

## Holistic Nursing Course Outline

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

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