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

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Disclosure

Gabrielle P Abelard DNP, has no financial conflict of interest
Objectives

- Explore complementary integrative therapies impact on US consumers and use of integrative therapies
- Discuss process of creating Complementary Integrative Health Modalities Certificate and Integrative Health Care Course
- Review interventions and tools used to facilitate education in online course
- Discuss student experience with the course
Integrated Health Approaches Defined

• National Center for Complementary and Integrative Health (NCCIH)

Defines integrative health approaches as:

• Practices or products that are non-mainstream in origin or otherwise known as being outside of conventional Western medicine.

https://nccih.nih.gov/
Impact and Background

- 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.

- 33.2% of adults and 11.7% of children are reported to use some form of a CIM health approach (Black et al., 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).
10 most common complementary health approaches among adults—2012

- **Natural Products**: 17.7%
- **Deep Breathing**: 10.9%
- **Yoga, Tai Chi, or Qi Gong**: 10.1%
- **Chiropractic or Osteopathic Manipulation**: 8.4%
- **Meditation**: 8.0%
- **Massage**: 6.9%
- **Special Diets**: 3.0%
- **Homeopathy**: 2.2%
- **Progressive Relaxation**: 2.1%
- **Guided Imagery**: 1.7%

* Dietary supplements other than vitamins and minerals.

Purpose of Course

• Need for diversity of approach

• Emphasize the importance of Self-Care

• Prioritize the health care that should be patient centered
Method

• Comprehensive Curriculum revision of content and clinical courses
• Solicited input from community partners and Integrative Health Champions
• Online Review of similar programs
• Revised curriculum to include integrative health approaches content in core class in the Psychiatric Nurse Practitioner track in online DNP program.
• Created a required two-credit course entitled *Integrative Therapies in Healthcare* course
• Created Graduate Certificate in Complementary and Integrative Modalities for Health Professionals, 12 Credits
Graduate Certificate in Complementary and Integrative Modalities for Health Professionals

Empower health professionals through advanced continuing education, to be transformative, collaborative practitioners and leaders in the delivery of holistic, complementary, and integrative health care services, especially to those in underserved populations and who are experiencing multiple chronic health conditions.

*Person Centered, Self-Care, Evidenced Based, and Interprofessional Collaboration*
Integrative Therapies in Healthcare

• Introduction to CIM and the foundation for its use in healing and care
• Focus on mind-body-spirit person-centered care.
• Concepts related to facilitating the healing process, effective communication, honoring diversity, and ethical/legal considerations for practice are covered
• Students engage in holistic assessment and are introduced to commonly used CIM from an efficacy and evidence based perspective
Integrative Health Course Tools

• Integrative Health Videos
• Interactive Voice Thread Discussions and Presentations
• Pre-recorded lectures/recordings by a diverse group of practitioners
• Wellness inventory Incorporated in course and available to students throughout the year
Assessment - assess deeper levels of your wellbeing and motivations in all 12 dimensions.

Action Plan - create small, targeted action steps, set reminders, and track progress for continual improvement.

Virtual Coach - get support in clarifying priorities, creating small, realistic (smart) action steps, identifying obstacles.

Progress Tracker - measure your whole-person wellbeing as you continually improve.

Wellness Journal - describe and monitor your experiences, goals, issues, progress, and new ideas.

Self Study Center - explore wellbeing practices to inspire more awareness and actions.

Wellness Resource Centers - access self-care practices, expert articles, audios and videos.
Whole Person Well Being
• Presentations
• Application Paper
• Discussions
Conclusion

• Students completing this course found the material on CIM approaches to be helpful and informative.

• Course surveys, high satisfaction with the online self-care wellness tool and voice thread technology used for student engagement and learning.

• 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.
Select References

Nothing can dim the light which shines from within.

— Maya Angelou