

Introducing APRN Students in the Armed Forces to the Power of Transdisciplinary Integrative Methodologies

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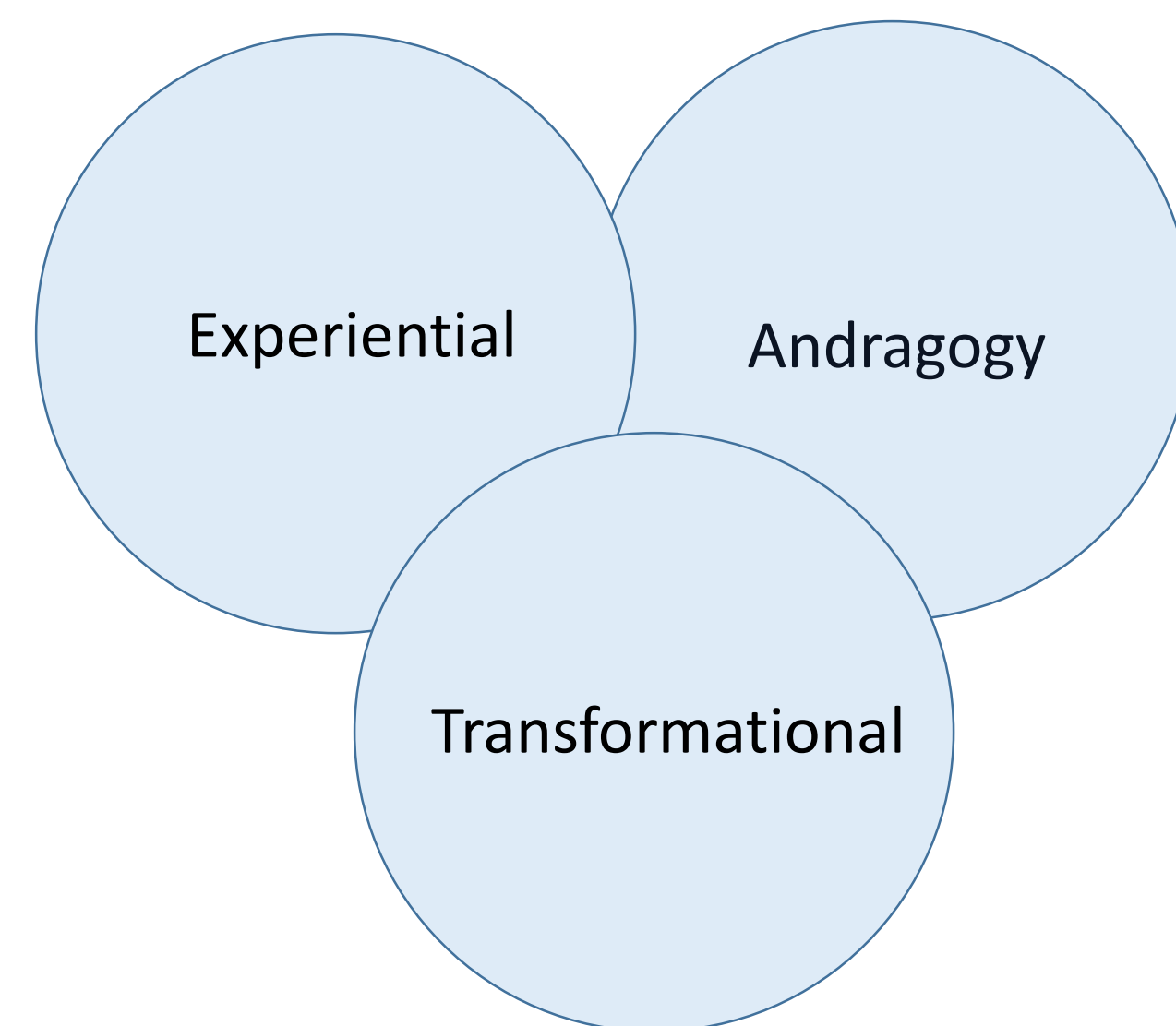
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BACKGROUND

- **Complimentary alternative medicine (CAM)** is rapidly gaining popularity in the United States as evidence emerges to support synergistic benefit of combining **complementary, integrative, and alternative treatment** modalities with conventional Western medical therapies to enhance wellness and treat disease & illness.
- In 2017, 1/3 of Americans reported use of CAM approaches to wellness-healing (Herman, Sorbero, & Sims-Columbia, 2017)
- 83% of Military Treatment Facilities (MTF) offered at least one type of **CAM** modality (Herman, Sorbero, & Sims-Columbia, 2017)
- Aligning with wellness-healing collaborative paradigms & trends toward transdisciplinary healthcare team models, a graduate nursing school faculty designed an innovative one-credit course to explore **CAM** methodologies culminating in **Advanced Practiced Registered Nurse (APRN) student certification in battlefield auricular acupuncture (BFA)**.

