

## Integrative Nursing: A Holistic Approach to Patient Care

Mathew Stenhouse\*

Department of Nursing, University of Freiburg, Fahrenbergplatz, 79085 Freiburg im Breisgau, Germany

### Short Communication

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#### \*For Correspondence

Mathew Stenhouse, Department of Nursing, University of Freiburg, Fahrenbergplatz, 79085 Freiburg im Breisgau, Germany

**E-mail:** MathewStenhouse306@gmail.com

## INTRODUCTION

Integrative nursing is a holistic approach to healthcare that emphasizes the importance of addressing the physical, emotional, social, and spiritual needs of patients. It combines conventional medicine with complementary and alternative therapies to provide a comprehensive approach to patient care. Integrative nursing recognizes that each patient is unique and that their health and well-being depend on a variety of factors, including their environment, lifestyle, and beliefs. By considering all of these factors, integrative nursing aims to improve health outcomes and promote wellness. The philosophy of integrative nursing is rooted in the belief that healing is a partnership between the patient and healthcare provider. In this partnership, the healthcare provider acts as a guide and facilitator, helping the patient to take an active role in their own health and well-being. Integrative nursing also emphasizes the importance of self-care and encourages patients to take responsibility for their own health by making healthy lifestyle choices and engaging in activities that promote wellness. Integrative nursing is a relatively new field that has gained popularity in recent years. It emerged in response to a growing awareness of the limitations of conventional medicine and a recognition of the need for a more holistic approach to healthcare. The field has been influenced by a number of different disciplines, including nursing, medicine, psychology, and spirituality. One of the key principles of integrative nursing is the use of complementary and alternative therapies. These therapies include a wide range of practices, including acupuncture, massage therapy, meditation, yoga, and nutritional counseling<sup>[1-3]</sup>. The goal of these therapies is to promote healing by addressing the whole person, rather than just their physical symptoms. Complementary and alternative therapies are often used in combination with conventional medical treatments. For example, a patient undergoing chemotherapy for cancer may also receive acupuncture to help manage their pain and other symptoms. By combining conventional and alternative therapies, integrative nursing can provide a more comprehensive approach to patient care that addresses the full range of physical, emotional, and spiritual needs.

## DESCRIPTION

Another key principle of integrative nursing is the importance of patient-centered care. This means that the patient is at the center of the healthcare team and that their needs and preferences are taken into account in all aspects of their care. Patient-centered care involves active listening, empathy, and respect for the patient's autonomy and values. By involving patients in their own care, integrative nursing can promote greater patient satisfaction and better health outcomes. Integrative nursing also emphasizes the importance of a healing environment. This means creating a physical and emotional space that supports healing and promotes well-being. This may involve creating a calm and peaceful environment, using natural light and colors, and incorporating art and music into the healthcare setting. By creating a healing environment, integrative nursing can help reduce stress and anxiety and promote relaxation and comfort for patients.

Spirituality is another important aspect of integrative nursing. This does not necessarily mean religious spirituality, but rather a recognition of the importance of meaning and purpose in life. Integrative nursing recognizes that spirituality can be a source of strength and comfort for patients and that it can play an important role in the healing process. By addressing the spiritual needs of patients, integrative nursing can help promote a sense of inner peace and well-being. Integrative nursing also emphasizes the importance of interdisciplinary collaboration<sup>[4,5]</sup>. This means working closely with other healthcare providers, including physicians, nurses, social workers, and other professionals, to provide comprehensive care for patients. By working together, healthcare providers can share their expertise and knowledge to provide the best possible care for patients.

## CONCLUSION

One of the challenges of integrative nursing is the lack of standardization and regulation of complementary and alternative therapies. Unlike conventional medicine, which is subject to rigorous testing and regulation, many complementary and alternative therapies have not been subjected to the same level of scientific scrutiny. This can make it difficult for healthcare providers to determine which therapies are safe and effective and which may be harmful.

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## CONFLICT OF INTEREST

Authors declare no conflict of interest.

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