

# *Caring Science and Integral Health: Caring Arts Modalities for Oncology Nursing* ©



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# Learning Objectives

- ▶ The Nurse (RN, LPN, NA) will:
- ▶ Develop an understanding of Caring Arts Modalities based upon the conceptual framework of Caring Science and Integral Health

# Caring Arts Modalities

Non-pharmacologic measures used in nursing to promote:

- ▶ Healing
- ▶ Comfort
- ▶ Rest



# Non-Pharmacologic Modalities

- ▶ Authentic Prescencing
- ▶ Healing Environment
- ▶ Constructive Rest Position
- ▶ Guided Imagery
- ▶ Massage
- ▶ Reiki
- ▶ Aromatherapy



# Authentic Presencing

- ▶ Being fully aware of:
- ▶ Own state of mind, health, values, beliefs...
- ▶ Maintain openness and value humanity of others
- ▶ Cultural preservation
- ▶ Freedom, Power and Dignity



# Healing Environment

- ▶ Art and Aesthetics~ The Senses
- ▶ Energy, Agency and Comportment
- ▶ Soft lighting, music
- ▶ Flow in the room



# Constructive Rest

- ▶ Position and release tension
- ▶ Movement and breath
- ▶ Center out
- ▶ Spiral patterns



# Guided Imagery

- ▶ Use of the senses and imagination to:
- ▶ Elicit the relaxation response
- ▶ Activate the PNI-HPA axis
- ▶ Utilize key words: Imagine... Allow... Soften... Deepen... Expand into...



# Therapeutic Massage

- ▶ Effleurage
- ▶ Friction
- ▶ Compression
- ▶ Back, hands, feet



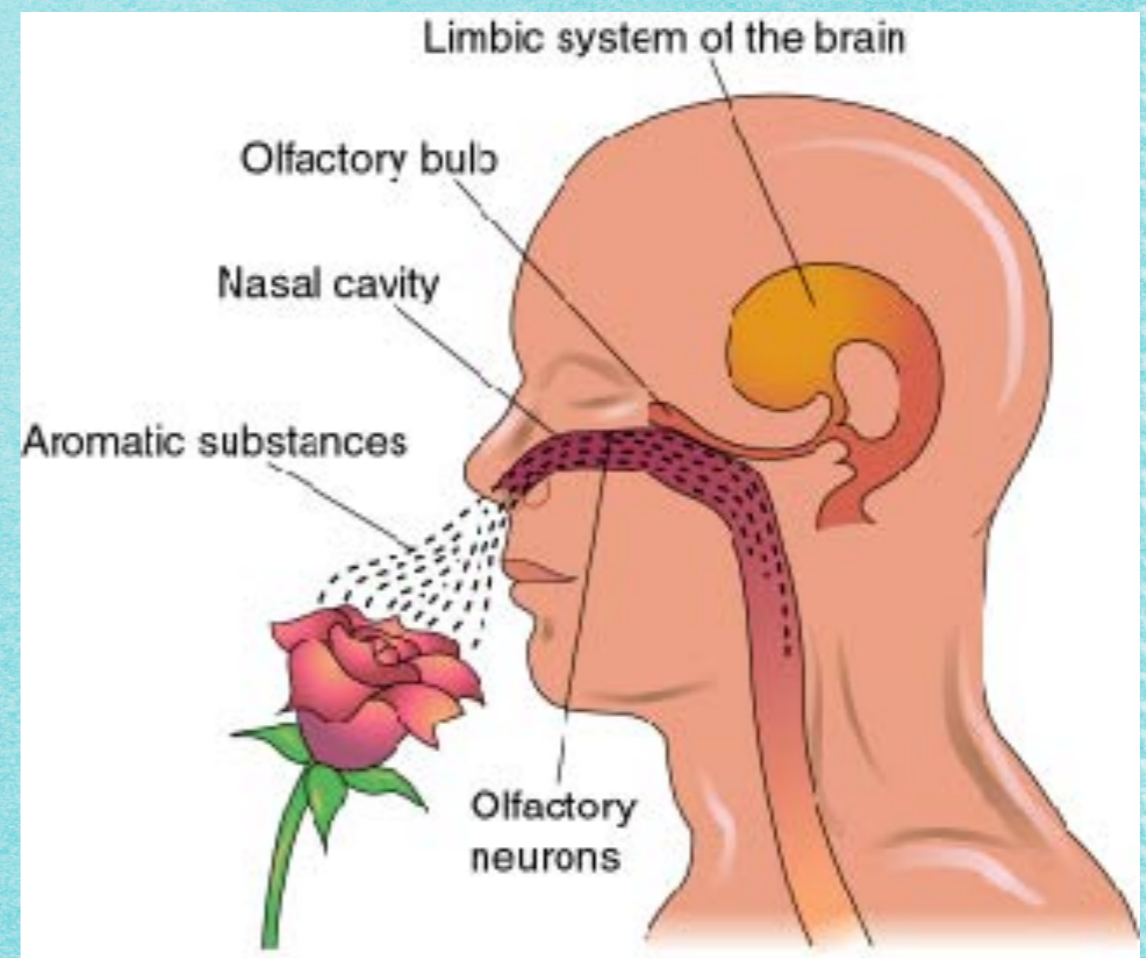
# Reiki

- ▶ NCCAM: Biofield therapy
- ▶ Channel and direct universal life force energy
- ▶ Intention for the highest healing good



# Aromatherapy

- ▶ Young Living Essential Oils:
- ▶ Peace and Calming
- ▶ Valor
- ▶ Stress Away
- ▶ Lavender



# Safety with Aromatherapy

- ▶ Assess for Allergies, Pregnancy and Drug-Oil interactions
- ▶ EDR
- ▶ Informed Consent
- ▶ Storage



# Aromatherapy Protocol

- ▶ Test small amount on forearm
- ▶ Dilute with V6 oil
- ▶ Label and store oil in safe place
- ▶ If allergic reaction occurs: Cleanse area gently with V6 and pat dry. Consult MD, NP, PA for further advice



# Putting it all together

- ▶ Ground and Center self
- ▶ Approach with open heart & mind
- ▶ Assess preference and needs
- ▶ Create partnership plan
- ▶ Implement CAM
- ▶ Evaluate CAM

