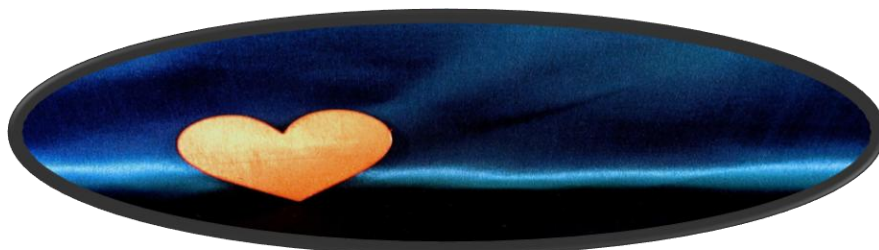
Members are encouraged to continue reaching out to us with suggestions to help guide the CHNA to be the most effective in supporting the growth of holistic nursing in Canada.

2026 also brings the opportunity for considering open Board positions. The CHNA will be recruiting for the Executive position of **Treasurer** starting July 1 / 26. This position will be a 2-year term and will be fully supported by the CHNA Bookkeeper.

Our current treasurer Dana Clay has come to the end of her term, and we would like to extend our heartfelt thanks to her awesome work managing the ebb and flow of our growing membership.

Watch for future information regarding our Nominations Process, announcements of Opening board positions, and AGM news via our CHNA Emails, Social Media and Website Postings!

Contact Us With Questions: [info@CHNA.ca](mailto:info@CHNA.ca)



# CHNA Members Survey 2025 -26

In December 2025, the CHNA annual member survey was conducted to gain valuable insights from our current members and guide the CHNA Board in strategic initiatives, ensuring that we create reflective, and effective support for holistic nurses across Canada. Thank you to everyone who completed the CHNA member survey!

Your responses (n=17) showed strong support for our webinars and newsletter and highlight a clear need for more practice-focused resources.

## Key Survey Findings

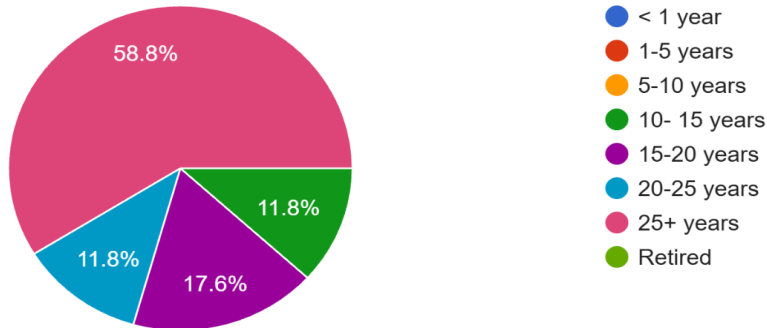
### Understanding our Member Profiles

Respondents of the survey were

- Mostly experienced RNs — 59% have 25+ years,
- 82% identified as Registered Nurses
- Practice settings: acute care hospital (41%) and independent practice/holistic private practice (41%); smaller representation from community, academia and clinics.

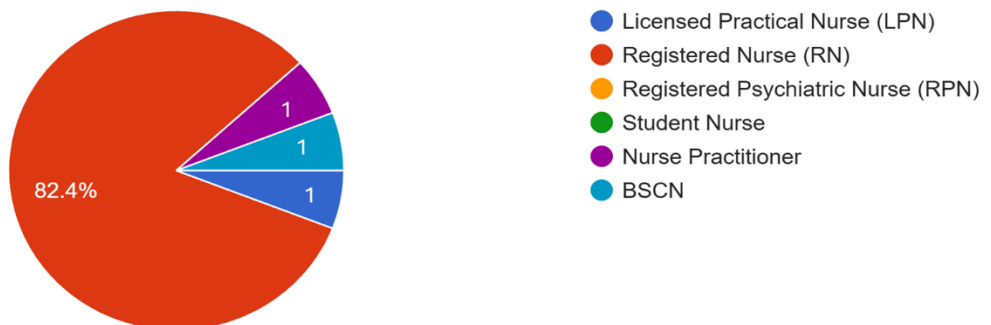
How many years of nursing experience do you have?

