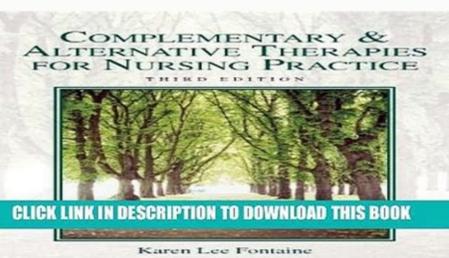


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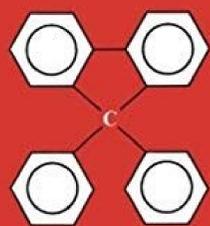
SEVENTH EDITION

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# A GUIDEBOOK TO MECHANISM IN ORGANIC CHEMISTRY

SIXTH EDITION



PETER SYKES

# Stoma Care

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Interprofessional collaboration addressing health and well-being are very exciting and has been expanded via the Internet. IMCJ: Can you share the relevance of Florence Nightingale's legacy for health and healing in the 21st century? Dr Dossey: As a Florence Nightingale scholar, I have have done research and published on her legacy. For example, I might be irritated as I am so far behind in my work or that this work is not creative enough, and so forth. You breathe in and you breathe out. The work that I am engaged in, right now, is nurse coaching. As you have seen from my previous example, a relaxed patient who is empowered will have fewer complications and a shorter hospital stay and heal faster. This includes recognizing what situations evoke various emotions such as challenges, difficulties, disappointments, joy, fears, anger, and so forth. This newly developed Seal of Distinction indicates that the book is aligned with AHNA's mission, vision, and Holistic Nursing: Scope and Standards of Practice, Second Edition; is of interest to holistic nurses and of significant value to the nursing profession; provides knowledge that advances holistic nursing; is timely and relevant; is consistent with relevant historical publications; is scientifically and technically accurate; and is authored by individuals with demonstrated expertise in the field of the work submitted. It was diagnosed as a viral lesion on my cornea called dendritic keratitis that was difficult to heal, and there was no treatment for it at the time. By the early 1970s I was using relaxation, imagery, and biofeedback. Then saying to myself ... "deeper ... deeper ... below the surface to see new patterns." I do this to shift my consciousness to a deep place of calm and inner stillness. When I think about my well-being—this includes my health, my family's health, and my friends' health. If not you will be fired. You do not have to "fix" anything. If they need you, they will have you do things such as take a deep breath and hold your breath, or push as if having a bowel movement to engage different muscle groups." When the patient returned his room I began the postprocedure care. When taking a deep breath and letting that breath flow to the belly, then the belly will rise and fall—and the experience is that the breath begins to breathe you. I often pair the relaxation practices with asking a person what they really like to do. He pushed me and I pushed him to explore new ways to integrate healing concepts and therapies in clinical practice. I have the wonderful honor of being invited to sit on a new ANA advisory board for the 2016 launch of a "Healthy Nurse, Healthy Nation Grand Challenge." I will have the privilege of sharing integrative lifestyle health and well-being change theories and how to sustain new healthy behaviors. IMCJ: How do you hope to influence the discourse surrounding this initiative? Dr Dossey: We know that most chronic illness is due to lifestyle. The beauty of the work that we have done is in the beginning there were no protocols and very little had been written about ways to incorporate caring and healing into clinical practice. Today Nightingale's work is indeed considered a full-spectrum approach. Monica Sharma defines a full spectrum knowlative that recognizes the source of all sustained strategies and action includes sourcing personal awareness and wisdom that results in transformation. 7,8 It addresses immediate systems and root causes of a problem or condition using appropriate assessments and technologies. We cannot solve problems that exist by external means only. Changing behaviors starts within and involves a shift in emotions, attitudes, and beliefs that then lead to external behaviors and actions that will be sustained. I began to develop my own practice of how to answer such questions. It was very obvious to me that I had a responsibility—an ethical responsibility—to share what it was that I was recognizing. From the beginning of the AHNA my nurse colleagues and I have been exploring healing and healing therapies. IMCJ: How did your approach evolve from there? Dr Dossey: When I started out early in my career, the terminology was curing symptoms. He said, "I'll go to the closet and I'll get my fly rod, I'll get my fishing pack, I'll get my favorite 10 flies, and I'll probably get some extras, as I don't know the hatch on water until I get there. Let me give a definition of healing as I know I will say this word throughout the interview. Now head to the river." With his eyes closed he starts talking, "Oh my gosh, I see a heaven's pond," and he starts describing the river with all his senses—smelling the mountain air, feeling the clear cold water, seeing the hatch of flies, and so forth. I brought him back to a wakeful state in the room and said, "You can go fishing in your mind during the procedure. I cannot give healing to anybody and I do not heal anyone. This leads to integration and balance, and each aspect has equal importance and value. So, early on, it became very clear that most professionals thought