

Holistic Nursing Course Outline

Module	Topic Outline	Method of Instruction	Method of Evaluation
1	<ul style="list-style-type: none"> • Definition and scope of holistic nursing • Historical background and evolution of holistic nursing • Core principles and values (interconnectedness, individuality, healing) • Overview of AHNA standards and holistic nursing competencies 	<p>Recorded lecture</p> <p>Linked national sources</p> <p>Case Study</p>	Discussion Board Interaction
2	<ul style="list-style-type: none"> • Key holistic nursing theories (e.g., Jean Watson's Theory of Human Caring, Martha Rogers' Science of Unitary Human Beings) • Application of holistic models in nursing practice • Case studies and examples of holistic nursing theories in action 	<p>Recorded lecture</p> <p>Linked national sources</p> <p>Case Study</p>	Discussion Board Interaction
3	<ul style="list-style-type: none"> • Principles of therapeutic communication • Building therapeutic relationships with patients • Creating and maintaining healing environments • Practical exercises in active listening, empathy, and presence 	<p>Recorded lecture</p> <p>Linked national sources</p> <p>Case Study</p>	Discussion Board Interaction
4	<ul style="list-style-type: none"> • Overview of complementary and alternative therapies (e.g., aromatherapy, acupuncture, mindfulness, therapeutic touch) • Evidence-based practice and research supporting these therapies • Guidelines for integrating these therapies into clinical practice 	<p>Recorded lecture</p> <p>Linked national sources</p> <p>Case Study</p>	Discussion Board Interaction

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5	<ul style="list-style-type: none"> • Importance of self-care in holistic nursing • Strategies for physical, emotional, mental, and spiritual well-being • Mindfulness and stress management techniques • Developing a personal self-care plan 	<p>Recorded lecture</p> <p>Linked national sources</p> <p>Case Study</p>	Discussion Board Interaction
6	<ul style="list-style-type: none"> • Understanding cultural diversity and its impact on health care • Providing culturally sensitive and competent care • Strategies for addressing cultural barriers • Case studies on cultural competence in nursing practice 	<p>Recorded lecture</p> <p>Linked national sources</p> <p>Case Study</p>	Discussion Board Interaction
7	<ul style="list-style-type: none"> • Incorporating holistic principles into daily nursing practice • Ethical considerations in holistic nursing • Leadership and advocacy in holistic health care • Continuing education and professional development opportunities 	<p>Recorded lecture</p> <p>Linked national sources</p> <p>Case Study</p>	Discussion Board Interaction
8	<ul style="list-style-type: none"> • Overview of the Exam Structure • Breakdown of key subject areas. • Important theories, models, and frameworks. • Commonly tested concepts and terms. 	<p>Recorded lecture</p> <p>Linked national sources</p>	Practice Exams