17 responses



What Nursing Designation to you hold?

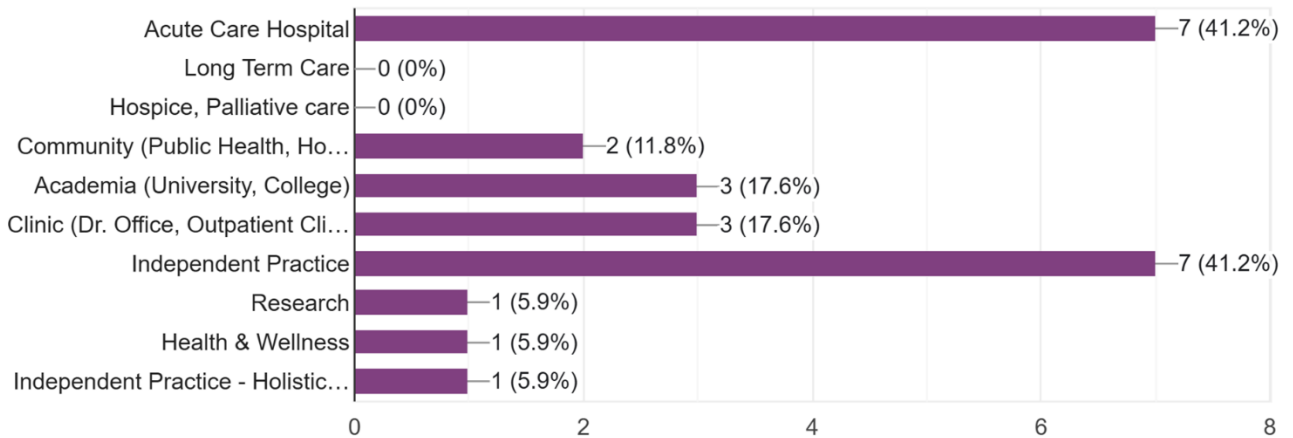
17 responses



# CHNA Members Survey 2025 -26

Please specify what practice setting you work in? (Select all that apply to your current work situation)

17 responses



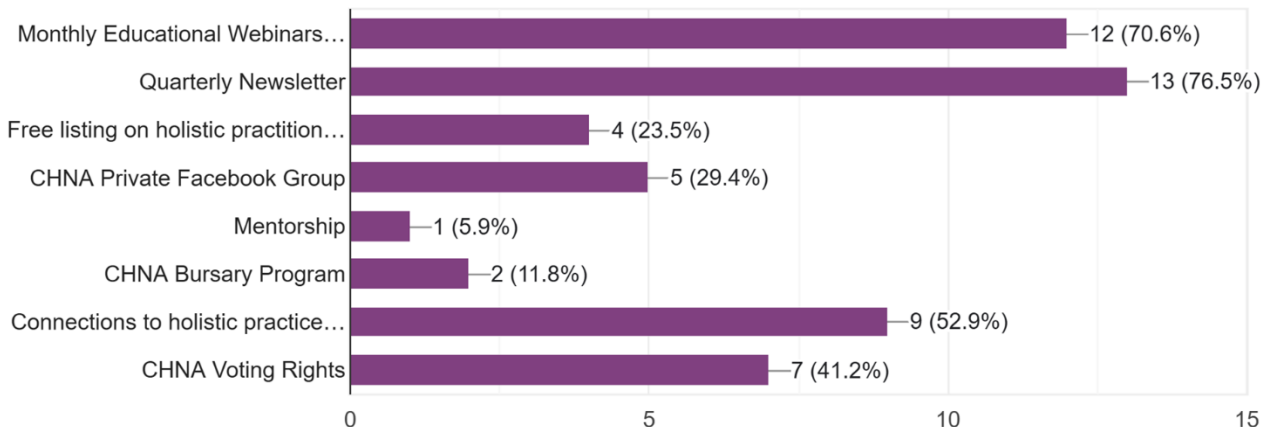
## Evaluation of Current Membership Benefits

