

Session Details

Session #: 203
Title: Introduction to Integrative Health
Speaker: Patricia Cox, DNP, MPH, FNP-BC and Pamela Potter, DNSc, RN, CNS-BC
Date: Friday, October 9
Time: 9:35-10:50 a.m.
CE Contact Hours: 1.25
Pharmacology Hours: 0

Session Description

Integrative Health (IH) is an all-encompassing term for an approach to health care that integrates complementary/alternative and conventional approaches within contemporary health care to provide the most beneficial support for health and wellbeing. With the intention of choosing the best approach to care, IH draws from a variety of practitioners, modalities and systems of medicine. Chronic illness has surpassed infectious disease as the leading cause of morbidity and mortality. Our current healthcare system is expensive. Demonstrating technological expertise in repairing and replacing non-functioning parts, contemporary healthcare would benefit from recognizing and engaging whole person innate healing properties. Our clients seek a kinder, gentler, more intelligent, more intuitive approach to care. This didactic and experiential session will define Integrative Health and offer strategies for how nurse practitioners can incorporate an Integrative Health perspective into their practice.

Learning Objectives

Upon completion of this session, the learner will be able to:

1. Define Integrative Health and implications for advanced practice nursing.
2. Identify sources to support evidence-informed decisions about integrative therapies.
3. Explore nurse self-care as a foundation for Integrative Health practice.
4. Describe one or more strategies the advanced practice nurse could utilize to incorporate an Integrative Health perspective into nursing practice.

Disclosures

Conflict of Interest for Presenter:

- The presenter(s) of this session declare no conflict of interest. As faculty/presenter for this activity, presenter attests that they will provide the best available evidence for this content and present information fairly and without bias.