

Knowledge of and Attitude toward Holistic Medicine Practices among Pre-Nursing and Graduating Nursing Students

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Abstract

There has been an increase in popularity of Holistic Medicine but no research has been published on pre-nursing and nursing students' knowledge of and attitude toward these practices in the United States. Overall, 264 pre-nursing students and 54 nursing students completed the survey. Nursing students had a much more positive attitude toward Holistic Medicine Practices than pre-nursing students. More nursing students had heard of more Holistic Medicine Practices than pre-nursing students.

Introduction

There has been a rise in the use of Holistic Medicine Practices, which has led to curiosity about the knowledge and perception about these practices within the nursing field. The Center of Disease Control (CDC) reported an increase in use of these practices specifically for pain management and mind body therapies. There have been international studies involving medical students and pharmacology students but there have been no studies including pre-nursing or post-nursing students in the United States.

Methods

The data were collected from pre-nursing students in Human Anatomy and Physiology I and II with lab courses and graduating nursing students at Florida Gulf Coast University from Spring 2018 to Fall 2019. The anonymous survey listed 21 common Holistic Medicine Practices and asked students to answer questions exploring their knowledge of and attitude toward each practice. The list of Holistic Medicine Practices used in the survey was compiled based on research into the most commonly used practices in the United States.

Results

Overall, 264 pre-nursing students and 54 nursing students completed the survey; 91.3% of participating pre-nursing students and 92.6% of nursing students were female. Half of the pre-nursing students (50.8%) were freshman, 39.0% were sophomores, 4.9% were juniors, and 5.3% were seniors, second degree students, non-degree seeking students or did not provide information.

Diagram 1. How would you describe your overall attitude towards Holistic Medicine?

(Scale 1-10; 1 = I just don't care for it; 5-6 I think it's okay; 10 = I love it)

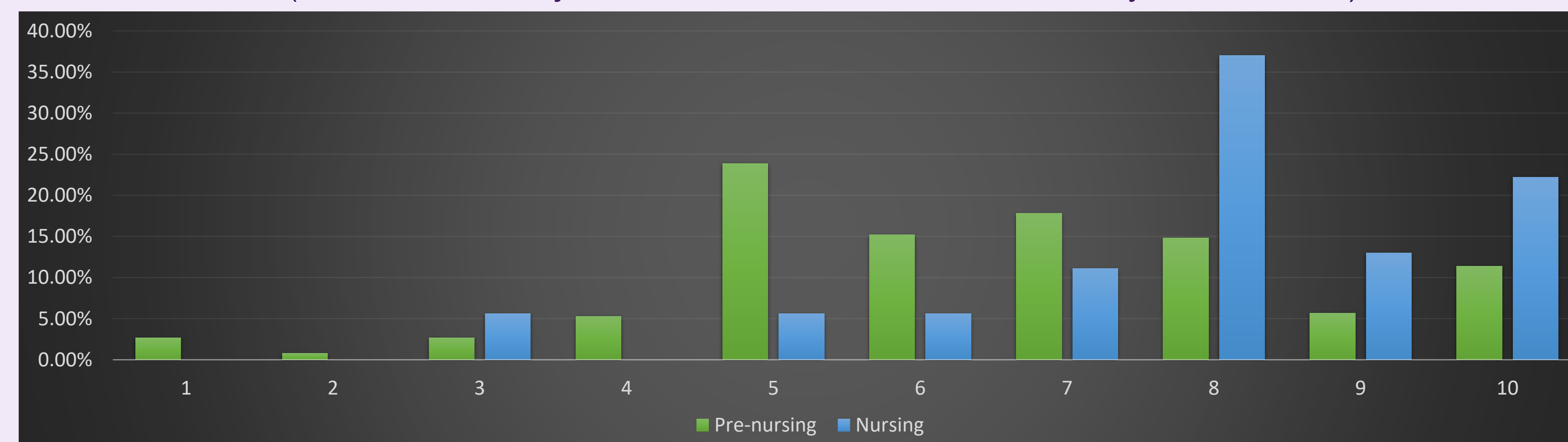


Diagram 2. Percentage of respondents who have heard of a specific Holistic Medicine Practice.

