Title:
Complementary and Integrative Health Course: New Approach to DNP Psychiatric Mental Health Learning

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Session Title:
DNP Education Strategies
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Complementary Integrative Health Modalities, DNP and Self-Care

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Abstract Summary:
Nurse Practitioner programs need to incorporate holistic, interprofessional, and person centered care competencies to prepare APRNs to deliver integrative collaborative care. An Innovative Course will be presented as a model approach to teaching Integrative Health Modalities with a focus on self care, chronic health conditions, and interprofessional collaboration.

Learning Activity:

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<th>LEARNING OBJECTIVES</th>
<th>EXPANDED CONTENT OUTLINE</th>
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<tr>
<td>Discuss the need for incorporating CIM into NP Programs</td>
<td>Describe the trends leading to the current use and focus of research on Complementary and Integrative Modalities (CIM) in the United States</td>
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Describe how one online DNP program has addressed the need of CIM education through curriculum revision, addition of a required course as well as included innovative technology, and a self care wellness model.

Review strategies implemented to incorporate integrative health education to an online program, which included the use of Voice Thread Technology for digital story telling and presentations. Incorporated an online wellness tool for students to practice self-care throughout the semester. Additionally the Wellness inventory reported class growth on wellness areas, individual journal entries, and consisted of health promotion resources.

Abstract Text:

Purpose: Health Care Providers must be prepared to treat patients with differing values, beliefs, and practices. A national study focused on the perceptions of complementary/integrative therapies (Eisenberg, et. al 2001) concluded that the majority of adults surveyed found the combination of complementary and conventional therapies to be superior to either one alone. Currently 33.2 % of adults and 11.7% of children are reported to use some form of a CIM health approach (Black et al., 2015) and there is a growing recognition by many policy makers, providers and insurers that integrating CIM modalities with conventional care is a means for improving quality, satisfaction, and reducing cost (Guarneri, E., Horrigan, B., & Pechura, C., 2010; The Samueli Institute, retrieved 2015). As of 2012, about half of all adults, or approximately 117 million people, had one or more chronic health conditions, the majority of which are attributed to modifiable lifestyle and behavioral risks (Ward, Schiller, & Goldman, 2014).

Additional support for an integrative health model that incorporates “self-care” and includes patients as partners was evident in the Institute of Medicine’s (IOM) landmark report “Crossing the Quality Chasm: A New Health System for the 21st Century” which called for sweeping changes in the healthcare system and an initiative to transform healthcare. The report proposes a need to partner with the patient.

Health care should be person centered, holistic, and collaborative. Our patients are utilizing integrative health modalities and there is a need for awareness and education regarding these approaches. With this knowledge we undertook a curriculum revision to add content on the use and treatment using integrative health approaches to our Psychiatric Nurse Practitioner track in our online DNP program.

Methods: Many Psychiatric NP programs have not included an integrative health approach to psychiatric mental health online learning. However, recognizing the need we undertook a comprehensive revision of our content and clinical courses. After soliciting input from community practitioners on content we revised the curriculum to address the importance of integrative health awareness and treatment as a core class in the Psychiatric Mental Health Nurse Practitioner Program (PMHNP). A required two-credit course entitled Integrative Therapies in Healthcare course was created and added to the curriculum to address this need. This course provides an introduction to CIM and the foundation for its use in healing and care is presented from a holistic theoretical perspective with a focus on mind-body-spirit person-centered care.

Results: Students completing this course found the material on CIM approaches to be helpful and informative. Course surveys revealed high satisfaction with the online self-care wellness tool and voice thread technology used for student engagement and learning.

Conclusion: Integrative health approaches are being used by our patients. There is a need to partner with our patients in order to provide person centered and holistic care. The required course has validated the
need for PMHNP’s to have a core understanding of CIM. Incorporating CIM into the curriculum has helped to validate the skills needed to provide holistic and patient centered care through use of innovative technology.