

# Promoting Health: A Holistic Approach to Nursing Care

Ethan Cruck\*

Department of Neuroscience & Nursing, Prince Sultan University, Riyadh, Saudi Arabia

## Introduction

Nursing is often described as the backbone of the healthcare system, providing essential services that encompass a broad range of responsibilities. Over the years, the role of nursing has evolved dramatically from its traditional roots into a multifaceted profession central to patient care, disease detection, and the advancement of healthcare practices. As healthcare continues to advance, so too does the scope of nursing, driven by innovations in technology, shifts in patient demographics, and evolving medical knowledge. Our comprehensive guide aims to equip healthcare professionals with crucial insights and strategies for excelling in nursing care [1].

Holistic nursing care is founded on the belief that health is shaped by a complex interplay of biological, psychological, social, and spiritual factors. It acknowledges the individuality of each person and understands that true health encompasses more than simply the absence of disease. Holistic nurses perceive patients as whole beings with inherent healing abilities, offering care that transcends symptom management to address the complete person. By addressing the physical, emotional, and spiritual dimensions of health, holistic nursing interventions have been shown to improve overall physical well-being, enhance immune function, and accelerate the healing process. Holistic nursing care recognizes the importance of emotional support in promoting healing and recovery. By providing compassionate presence, active listening, and therapeutic communication, nurses help patients navigate emotional challenges and build resilience. Patients who receive holistic nursing care report higher levels of satisfaction with their healthcare experience. By addressing their holistic needs and involving them in decision-making, nurses foster a sense of trust, empowerment, and partnership that enhances patient satisfaction and adherence to treatment plans. Holistic nursing interventions have the potential to reduce healthcare costs by preventing illness, minimizing the need for invasive procedures and medications, and promoting wellness and preventive care. By focusing on health promotion and disease prevention, holistic nurses contribute to a more sustainable and cost-effective healthcare system [2,3].

## Holistic nursing

Holistic nursing recognizes the interconnectedness of all aspects of an individual's being—body, mind, and spirit. Nurses strive to understand the totality of the patient's experience and tailor interventions to promote harmony and balance in all dimensions of health. Central to holistic nursing is the principle of patient-centered care, which involves actively involving patients in their care decisions, respecting their values and preferences, and fostering collaborative relationships based on trust and mutual respect. Holistic nurses recognize that each patient is unique and requires individualized care tailored to their specific needs, beliefs, and cultural background. They employ a personalized approach that honors the diversity of human experiences and

fosters a sense of empowerment and autonomy in patients. Holistic nursing embraces the concept of self-healing inherent in every individual. Nurses facilitate the natural healing processes by creating supportive environments, promoting self-awareness and self-care practices, and empowering patients to take an active role in their health journey.

Holistic nursing integrates complementary and alternative therapies, such as acupuncture, massage, meditation, and aromatherapy, into conventional healthcare practices to promote holistic well-being and alleviate symptoms. While neuroscience nursing requires a strong foundation in science and technical skills, it is equally essential to approach patient care with compassion and empathy. Patients facing neurological challenges often experience physical limitations, cognitive changes, and emotional distress, making it essential for nurses to provide holistic care that addresses their unique needs and concerns. By addressing the physical, emotional, and spiritual dimensions of health, holistic nursing interventions have been shown to improve overall physical well-being, enhance immune function, and accelerate the healing process. Holistic nursing care recognizes the importance of emotional support in promoting healing and recovery. By providing compassionate presence, active listening, and therapeutic communication, nurses help patients navigate emotional challenges and build resilience [4].