The top 3 membership benefits being used are

- Quarterly newsletter (77%)
- Monthly educational webinars (71%), and
- Connections to holistic practice/resources (53%)

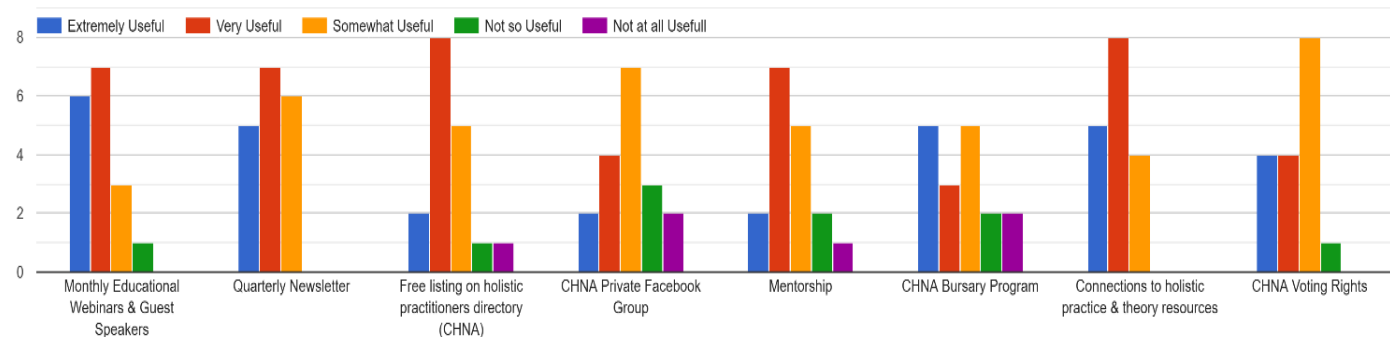
What Membership Benefits do you currently use? (Select all that apply)

17 responses



# CHNA Members' Survey

The benefits rated as the most useful were Webinars and the Newsletter. Variability in usefulness for the Facebook and Bursary was expressed by responding members:



## Opportunities for Future Growth

Major priorities voiced by responding CHNA members were:

- Practical, practice-focused resources: plain-language research summaries with practice implications, “how to apply this in practice” sections, short practice pearls and case examples.
- Complementary Integrative Modalities (CIMs): strong interest in healing touch/energy therapies, breathwork, herbs/aromatherapy/essential oils, and guidance on integrating CIMs safely within nursing scope.
- Community & mentorship: requests for mentorship matching, a live forum or peer-support space, regional meetups/quarterly jurisdictional meetings, and networking opportunities.
- Research & advocacy: clearer, searchable research results, links to funding sources, Canadian-focused resources, and advocacy/policy resources to support integration of holistic nursing into healthcare systems.
- Communications & visibility: reevaluate social platforms and visual layout; produce more shareable, interactive social content (short videos, tips, member highlights) and increase CHNA public visibility.

The most repeated specific member-requested features were:

- Research page: plain-language summaries, “how to apply” sections, searchable categories, links to funding and global resources.
- Newsletter: more practice-based content (member spotlights, practice pearls), predictable format, deeper articles and bios, section on “Challenges to Practice.”
- Social media: prioritize platforms and a content strategy (more imagery, larger font for readability), short shareable educational posts, and member highlights.
- Training/resources: skill-building webinars (breathwork, herbs, HT/Reiki, somatic techniques), CME-style or certificate opportunities, and pathways for safe, evidence-informed CIM use.
- Community supports, mentorship program (ongoing relationships and matching), live forum for Q&A and case discussion, provincial/regional meetings and an updated member directory.
- Advocacy & practice support: resources for starting and billing in independent practice, policy updates where regulation is changing.

# CHNA Members' Survey

## Next Steps for the CHNA Board

The CHNA Board examined the survey findings during its January meeting. Insights obtained from these results will inform strategic prioritisation and development of actionable objectives for the upcoming two-year period.