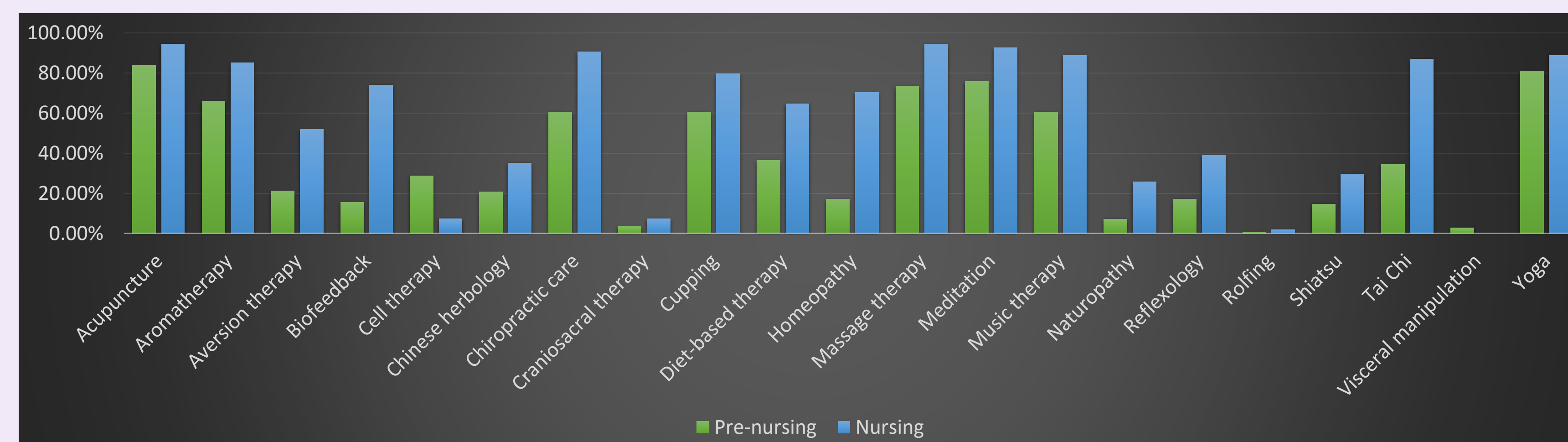
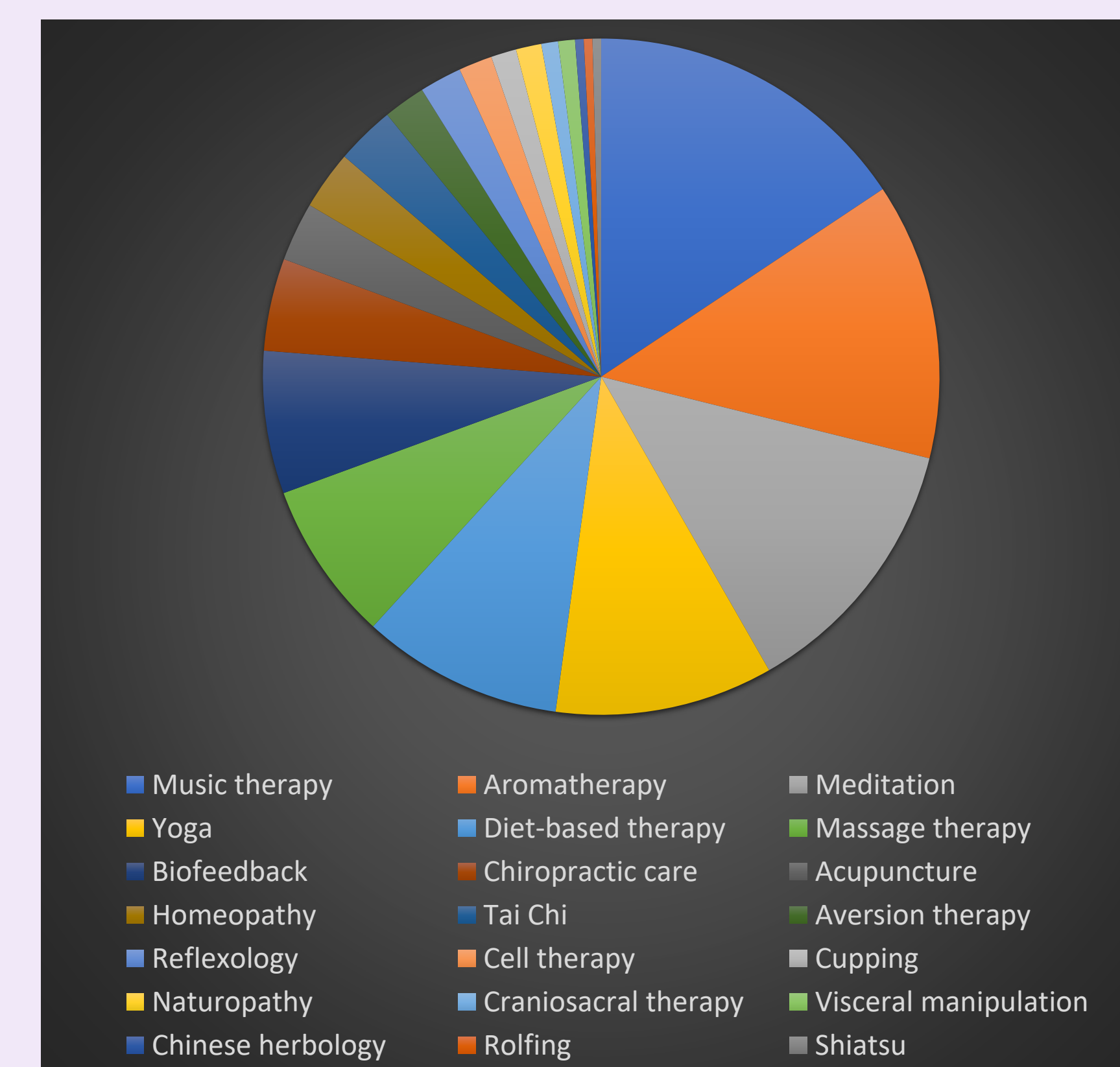