METHODS

Adult
Learning
Theories



Teaching-Learning strategies used guide scholarly appraisal of evidenced-based underpinnings to support synergy of **CAM** modalities and Western medicine:

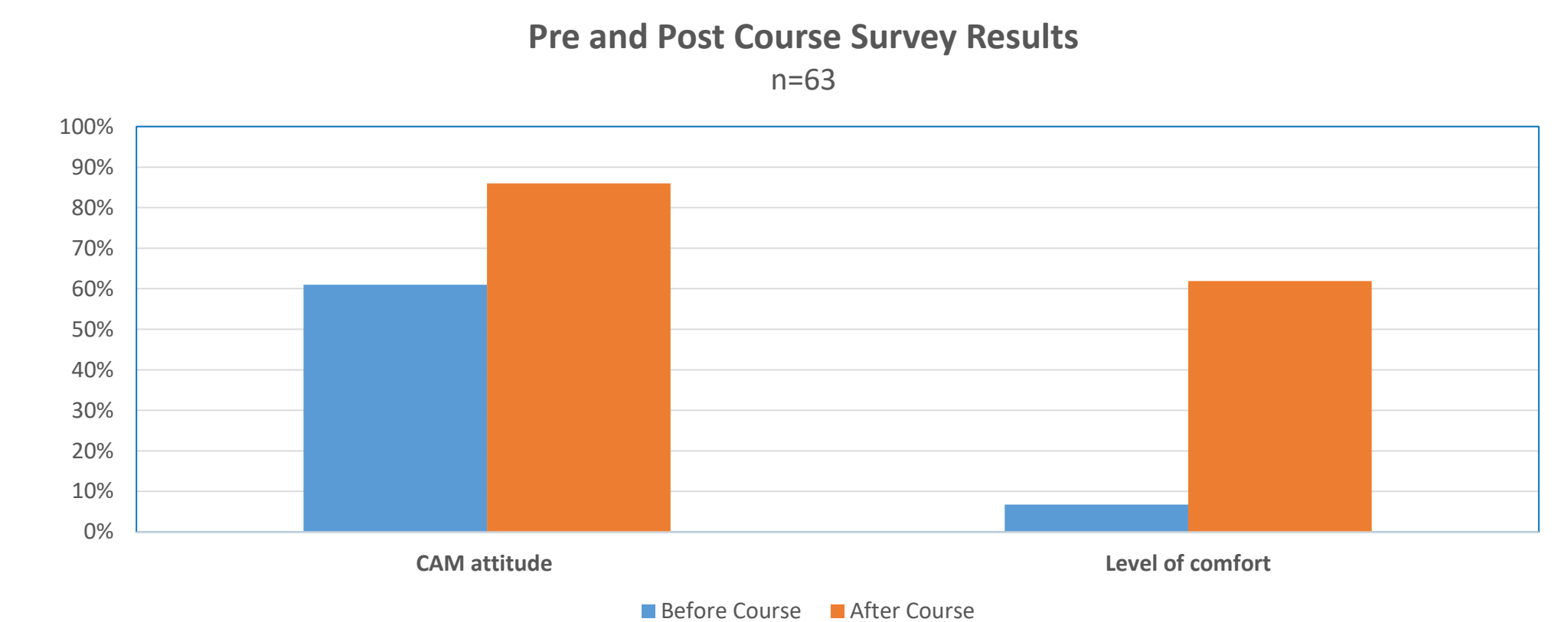
- Asynchronous online modules
- Recorded lectures
- Scholarly writings
- Comprehensive one-day intensive course
- Knowledge assessments

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RESULTS

- 190 APRN student participants have achieved **BFA certification** in 3 years of course offering
- 100% **"Good to Excellent"** course satisfaction on a Likert scale of 1-5
- 66% (125) **"Excellent"** course satisfaction



CONCLUSIONS

- Foundational concepts of **CAM are best interwoven** using didactic and clinical techniques including acupuncture, nutrition, guided imagery, yoga, massage, & progressive relaxation.
- Scholarly assignments reinforced application of evidenced-based principles to enhance understanding of **complementary, integrative, and alternative treatment** approaches to healthcare and how to effectively integrate modalities into Western medicine clinical practice.
- Robust **complementary, integrative, and alternative treatment** content delivered by a dynamic transdisciplinary team to **APRN students** is a cornerstone to a forward thinking and relevant nursing curriculum; intrigues and excites burgeoning practitioners' interest in critical appraisal, appreciation, & invitation of **CAM** into patient prescriptions.
- Suggestions for subsequent iterations of **CAM** in an **APRN** program include:
 - a. **Expand for interprofessional** student audience to amplify deeper concepts of maintenance, restoration, and resiliency of the mind, body, and soul.
 - b. **Highlight attention and invite consideration** by participants to include learned wellness-healing techniques **into personal lives**.