

# Providing Patients with Holistic Care through Integrative Nursing

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## Introduction

Integrative nursing stresses the value of attending to patients' physical, emotional, social and spiritual needs as part of a comprehensive approach to healthcare. To give a holistic approach to patient treatment, it blends mainstream medicine with complementary and alternative therapies. Integrative nursing understands that every patient is different and that their surroundings, way of life and beliefs all have an impact on their health and wellbeing. Integrative nursing seeks to enhance wellbeing and achieve better health outcomes by taking all of these aspects into account. The foundation of integrative nursing's concept is the idea that patient and healthcare provider collaboration is essential to recovery. The healthcare professional serves as a mentor and facilitator in this collaboration, encouraging the patient to actively participate in their own health and wellbeing. The significance of self-care is also emphasized by integrative nursing, which encourages patients to take charge of their own health by adopting healthy lifestyle choices and partaking in wellness-promoting activities. The discipline of integrative nursing is one that has recently grown in recognition. It came about as a result of people being more aware of the shortcomings of conventional medicine and the demand for a more all-encompassing method of providing treatment [1,2].

Numerous academic fields, including nursing, medicine, psychology and spirituality, have had an impact on the area. Utilizing complementary and alternative therapies is one of the fundamental tenets of integrative nursing. Numerous techniques are included in these therapies, such as acupuncture, massage therapy, yoga, meditation and nutritional advice. By addressing the full person rather than simply their physical symptoms, these treatments seek to encourage recovery. Alternative and complementary therapies are frequently utilized in conjunction with traditional medical procedures. For instance, acupuncture may be given to a cancer patient receiving chemotherapy in order to assist them manage their pain and other symptoms. Integrative nursing can offer a more thorough method of patient care that attends to all of their physical, emotional and spiritual needs by merging traditional and alternative therapies [3].

## Description

The significance of patient-centered care is another important tenet of integrative nursing. As a result, the patient's wants and preferences are considered in every element of their treatment and are placed at the heart of the healthcare team. Active listening, empathy and respect for the patient's autonomy and values are all components of patient-centered care. Integrative

nursing can encourage higher patient satisfaction and improved health outcomes by integrating people in their own care. A healing atmosphere is also emphasized by integrative nursing. This entails building a mental and emotional environment that fosters recovery and wellbeing. This can entail fostering a serene atmosphere, utilizing natural hues and light and integrating art and music into the healthcare environment. Integrative nursing can help patients feel less stressed and anxious by fostering a healing atmosphere that also encourages relaxation and comfort [4].

Another crucial component of integrated nursing is spirituality. This is more an understanding of the value of meaning and purpose in life than necessarily a religious spirituality. Spirituality may be a source of comfort and support for patients and it can be crucial to the healing process, according to integrative nursing. Integrative nursing can assist in fostering a feeling of inner tranquility and well-being by attending to patients' spiritual needs. Interdisciplinary cooperation is another point of emphasis in integrative nursing. To give patients complete treatment, this entails collaborating closely with other healthcare professionals, such as doctors, nurses, social workers and others. Healthcare professionals may pool their knowledge and skills by cooperating to give patients the best treatment possible [5].

## Conclusion

The absence of regulation and standards for complementary and alternative therapies is one of the difficulties faced by integrative nursing. Many complementary and alternative therapies have not undergone the same amount of scientific scrutiny as traditional medicine, which is subject to stringent testing and regulation. This can make it challenging for medical professionals to distinguish between therapies that are beneficial and safe and those that could be detrimental.

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## Conflict of Interest

No conflict of interest.

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