**Holistic Care**

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**LEARNING OBJECTIVES**

The student should be able to:

Define health as it relates to the whole person.

List and discuss the five aspects of total wellness.

List and discuss Maslow's Hierarchy of Needs.

Describe self-awareness and why it is important to nurses.

Describe self-concept.

**HOLISTIC NURSING**

Nursing the whole person, or holistic health care, is a com­prehensive approach to health care. It consider physical intellectual sociocultural psychological, and spiritual aspects . Nurses work with people throughout life to promote wellness and prevent illness . The highest level of wellness should be the goal of each nurse and every client.

**Maslow’s Hierarchy of Needs**

**Physiological Needs**

Maslow (1987) did not specifically identify the physiological needs, they are generally accepted to be the needs of oxygen, water, food, elimination, rest (sleep)/activity (exercise), and sex. With the exception of sex, all of these needs must be met for the life of the individual to be main­tained. Satisfying the sexual need, while not necessary for individual survival, is necessary for survival of the human race.

The basic physiological needs must be met before higher-level needs become motivators of behavior. For example, a person who is truly hungry is motivated by that need, and behavior is focused on getting food.

**Safety and Security Needs**

safety, encompasses the needs for shelter, stability, security, physical safety, and freedom from undue needs include both physical and emotional aspects . Illness is often a threat to safety because of life disruption .

**Love & Belonging Needs**

love and belonging, also receiving affection. Having participating with others in groups and organization . Meeting these needs important for mental health.

Self-esteem Needs

Met by achieving work and other activities. Recognition and feelings of pride in one's

Self-Actualization

When all of the foregoing needs are satisfied, then and only then are the needs for self-actualization activated. Maslow describes self-actualization as a person's need to be and do that which the person was "born to do." "A musician must make music, an artist must paint, and a poet must write."

**Self-awareness**

Self-awareness is consciously knowing how the self thinks, feels, believes, and behaves at any specific time. Being self- aware is a constant process that is focused on the present.

Take note of your reactions to any given situation. What makes you anxious? What makes you happy? Listen to yourself when you respond to questions and when you visit with friends.

Real­ize that everyone has strengths and weaknesses. Focus on your strengths. Do not focus on past mistakes; rather, try to learn from them and then forget

Self-awareness is extremely important for nurses. Nurses must understand themselves so that their personal feelings, attitudes, and needs do not interfere with providing quality client care. The nurse who is self-aware is more likely to make decisions in response to the client's needs rather than the nurse's own needs.