relaxation and imagery were interesting but there was no time to use them in critical care. We must wake people up so that they are addressing health and to be alert to GMOs, chemicals in our food, and polluted lakes, rivers, and oceans. I would define lifestyle as a way of well-being that reflects living from one's deepest, personal values, beliefs, and attitudes. This is also an example of having self-compassion that is essential in daily life and in healing. IMCJ: How does the ability to access our own deep healing and self-healing translate into being better at helping a patient heal? Dr Dossey: We certainly know that over the last 40 years, we started with the term alternative, and then complementary, and now we use the term integrative health care and integrative therapies. Our goal today is to work as an interprofessional and collaborative team and to engage in relationship-centered care and active participation of the patient. IMCJ: How did you begin to answer these questions? Dr Dossey: Back in the 1960s as I began my own healing journey over time and with practice, I began to meditate and learn various healing therapies. Dossey & Keegan's Holistic Nursing: A Handbook for Practice, Eighth Edition covers basic and advanced concepts of holism, demonstrating how holistic nursing spans all specialties and levels. How do we begin to help nurses choose to do a few things to become healthier? This truly is what begins to move us to a new storyline. Cardiac cath labs are very fast paced. People frequently block their own healing potential when tense and tight, when worried, and when constantly busy. For example the patient is taught how to use focused attention and intention to increase hand temperatures that decreases the pain of a migraine headache. I wound up with a rip-roaring turista—vomiting, diarrhea, fever of 102 degrees—and woke up the next day with my right eye swollen shut. How are they incorporated into the process? Dr Dossey: First of all, a ritual is something that you believe to be true for you, and you repeat it to create a helpful and healing pattern. As I unearthed different fears that they were having—say, after a heart attack or while getting a patient ready to go to the cath lab for a procedure or for open-heart surgery—I could share a pearl based on her or his personal story to empower them and facilitate and wake them up to use their strengths rather than focusing on fear, uncertainty, and anxiety. Let me just give an example. Right now see if you can take a nice breath in and let that breath flow to your stomach and let it expand like a balloon ... Today many professional journals are addressing states of consciousness, self-care, healing, reflection, mind/body, stress reduction, changing behaviors, and becoming healthier. This is where one's healing resides. I also enter into this separation phase if I am getting ready to work on a project and I am not clear what I need to be doing or where to start. The transition phase is that period of awareness of being changed in the healing process. I felt and recognized something different about my interaction with patients. Shifting to a health and wellness perspective and a coaching perspective, interactions with clients and patients are different. Nurses today are 21st-century Nightingales. It is engaging with a focus for a healthy nation and a healthy world—clean air, clean water, clean food, clean environments. Nightingale's work described what we refer to today as determinants of health. The environmental determinants are the external agents, the biological, chemical, physical, social, and the culture that impact and are linked to acute and chronic conditions. I asked, "How are you doing?" He said, "You're not going to believe it. Nurses were to follow doctors' orders. Right now, thank heavens, there is recognition that nurses have their own body of knowledge and the physicians have theirs, along with all other team members. From a nurse coaching approach, a nurse coach may be coaching a person who is in the dying process. Completely updated and revised, it includes seven new chapters on creative expressions in healing, herbs and dietary supplements, holistic leadership, holistic nursing education, self-care and self-development, advanced holistic nursing practice, and advanced integrative health and well-being practice demonstrated through case study exemplars. This is the legacy that Nightingale left us, then let the breath out. "At that particular time—this is what I loved the best—I would ask the patient to place I hand on her or his chest, and the other hand on the belly. A change requires moving from one state of knowing, doing, and being to a new level of awareness. This is what keeps me going each day. IMCJ: How do you address polarities in health care within the context of competing values? Dr Dossey: Bonnie Wesorick's work on polarities is important. 