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A nurse's journey from critical care to holistic integrative health

Statement of the Problem: Nurses and other health care professionals have experienced limitations in expansion of holistic and integrative medicine into standard health care practices. While conventional medicine excels in acute care, holistic and integrative health focuses on utilizing the best of all global healing traditions to prevent disease and improve health outcomes. Research demonstrates that chronic diseases like CV disease, dementia and diabetes can be dramatically improved through lifestyle. Despite extensive data demonstrating improved patient outcomes, organizational restrictions, lack of resources and education and limited awareness of ways to introduce and practice these approaches to healing have remained a barrier. Insight and solutions to incorporating new approaches in practice are needed; the world suffers from chronic diseases that are largely preventable. This session explores the work pioneered in North America to transform health care and the health care system utilizing a holistic treatment model which integrates conventional and natural medicine.

Conclusion & Significance: Nurses and other healthcare providers want guidance and education to enhance patient care and treatment with holistic and integrative medicine approaches; however, institutional systems and/or lack of resources and awareness often inhibit this evolution. Recommendations are made to increase awareness of how to introduce and practice holistic and integrative medicine anywhere.

Biography

Rauni Prittinen King is the Co-Founder and Executive Director of Guarneri Integrative Health, Inc. at Pacific Pearl La Jolla, California, USA. She is the Founder and President of Holistic and Integrative Medicine Resources Inc. and the President of Miraglo Foundation, a non-profit charitable organization that she founded. She has over 20 years of experience in critical care nursing. She is a Board Member of the Academy of Integrative Health and Medicine (AIHM) and served for four years on the Healing Beyond Borders Board of Directors. She is the Founder and Former Director of Programs and Planning at the Scripps Center for Integrative Medicine in La Jolla, California and served as the Nurse Case Manager for the Scripps Dean Ornish Program for Reversing Heart Disease. She is the Director and Coordinator of national and international holistic and integrative medicine conferences for physicians, nurses and other healthcare providers.