Patients who receive holistic nursing care report higher levels of satisfaction with their healthcare experience. By addressing their holistic needs and involving them in decision-making, nurses foster a sense of trust, empowerment, and partnership that enhances patient satisfaction and adherence to treatment plans. As advocates for their patients, nurses play a crucial role in addressing health disparities and promoting health equity. They advocate for equitable access to healthcare services, resources and social support systems for marginalized and underserved populations. By addressing social determinants of health and advocating for policy changes, nurses can contribute to creating a more just and equitable healthcare system. Holistic nursing interventions have the potential to reduce healthcare costs by preventing illness, minimizing the need for invasive procedures and medications, and promoting wellness and preventive care. By focusing on health promotion and disease prevention, holistic nurses contribute to a more sustainable and cost-effective healthcare system. The integration of holistic nursing care into mainstream healthcare settings may be hindered by limited resources, including time, funding, and access to training and educational opportunities. Nurses may face obstacles in implementing holistic interventions within the constraints of busy clinical environments.

## Description

Embracing a holistic approach to care requires a shift in mindset and practice for both nurses and healthcare organizations. Resistance to change, entrenched attitudes, and skepticism about complementary therapies may pose barriers to the widespread adoption of holistic nursing principles. Holistic nursing care necessitates collaboration and communication among healthcare professionals from diverse backgrounds and disciplines. Nurses may encounter challenges in fostering interdisciplinary teamwork and integrating holistic approaches into collaborative care models. This book likely covers a wide range of topics, including but not limited to patient assessment, medication administration, wound care, infection control and patient education. It may also delve into specialized areas such as pediatric nursing, geriatric care, mental health nursing and community health nursing.

Further research is needed to evaluate the effectiveness of holistic nursing interventions, identify best practices, and expand the evidence

\*Address for Correspondence: Ethan Cruck, Department of Neuroscience & Nursing, Prince Sultan University, Riyadh, Saudi Arabia; E-mail: [ecruck@stu.eithan.edu.sa](mailto:ecruck@stu.eithan.edu.sa)

Copyright: © 2024 Cruck E. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received: 31 July, 2024, Manuscript No. jnc-24-145836; Editor Assigned: 02 August, 2024, Pre QC No. P-145836; Reviewed: 14 August, 2024, QC No. Q-145836; Revised: 19 August, 2024, Manuscript No. R-145836; Published: 26 August, 2024, DOI: 10.37421/2167-1168.2024.13.658

base supporting holistic care delivery [5]. Nursing education programs must incorporate holistic principles and competencies into curricula to prepare future nurses for holistic practice. A comprehensive guide that covers various aspects of nursing care, from basic procedures to advanced techniques, can greatly benefit both novice and experienced practitioners. Overall, "Mastering Nursing Care" likely plays a vital role in enhancing the competency and confidence of healthcare professionals, ultimately contributing to improved patient outcomes and satisfaction.

---

## Conclusion

In conclusion, embracing a holistic approach to nursing care is essential for promoting patient well-being, enhancing healthcare outcomes, and fostering healing experiences. By recognizing the interconnectedness of mind, body, and spirit, holistic nurses provide comprehensive, patient-centered care that addresses the holistic needs of individuals. Despite challenges, the integration of holistic nursing principles into clinical practice holds promise for transforming healthcare delivery and advancing the nursing profession. Through collaboration, innovation, and a commitment to holistic principles, nurses can lead the way in promoting health, healing, and wholeness for all individuals.

---

## Acknowledgement

None.

---

## Conflict of Interest

None.

---

## References

1. Benjamin, Lizy Sonia. "Holistic nursing upon the knowledge on care during myelosuppression among cancer patients." *APJCP* 21 (2020): 1089.
2. Keegan, Lynn. "Holistic nursing: An approach to patient and self-care." *AORN J* 46 (1987): 499-506.
3. Nilsson, Hakan. "Spiritual self-care management for nursing professionals: A holistic approach." *JHN* 40 (2022): 64-73.
4. Gale, Anna. "Preventing social isolation: A holistic approach to nursing interventions." *J Psychosoc Nurs Ment Health Serv* 58 (2020): 11-13.
5. Holdaway, Anne. "Nutrition in palliative care: Issues, perceptions and opportunities to improve care for patients." *Br J Community Nurs* 31 (2022): S20-S27.

**How to cite this article:** Cruck, Ethan. "Promoting Health: A Holistic Approach to Nursing Care." *J Nurs Care* 13 (2024): 658.