9 Polarities are interdependent pairs of different, competing, or opposite values or points of view that engages "both/and" thinking, rather than "either/or" thinking. Nurses will begin to see what happens when they engage in their own personal self-assessment. We have uploaded these PDF and EPUB files to our online file repository so that you can enjoy a safe and blazing-fast downloading experience. Barbara Dossey, phd, rn, has played an instrumental role in expanding the domain of traditional nursing. I am hopeful that more nurses are becoming more self-reflective and have an informed mindfulness in their work. When I say self-reflection, this is an inner awareness about how I use my consciousness, how I use my intention, and how I use my therapeutic sense of self in this work—not only to put myself in the best possible place, but also to do this when working with others. Barbara Dossey, PhD, RN, AHN-BC, FAAN, HWNC-BC, internationally recognized integrative, holistic nursing pioneer, a nurse theorist (Theory of Integral Nursing; co-author, Theory of Integrative Nurse Coaching), and Florence Nightingale Scholar. Even with as much as I know about it myself, there are some days where I just say, "I am just so tired." Then, when I look back over my busy day, I realize that I worked very hard and I did not take a short 10- or 15-minute break in the middle of the day or skipped eating a nutritious lunch. IMCJ: Are there any formal professional groups that are incorporating the nurse coaching concept? Dr Dossey: Yes, the American Nurses Association, or the ANA, and 20 other nursing organizations have endorsed nurse coaching. This is an approach that places the patient at the center of care and is whole-person care. Then I would lightly place my hands on the patient's hands. It is all connected. Change involves healthy thoughts and emotions and new behaviors. My first 25 years were focused in critical care and cardiovascular nursing. Essential chapters on Nurse Coaching and Dying in Peace, along with all other past chapters, are updated. Each chapter begins with Nurse Healer Objectives to guide learning within the theoretical, clinical, and personal domains and concludes with Nurse Healer Reflections to encourage readers to reflect on what they have learned. With an ideal blend of theoretical and practical content, the Seventh Edition features Dr. Dossey's Theory of Integral Nursing, including an update on global nursing and the UN Millennium goals. You have to start writing, doing research, and developing protocols. I was very blessed, too, that I met Larry Dossey, md, in 1967. She is Co-Director, International Nurse Coach Association (INCA) and Core Faculty, Integrative Nurse Coach Certificate Program (INCCP), Miami, Florida; International Co-Director, Nightingale Initiative for Global Health (NIGH); and Director of Holistic Nursing Consultants (HNC), Santa Fe, New Mexico. In nurse

I address the following 8 areas: (1) life balance and satisfaction; (2) relationships; (3) spiritual; (4) mental; (5) emotional; (6) physical (nutrition, exercise, and weight); (7) environment; and (8) health responsibility. I am hopeful that nurses will be more personal and professional self-evaluation in all that they are doing. How has it evolved?Dr Dossey: While I reflect on my 50-year nursing career, it has been exciting and expansive. She called her work her “must” and we each must find our must. Students and professionals alike need a comprehensive, up-to-date text to guide them in learning holistic nursing concepts and how to integrate those concepts into clinical practice and their daily lives. To become more aware of this state, it requires that we engage in reflection and answer some basic questions: “Am I authentic with this person, right now, in this particular moment?” I do not have to go anywhere or get anything. Barbara articulates how healing is promoted by attending to the delicate interaction of body, mind, and spirit and how centuries-old concepts can be successfully applied in the care of patients and in everyday living. Some other modalities are aroma therapy, music, contemplative and reflective practices of meditation and prayer, and touch therapies. What going on?” I am very focused with intention when I ask such a frank question. So these examples are the origin of my healing philosophy.IMCJ: Are more nurses now using these therapies in their work?Dr Dossey: I am happy to report that many nurses are incorporating healing therapies and are also becoming certified. You have signed the release forms to receive the medicines or stents to open up your arteries so you will be free of pain. When the nurse, doctor, psychologist, and other health care team members interacts with a client, patient, or family from a state of mindful, informed presence, healing often happens. I’ve got investments my wife told me not to do. As a young nurse, it became very clear to me that the technology was important—but that was only one aspect of what I did as a critical care nurse. I began to explore my own worry, anxiety, and fear about my eye and what this meant to me. There is increased emphasis on teaching holistic nursing in undergraduate and graduate programs, including the use of simulation as an effective teaching pedagogy, an enhanced focus on ways to enrich holistic care to improve patient outcomes through evidence-based practice and research, and new integrative health and wellness assessments. Larry was having migraine headaches and he wanted to learn biofeedback skills so that he would not be dependent on medications for the rest of his life. I am hopeful that more nurses will be aware of the importance of self-assessment. It is to come back into daily awareness and reenter, renewed. You assist the person to understand and identify personal goals. A deep intention is when we are being extremely mindful in the present moment. She is on the 2016 Healthy Nurse Healthy Nation™ Grand