

Name of the guideline:

Integrative Nursing

Description: The purpose of the *Integrative Nursing* guideline is to provide a resource for practitioners of integrative therapies who wish to use an evidence-based Omaha System care plan for clinical decision support and documentation. The interventions in the care plan are encoded from content in *Integrative Nursing* (Kreitzer & Koithan, 2014).

The preface of *Integrative Nursing* describes the inspiration for this work. “Integrative Nursing was born out of the desire to honor the legacy and contemporary practice of nurses who are committed to caring for people, families, and communities in a different way. In our research, we found countless examples of nurses who were creatively—and sometimes in the face of great obstacles—practicing integrative nursing, while not calling it by any name. They were providing whole person/whole system care that was relationship-based, person-centered, and that focused on improving health and wellbeing. Many used what are now often called integrative therapies, formerly called complementary or alternative therapies, but saw them as yet an additional intervention that could be offered to increase people’s functional capacity and expand their potential. It was about the people and not the therapies.

From the lived experience and practice of nurses, we identified what we believe are the core principles and concepts of integrative nursing. Our intent in writing the book was to bring those ideas to life in a way that could strengthen and invigorate the profession while demonstrating that integrative nursing is applicable in all settings. Our hope is to reach both practicing professionals as well as students who are enrolled in undergraduate or graduate nursing programs. We have strived to balance academic rigor with very practical and relevant content that can be readily implemented into practice.”

Problems included in this guideline were identified by Omaha System experts based on the interventions described in symptom management chapters of *Integrative Nursing*. The interventions are intended to be non-overlapping across problems, and to build a comprehensive, holistic plan of care for those problems deemed amenable to integrative therapies.

Omaha System Problems:

Digestion/hydration
Medication regimen
Mental health
Neuro-musculo-skeletal function
Nutrition
Oral health
Pain
Physical activity
Sleep and rest patterns
Spirituality

Population: Persons with symptoms

Diseases/Condition: Health promotion, symptom management

Practice setting: Integrative health care settings

Levels of practice: Individual

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Source: Kreitzer, M. J., & Koithan, M. (2014). *Integrative Nursing*. Oxford Press.