The volunteer CHNA Board will undertake this initiative within their capacity, to foster growth and provide support to Members.

Stay tuned as we share next steps and exciting changes.

## Prize Winners

We would like to thank all Survey Participants for taking the time to offer feedback, and to congratulate our 4 - \$20 prize winners:

Ashley Daniel | Jenn Johnson | Margarita Weaver | Jen Glass

and thankyou **Dani Smith CHNA Board Member** for creating and presenting this Survey!



# EVENTS

The CHNA strives to provide opportunities to network and support the growth of holistic nursing in Canada. We explore events and presentations that align with our Mission and Vision:

## CHNA MISSION

To support the practice of holistic nursing across Canada by acting as a body of knowledge for its practitioners, by advocating with policy makers and provincial regulatory bodies and by educating Canadians on the benefits of complementary and integrative health care.

## CHNA VISION

Complementary and integrative health care are incorporated into all aspects of nursing and the patient care experience within the Canadian health care system.

We value the input of our Members and invite you comments and suggestions as we move into the upcoming year ... what/whom would you like to see in a presentation or webinar?

Let us know: [info@chna.ca](mailto:info@chna.ca)

## SAVE THE DATE:

**CNA National Conference — September 21–23, 2026**  
**RBC Convention Centre - Treaty 1 Territory, Winnipeg, Manitoba**

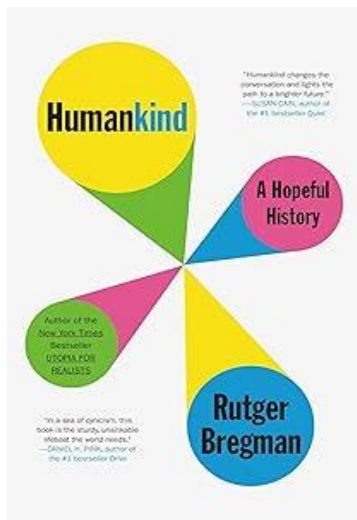
Watch for upcoming events - please log into the Members Area of the CHNA Website:  
<https://www.chna.ca/login/>

Not a Member?? Join Today!  
<https://www.chna.ca/membership/>



# Read A Great Book Lately??

## Our CHNA Members Recommend:



### Humankind: A Hopeful History by Rutger Bregman

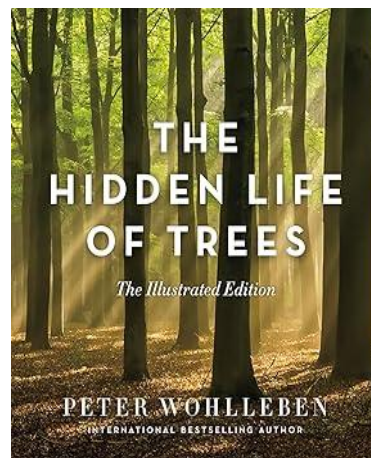
"*Humankind* provides new perspective on the past 200,000 years of human history, setting out to prove that we are hardwired for kindness, geared toward cooperation rather than competition, and more inclined to trust rather than distrust one another."

Recommended by Vanessa Kelly CHNA

### The Hidden Life of Trees by Peter Wohlleben

Life, death, regeneration and the secret life of trees and their communication abilities.

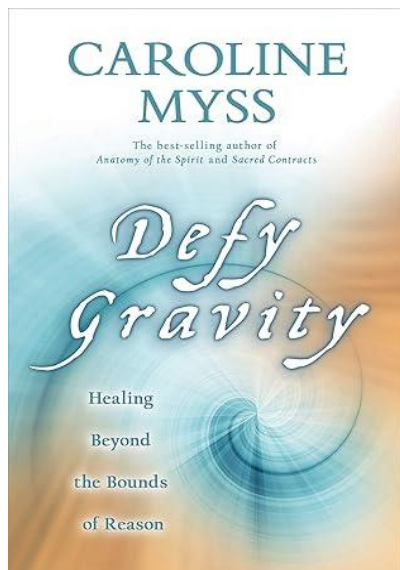
Recommended by Vanessa Kelly CHNA



### Defy Gravity: Healing Beyond the Bounds of Reason by Caroline Myss

It's been around for along time. I love and respect Caroline's offering that anything can be healed through engagement with the soul. 💖

Recommended by Susan Hagar CHNA



**SEND US YOUR FAVORITE BOOKS**



Join us at our monthly webinars with expert speakers presenting topics specific to holistic nursing, holistic practices, and self-care.