Challenge Advisory Board. So I have personal experience that willingness to unite in a program of action, to share information and solutions and to improve health conditions for all humanity—locally, nationally, and globally. We further resolve to adopt personal practices and to implement public policies in our communities and nations—making this goal of the year 2020 achievable and inevitable—beginning today in our own lives, in the life our nations and in the world at large.The Nightingale Declaration is to empower nurses to come from their informed personal awareness, working from wisdom, and sourcing from that level. Each day I try to engage in my work and operate out of hopefulness. Each polarity has an identified upside (values) and downside (fears). With his permission I guided him for about 5 minutes using his words and began by asking him to close his eyes and listen to the words he had shared with me and to use his imagination: “See yourself now placing all your fly fishing gear in your car ... and now you are driving to the river ... let me know when you have arrived.” He said, “Okay, I’m at the river.” I said, “See yourself getting out of your car and putting on your waders and fishing gear. We are not even doing a fraction of what she wrote about in Notes on Hospitals5 and Notes on Nursing.6 What excites me is the shift that I have seen with nurses revisiting Nightingale legacy. People heal themselves. How do we help people begin to really shift their lifestyle behaviors? In a biofeedback department, when the patient is hooked up to the biofeedback equipment, the biofeedback therapist will engage the patient to explore different senses while learning deep relaxation and imagery. Nothing is isolated. The nurse coach addresses the physical, mental, emotional, social, spiritual, cultural, and environmental influences that impact the patient’s story.Within this, then we may offer many different therapies. I take a few minutes and close my eyes and take in a slow, deep breath and let it out, and say to myself, “Become still ... still ... still” until I feel this state. A ritual has 3 phases: separation, transition, and return.The separation phase is to separate from daily busy activities and to sit quietly, and enter into a deep space of relaxation. I caught the biggest trout I’ve ever caught.”From the beginning of my career I was very clear that nursing is both science and an art. I am mentoring many young nurses to take my work and the work of colleagues to the next level. She has authored or co-authored 25 books including Holistic Nursing: A Handbook for Practice (7th ed., 2016); Nurse Coaching: Integrative Approaches for Health and Wellbeing (2015); The Art and Science of Nurse Coaching: The Provider’s \* Guide for Coaching Scope and Competencies (2013); Florence Nightingale: Mystic, Visionary, Healer (2010, Commemorative Edition). Most people, when they are tense and tight, raise their shoulders and tighten their diaphragm. The goal is to come from a place of strength for healing and greater health. All of this is about life balance, harmony, unity, and well-being.IMCJ: How then do you channel all that into patient care?Dr Dossey: In any given moment, as a nurse I am aware of noticing my balance and harmony and when I am tight and tense to take my deep breaths and relax. A nurse coach is a registered nurse who integrates theory-guided and evidence-based practice, and coaching competence in any setting.A nurse coach assists a person to access his or her deepest place of inner wisdom. It is the manner in which people live and eat, work too hard, and do not exercise. I must also address my family. My favorite imagery is in nature as I am a hiker. Case studies incorporated throughout chapters help readers make the connections to put holistic theories and concepts into practice. I will never forget one day when Larry had heard that I was teaching relaxation and imagery to patients in the critical care unit and I was getting patients to draw their images. The social determinants are the economic and social conditions. I have many times had patients ask me to tell their family members something, or it may be, “Go get my wife. These studies are also connected to resiliency as we are exploring our physical, mental, emotional, and spiritual intelligences as well. I am hopeful that more nurses will learn integrative nurse coaching knowledge, competencies, and skills. This is what happens when we use relaxation with breath awareness practice and do it frequently. He said, “You have to figure out how you can do these therapies and have the support of physicians and your nurse colleagues. I had something I want to tell her.”Healing is part of patient-centered care and relationship-centered care. We can also explore different aspects of meaning—philosophical meaning, psychological meaning, and spiritual meaning. You go to a deeper space and you are creating a healing pattern. Each new print copy includes Navigate 2 Advantage Access that unlocks a comprehensive and interactive eBook, student practice activities and assessments, a full suite of instructor resources, and learning analytics reporting tools. Affirmations are also very useful to stop one’s critical voice such as “I am so far behind” or “I am not good enough.” This type of self-talk will indeed sabotage a person. Also featured are helpful Directions for Future Research, definitions of