Caring Science and Integral Health: Caring Arts Modalities for Oncology Nursing

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The Nurse (RN, LPN, NA) will:

- Develop an understanding of Caring Arts Modalities based upon the conceptual framework of Caring Science and Integral Health
Caring Arts Modalities

Non-pharmacologic measures used in nursing to promote:

- Healing
- Comfort
- Rest
Non-Pharmacologic Modalities

- Authentic Prescencing
- Healing Environment
- Constructive Rest Position
- Guided Imagery
- Massage
- Reiki
- Aromatherapy
Authentic Presencing

Being fully aware of:

- Own state of mind, health, values, beliefs...
- Maintain openness and value humanity of others
- Cultural preservation
- Freedom, Power and Dignity
Healing Environment

- Art and Aesthetics - The Senses
- Energy, Agency and Comportment
- Soft lighting, music
- Flow in the room
Constructive Rest

- Position and release tension
- Movement and breath
- Center out
- Spiral patterns
Guided Imagery

- Use of the senses and imagination to:
  - Elicit the relaxation response
  - Activate the PNI-HPA axis
  - Utilize key words: Imagine... Allow... Soften... Deepen... Expand into...
Therapeutic Massage

- Effleurage
- Friction
- Compression
- Back, hands, feet
Reiki

- NCCAM: Biofield therapy
- Channel and direct universal life force energy
- Intention for the highest healing good
Aromatherapy

- Young Living Essential Oils:
  - Peace and Calming
  - Valor
  - Stress Away
  - Lavender
Safety with Aromatherapy

- Assess for Allergies, Pregnancy and Drug-Oil interactions
- EDR
- Informed Consent
- Storage
Aromatherapy Protocol

- Test small amount on forearm
- Dilute with V6 oil
- Label and store oil in safe place
- If allergic reaction occurs: Cleanse area gently with V6 and pat dry. Consult MD, NP, PA for further advice
Putting it all together

- Ground and Center self
- Approach with open heart & mind
- Assess preference and needs
- Create partnership plan
- Implement CAM
- Evaluate CAM