Webinars are Member Privileges.

To become a Member and access our growing Archives or participate 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](mailto:info@chna.ca)

We want to hear from you with suggestions for presentations in 2026!

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



**2026 Schedule is Posted!**



**Check the Website for more Webinars**

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

**ALL WEBINARS ARE [ARCHIVED](#) FOR MEMBER VIEWING**

# Advertise with the CHNA

\* YOUR ADVERTISEMENT HERE \*

CHNA Members Receive A 20% Discount  
[ON-LINE APPLICATION HERE](#)

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](mailto:info@chna.ca)



**Close enough to notice.  
Skilled enough to protect.**

Through a holistic lens, nurses see the whole person - health, environment, relationships, and the subtle shifts that signal vulnerability. When decision-making becomes fragile, early insight matters.

**DecisionTracker™** helps to identify risk for decision-making incapacity and to know when substitute decision-making is appropriate, so that decisions are made with clarity.

Part of comprehensive care through **Nurse On Board**.

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**Janet Riley RN  
HWNC-BC® Bowenwork® Bowtech®  
Instructor**

**With 15 years of experience teaching Bowen therapy and 25 years of clinical experience in this field, this is an opportunity to receive Bowen therapy training from a nursing perspective.**

**Registration is open now! For more information go to [www.bowentrainingacademy.com](http://www.bowentrainingacademy.com) or email [janet@bowentrainingacademy.com](mailto:janet@bowentrainingacademy.com)**

**BOWEN**

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Empower your **practice** learning **Reiki** - to reduce stress, prevent burnout, and enhance compassionate, holistic care.

**Reiki Shares** and **EFT Tapping** groups provide support, energy renewal, and tools for deeper healing for both yourself and the people you care for

### **Reiki Level 1 - for Self - Care**

Learn how to awaken the healing Reiki energy within you

January 22<sup>nd</sup> 9:00am to 1:00pm EST or

February 3<sup>rd</sup> & 10<sup>th</sup> 6:30 to 9:30pm EST or

March 5<sup>th</sup> 9:00am to 1:00pm EST Cost: \$222

### **Reiki Level 2 - to become a Practitioner**

Learn to awaken the healing Reiki energy to share with others

March 24<sup>th</sup> & 31<sup>st</sup> 6:30 to 9:00pm EST Cost: \$333

### **Reiki Share Group**

A welcoming community to give and receive Reiki energy, meditate, and ask questions Cost: \$15 each

January 29<sup>th</sup>, February 12<sup>th</sup>, March 26<sup>th</sup> 12 to 1pm EST

### **EFT Tapping Group**

A welcoming group to reduce stress, tap, and meditate

February 5<sup>th</sup>, March 19<sup>th</sup> 12 to 1pm EST Cost: \$15

No experience necessary - all is welcome - online via zoom

Contact: [Margarita@HolisticRN.ca](mailto:Margarita@HolisticRN.ca) or [519-330-3931](tel:519-330-3931)

*Would you like to advertise with the CHNA?*

[info@chna.ca](mailto: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**
- **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 discount**

**on the other!**



**\*applies to initial CHNA Exclusive Membership Only**

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

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

### **Self-employed Nurses Provide Innovative Solutions!**

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

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

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

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



**Members of the CHNA Board welcome and invite all suggestions from you to grow our organization and community. We want to hear from you!**

**Contact us at: [info@chna.ca](mailto:info@chna.ca)**

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

**Join us on [LinkedIn](#) &  
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***THANKYOU TO EVERYONE WHO CONTRIBUTED TO THIS NEWSLETTER!***

