A. Course Description

Credits: 2

Corequisites: None

This course focuses on foundational aspects of integrative nursing care to promote holistic health and wellness. A theoretical basis for integrative care is explored. The inter-relationships of important concepts are utilized to identify methods for creating optimal healing environments for clients. Students evaluate evidence related to integrative therapies and explore strategies for implementing appropriate integrative approaches to clinical practice and self-care.

B. Course Effective Dates: 05/07/2016 - Present

C. Outline of Major Content Areas:

See Course Description for major content areas.

D. Learning Outcomes (General)

1. Describe the influences of inter-relationships between mind, body, spirit, environment, nature and nurse-client on holistic health.
2. Identify methods for creating an optimal healing environment to facilitate healing and wellness.
3. Evaluate evidence of efficacy of integrative therapies from a perspective that recognizes mind-body-spirit-environment interactions.

E. Learning Outcomes (MN Transfer Curriculum)

This contains no goal areas.

G. Special Information

None