key terms, and case studies that illustrate how to use and integrate the interventions into clinical practice. This then becomes a reminder of how to get back to this relaxed, reflective space at any time and to remember this practice.IMCJ: Through the span of your career, how has advancing integrative or holistic nursing changed? We were in our 20s and we have indeed grown up together. So how do I, with colleagues, connect the protocols, the science, the theory, and healing therapies such as relaxation and imagery? The same applied to me in healing my eye lesion. I’m going to get my waders, my hat, and net,” and he went on and on. It includes exploring thoughts, feelings, experiences, and behaviors that arise from the search for meaning and concerns around the big life questions: “Who am I?” “What is my soul’s purpose?” “How am I part of the interconnected web of life?”Over the last 30 years different kinds of intelligences have been explored. There is a sense that something has changed on resuming life’s activities.When guiding another or even for myself, I will anchor this special time and will put my hands in either a position of prayer or I might put my hands over my heart, and that becomes my anchor. As I sat on a rock above him as he fished below me, I could literally see into this clear gorgeous turquoise mountain lake with trout swimming around that he could not see. This has become a metaphor for me—to let go of the superficial, day-to-day stress. Every person will define well-being and health individually. Revised chapter on “Professional Development Across the Lifespan” expands on the integration of holism into education and practice. That patient may say, “I am dying ... what do you think?” This question often comes from fear. However, we were not engaging patients’ consciousness on their own behalf. As a pioneer in the holistic nursing and nurse coaching movements, she has worked to advance the practice and philosophies of holistic care, both within the health professions and in the lives of lay people. I began to do it in such a way where, rather than trying to give a concrete answer, I would explore with the person who asked the question what was going on in terms of any frustration, anxiety, or fear. Questions were often asked by patients: “What’s going to happen next?” and “Do you think I’m going to die if I don’t do this procedure?” These questions also had deeper implications. For hospitals this would be seeking ways to address staff satisfaction and patient satisfaction at the same time.This is why I am thrilled to have the opportunity with the 2016 ANA Healthy Nurse, Healthy Nation Grand Challenge. Remember to take those deep breaths, and let the doctor and medical team do your procedure. Many patient today are being encouraged to bring to procedures earphones with relaxation and imagery CDs that they have either made or purchased that are specific for facilitating a relaxed state and positive affirmations and images.As each person learns different therapies, they find what work best. From this level I can engage in a new storyline of healing and shift my superficial self-chatter. For example for a patient before a cardiac procedure: “As I place you on this gurney to go for your procedure, just remember that you have a terrific doctor and the cardiac cath team is the best. The key is practice, practice, practice. This approach prepares students and professionals to incorporate a holistic philosophy in both their work and personal lives to better communicate with patients and provide whole-person patient care. You have heard the words that we spend a lot of time thinking about the past or thinking about the future. If I am going to exercise more or change my eating to more fruits and vegetables, what are strategies for home and at work? Organized by the five Core Values contained within the American Holistic Nurses Association (AHNA) and the American Nurses Association (ANA) Holistic Nursing: Scope and Standards of Practice, Second Edition: \* Core Value 1: Holistic Philosophy, Theories, and Ethics \* Core Value 2: Holistic Caring Process \* Core Value 3: Holistic Communication, Therapeutic Environment, and Cultural Diversity \* Core Value 4: Holistic Education and Research \* Core Value 5: Holistic Nurse Self-Reflection and Self-Care Holistic Nursing: A Handbook for Practice, Seventh Edition has been awarded the American Holistic Nurses Association (AHNA) Seal of Distinction. You know it works, but other people are not recognizing what happens with an integrative approach to care.” That was the beginning for me to go deeper into my own healing journey.In 1981 I was blessed to be a founding member of the American Holistic Nurses Association, or AHNA. The people who did engaged in these therapies in the 1960s were really considered weird.

Humanistic psychology is a psychological perspective that arose in the mid-20th century in answer to two theories: Sigmund Freud’s psychoanalytic theory and B. F. Skinner’s behaviorism. Thus, Abraham Maslow referred to it as the “third force” in psychology. The school of thought of humanistic psychology gained traction due to key figure Abraham Maslow in the 1950s during ... 36 Full PDFs related to this paper. Read Paper. Download Download PDF. Download Full PDF Package ... We provide solutions to students. Please Use Our Service If You’re:
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