

Winter 2016

Caring-Healing Competencies for Advanced Practice Nursing

Course Professor: Elisabeth Jensen, RN, BA, PhD

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Office Hours: Email me to set up a time in person or by telephone. Please do not hesitate to contact me if you have questions or concerns. I try to respond within 48 hours from Mondays to Fridays. I do not look at email on weekends or on holidays.

This course is offered as a blended course using the support of Moodle. Students require an active Moodle account to access it. Wednesday January 6 in room B026 There are also four day long classes on site scheduled for Friday January 22, Friday February 12, Friday March 4 and Friday April 1, 2016 to be held in the NSC.

2. Calendar Course Description

Caring healing processes which will be explored include energy fields, healing touch, therapeutic touch, imagery, meditation, among others.

Pre/Co-requisite: Nursing 5100 6.0 and Nursing 5300 3.0

3. Expanded Course Description

This course provides students with an opportunity to develop selected caring-healing competencies in order to facilitate wholeness and harmony within themselves and to nurture others toward the wholeness inherent within themselves. It examines the roles and caring-healing competencies that holistic nurses utilize to assist clients, families and communities to honor their bodymindspirit, taking into consideration the conceptual basis of these practices. Individuals will have the opportunity to select a caring-healing process, critically explore and integrate knowledge of this modality in relation to a selected nursing theory, and examine implications for nursing research, practice, and/or education. Special emphasis will be placed on the application of caring-healing competencies within relationship-centered caring in advanced nursing practice. The concepts explored by students in this course may be further developed in other core MScN courses. Questions that we will consider in this course include:

- What do I know about the meaning of caring-healing?
- What can I do each day to facilitate caring-healing in myself?
- How can I be a nurse healer?
- What are the theoretical frameworks for holistic caring-healing advanced practice nursing?
- How can we utilize caring-healing processes to promote health and healing?

Learning Outcomes

Upon completion of this course, students will be able to:

1. Describe and critique current research and theory related to caring-healing competencies.

2. Demonstrate skill in application of at least one complementary/alternative modality.
3. Systematically search and critically appraise the best available literature related to caring-healing modalities.
4. Synthesize and articulate major contributions to holistic caring-healing advanced practice nursing?
5. Critically examine the utility of models of holistic caring-healing advanced practice nursing.
6. Critically explore interventions to effectively mobilize research into holistic caring-healing advanced practice nursing
7. Evaluate various research methods for studying the effects of holistic caring-healing modalities on recipients of these interventions
8. Articulate how holistic caring-healing practices fit with the Standards of Practice of the College of Nurses of Ontario
9. Articulate consistent ethical processes/procedures.

Course Activities

This course will use a seminar format and involves experiential learning activities. Students are expected to complete the class preparation prior to class in order to participate in the learning activities and discussion. Course preparation involves reading and understanding the course materials.

Academic Integrity

Students are expected to adhere to York University's Guidelines on Academic Integrity. If you are found to have violated academic integrity, it could have serious consequences. Ignorance of the policy does not constitute a valid defense. Before you begin the course, please read the guidelines on the York University website:

<http://www.yorku.ca/secretariat/policies/document.php?document=69>

Required Text:

Lindquest, R., Snyder, M., & Tracy M.F. (2014). *Complementary & Alternative Therapies in Nursing* (7th ed). New York: Springer Publishing Co.

American Psychological Association. (2010). *Publication manual of the American Psychological Association* (6th ed.). Washington, DC: Author.

Course Readings: Required readings list will be posted on Moodle. Required readings that are not in your required text can be located electronically through the York University Library. You may need to retrieve some recommended readings through inter-library loans which is easily arranged online through the York University Library system. Students are responsible for locating and accessing the resources required to support their focus of learning in the course.

Learning Evidence:

(I) Short Paper (20%)-due February 12, 2016

This 5 page scholarly paper will describe the one healing modality and its history, briefly describe how this is theoretically supported by linking it to a nursing

theory and critique 2 research reports (preferably one qualitative and one quantitative, or one mixed methods) from refereed journals that report findings related to the modality. APA will be the format.

(II) Presentation (35%)-Due March 4, 2016

Students will present their selected caring-healing process in relation to the nursing theory that informs their holistic practice.

(III) Scholarly Paper (45%) – Due April 4, 2016

This 10 page scholarly paper will describe one modality and demonstrate how it meets the CNO Standard of Practice requirements regarding theory and research supporting it for nursing practice. An appropriate practice modality will be described for guiding nursing practice with patients. Recommendations for future research (question, method, population) will complete the paper. APA format is to be used. The paper must be substantively supported by literature from refereed professional journals.