Diagram 3. Holistic Medicine Practices nursing students reported learning about



Diagram 4. Holistic Medicine Practices nursing students expect to include in their future career



Discussion

- Nursing students had a much more positive attitude toward Holistic Medicine Practices than pre-nursing students. Their overall rating was significantly higher (7.9 vs. 6.5) and more than twice as many of them rate their attitude as 8 or higher (72.2% vs. 31.9%).
- The vast majority of nursing students (83.7%) reported having learned about Holistic Medicine Practices while in the nursing program.
- Nursing students also had a higher rate of personal experience with one or more of the listed Holistic Medicine Practices (88.9% vs. 74.2%). It was surprising that the percentage of nursing students having experience with Aromatherapy, Diet-based therapy, Massage therapy, and Music therapy was much higher than for pre-nursing students.
- The two practices most nursing students want to include in their future work, Music therapy and Aromatherapy, were also the two practices most of them had learned about in class or during clinical assignments.
- Nursing students having learned about Holistic Medicine Practices may have some influence on their answer choices, although it seems most participants were not influenced all that much.

Conclusion

- Most pre-nursing and nursing students have a positive attitude toward Holistic Medicine Practices. Many respondents reported personal experience with some of the practices listed.
- The majority of nursing students reported learning about Holistic Medicine Practices and plans on incorporating Holistic Medicine Practices within their professional practice. Music therapy and Aromatherapy are the practices most commonly mentioned.