

Holistic Care

■ 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.
- ✓ Discuss the concept of personal responsibility for one's own illness.
- ✓ Discover personal attitudes about health and illness and take responsibility for personal well-being.
- ✓ Identify the components of a healthy lifestyle.

■ NURSING THE WHOLE PERSON

Nursing the whole person, or holistic health care, is a comprehensive approach to health care. It considers 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.

■ DEVELOPMENT OF SELF-CONCEPT

Self-concept is how a person thinks or feels about himself. These thoughts and feelings come from the experiences the person has with others and reflect how the person thinks others view him.

Self-concept begins forming in infancy. An infant whose needs are met feels satisfied and good. Experiences, both positive and negative, interactions with significant others, such as parents, extended family, and friends, have a great impact on self-concept. This is true not only during the developing years but also throughout life.

■ PHYSICAL WELLNESS

Physical wellness refers to a healthy body that functions at an optimal level. To achieve physical wellness, a person must practice good grooming; use proper body mechanics; have good posture; refrain from smoking and the use of drugs and alcohol; and have adequate nutrition, sleep, rest, relaxation, and exercise.

■ Grooming

A daily bath or shower and the use of a deodorant form the basis of good grooming. Hair should be clean, combed, and neatly styled. Perfume should not be worn because some clients may have allergies,

and it may be offensive to other clients. Frequent brushing, dental checkups, helps control dental caries.

good hand hygiene is also crucial to the nurse's wellness. Antiseptic hand lotion can be used to prevent cracked, dry skin. Fingernails should be kept short because long nails not only harbor dirt and micro-organisms but also can scratch clients.

Standard Precautions have been established by the Centers for Disease Control and Prevention (CDC). These precautions are designed to protect all health care workers and their clients from the transmission of communicable disease. Good hand hygiene is an integral part of Standard Precautions. As soon as you have been taught the skill of hand hygiene, practice it. Make it a part of your daily life. Encourage your clients to establish good hand hygiene habits.

Jewelry, which can harbor bacteria, and excessive makeup are both inappropriate for the nurse in uniform. Clothing should be clean and free of stains and wrinkles. Clients will have confidence in the nurse who maintains a professional appearance and who practices good hygiene.



Body Mechanics

Is using the body in the safest and most efficient way to move or lift objects). The use of proper body mechanics is very important for nurses

■ Nutrition

Nursing is emotionally, mentally, and physically demanding. Nurses must be able to think clearly and work efficiently. A balanced diet, including fruits and vegetables, whole grains and cereals, milk and milk products, and meats or other protein foods, is required for optimal body function.

Remember Maslow's Hierarchy of Needs: The need for food must be satisfied before you will be motivated to meet the need to learn or to study.

Plan a routine for mealtimes and stick to it. Doing so helps prevent the urge to binge on unhealthy snacks. Also, drink plenty of water. Water is the body's most important nutrient

■ **CLIENT TEACHING**

- Maintaining Proper Nutrition
- Read product labels.
- Avoid foods high in fat, sugar, and salt
- Work to maintain or attain your ideal weight
- If you drink alcohol, do so in moderation.
- Always eat breakfast.
- Make between-meal snacks healthy, such as raw fruits and vegetables.

■ **Sleep, Rest, Relaxation, and Exercise**

Sleep is time for the body to replenish its energy reserves and to heal itself. One person may need 8 hours of sleep after a heavy workday but need only 6 hours after a less strenuous day. An infant, of course, needs more sleep than does a young adult. Sleep is necessary to allow the body's organs to function at their most minimal levels.

Rest, meaning conscious freedom from activity and worry, is just as important as sleep. Rest is a time of inner quiet and physical inactivity. Only when a person is relaxed and at inner peace can that person rest.

Relaxation means doing something for the fun of it. That which is relaxing to one person may not be relaxing to another. Examples of relaxation activities include reading a novel, reading to children, playing cards or other games, fishing, painting, or sewing or other handwork.

Many experts agree that the best rest follows planned exercise. During exercise, heart rate and breathing increase, circulation improves, and muscles stretch.

Exercise is an essential ingredient for wellness because it improves physiological functioning and increases ability to concentrate.

a day's work, a brisk walk frees the mind and allows the body to relax in preparation for rest.

Whichever form of exercise, rest, and relaxation is best for you, make time for it in each day

INTELLECTUAL WELLNESS

Intellectual wellness is the ability to function as an independent person capable of making sound decisions. Clear thinking, problem-solving skills, good judgment, and the desire to continually learn are all qualities found in the person who is intellectually well.

Nursing requires making many decisions, some of which may mean life or death to the client. The nurse must have intellectual wellness to make the best decisions possible with regard to client care.

SOCIOCULTURAL WELLNESS

Sociocultural wellness is the ability to appreciate the needs of others and to care about one's environment . As a nurse, you will care for clients of all age

SPIRITUAL WELLNESS

Spiritual wellness manifests as inner strength and peace.

Spirituality is a broad concept incorporating more than a client's religious affiliation. It encompasses the beliefs that a person has that give meaning and purpose to their existence (Fitchett, 2002). It encompasses values, purpose, caring, love, honesty, wisdom, and imagination (Roberts, 2005).

The human spiritual dimension is a major healing force. It can mean the difference between life and death and wellness and illness (Dosser, Keegan, & Guzzetta, 2004).

■ CLIENT TEACHING

- ✓ Encourage clients to adopt the following tips for wellness
- ✓ Eat healthy meals and healthy snacks.
- ✓ Eat breakfast.
- ✓ Do not use tobacco products.
- ✓ Exercise regularly.
- ✓ Do not use drugs.
- ✓ Do not drink alcoholic beverages or drink only in moderation.
- ✓ Focus on one problem at a time.
- ✓ Get enough sleep every night.
- ✓ Practice having a positive attitude.
- ✓ Think before speaking.
- ✓ Make a list of goals for each day.