Using TheHolistic Theory Of Unpleasant Symptoms To Guide Nursing Practice In Serious Illness And At The End Of Life

Amy Kenefick Moore, PhD, RN, CNM, FNP, APHN-BC, HWNC-BC
University of Connecticut School of Nursing
Objectives

Describe how the Holistic Theory of Unpleasant Symptoms is applied to provide a theory-based nursing practice model for the care of patients with serious illness or at the end of life.

Identify novel outcomes of HTOUS-based care.

Discuss examples of HTOUS-based nursing practice in selected situations.
The Holistic Theory of Unpleasant Symptoms

Energy/Spirit Wellbecoming Manifestations

Psychological

Physiological

Situational

Spiritual

Symptom Experience Manifestations

Distress

Timing

Intensity

Quality

Holistic Theory of Unpleasant Symptoms
© 2019 Amy Kenefick Moore
General Approach to Nursing Practice

- Practice is with the client, not the institution
- Through deep interconnectedness and mutual process with the client, the nurse comes to know pattern manifestations that the client is experiencing.
- Nursing is facilitating the process of energy spirit well becoming.
- Sustaining presence
- Comfort
- Advocacy
- Power as knowing participation in change
- Facilitation of capacity, potential
- Manipulation of the environment (incl. social determinants of health)
- Nurse Coaching
Example 1. A seriously ill person in the hospital or at home

John is in the ICU, recovering from major abdominal surgery. His endotracheal tube has been removed and he tells the nurse he is experiencing terrible stress. He doesn’t know what to expect. The machinery, the noise, the smells, the constant light and lack of privacy are the worst, but he also misses his family and his dog.
Example 2. Spiritual crisis

Jane has recently experienced the death of a loved one. She feels that her life is now meaningless, and she has no purpose anymore. She is hopeless and sad, describing herself as ‘beyond weeping’. She says she feels abandoned by her loved one and is terribly lonely.
Example 3. The well person anticipating death

The residents of a continuing care retirement community have experienced numerous deaths in their community. They are rather shaken and ask the wellness nurse to speak with them, but not about death.