FROM THE EDITOR: The Baseline is Being Well, by Marty Lewis-Hunstiger, BSN, RN, MA, retired pediatric nurse and preceptor, editor of Creative Nursing, managing editor of the Interdisciplinary Journal of Partnership Studies, and an affiliate faculty member at the University of Minnesota School of Nursing in Minneapolis, Minnesota.

The Creative Nursing 2015 publication year “has been about empowerment – of patients; of their families, friends, and other primary caregivers; and of health professionals as we partner in the care of those we serve. In this issue we confront and explore the need to redefine health, in this era of the medicalization of everything from childbirth to obesity to sadness. It sometimes seems that illness rather than health has become the baseline or default human condition.” This editorial then mentions each article in the issue and connects it to the theme of Well-Being. The pull-quote chosen to highlight the whole issue is taken from two of the six core principles of integrative nursing: Human beings have the innate capacity for health and well-being, and nature has healing and restorative properties that contribute to health and well-being.

FROM THE GUEST EDITOR: The Promise of Integrative Nursing, by Mary Koithan, PhD, CNS-BC, FAAN, Anne Furrow Professor of Integrative Nursing and Associate Dean of Professional and Community Engagement at The University of Arizona College of Nursing in Tucson, Arizona.

The U.S. health care system requires transformative changes that reduce risk and improve overall well-being while increasing access, quality, safety, and affordability. Integrative nursing can serve as a roadmap to care that is culturally safe, personalized, and meaningful. The most powerful instrument for healing is the caregiver’s therapeutic use of self, facilitating healing as the emergence of right relationships. Practicing in a supportive role affords nurses the opportunity to focus on strengths rather than deficits, possibilities rather than problems. When nurses consider the least invasive/toxic/expensive intervention and include nature as one of its primary healing strategies (as supported by evidence), think of how many complications we could prevent.

ARTICLES AND ESSAYS
The Revival of Place-making, by Mary Ann Pascucci, PhD, APRN, GCNS-BC, Associate Professor in the undergraduate and graduate nursing programs at the University of Oklahoma –Tulsa in Tulsa, Oklahoma.

Place-making is both a philosophy and a process that brings the past alive in the present by using many disciplines to enhance the environment and meet the needs of the community, however defined by its citizens. Place-making focuses on all aspects of a place, including economics, political agendas, culture, growth and sustainability, and power relations. A healthy environment is a necessary part of the process of place-making, whether the place is a neighborhood, city, or nation. A mandate of urban designers should be to bring together many disciplines to engage in planning a healthy, inviting community. Community health nurses should be major players in this coalition. Nursing has a role in the synergy between the health aspects and the principles of place-making, and can improve the health of citizens by leveraging the impact of place on health behaviors.
Back to Work: Manager Support of Nurses with Chronic Sorrow, by Susan Marcella-Brienza, MSN, RN, Nurse Analyst in Clinical Informatics at UCONN Health in Farmington, Connecticut, and Tina Mennillo, MSN, RN, Assistant Director in the Family Birthing Center and Special Care Nursery at Waterbury Hospital in Waterbury, Connecticut.

This article shows the importance of the role of the nurse manager in supporting nurses who are returning to the bedside after a significant loss. Significant personal loss may lead to a phenomenon called chronic sorrow. Bereaved nurses with chronic sorrow experience grief-related feelings as a result of caring for patients who are suffering and dying. It stands to reason that frequent re-exposure to death, dying, and bereavement in the workplace can affect whether bereaved nurses are able to continue working in an environment that reminds them of their loss. Qualified nurses may leave bedside nursing for non-clinical roles, or leave the profession altogether, due to constant exposure to this stress. When a grieving nurse returns to the workplace, a delicate balancing act begins for the nurse manager. It is critical that nursing management is perceptive to the particular needs of bereaved nurses in order to best reintegrate them into their nursing positions.

Having Heart, by Christine Cochrane, RN-BC, MAS, Director of Acute Behavioral Health & Addiction Treatment Services at Hunterdon Medical Center in Flemington, New Jersey.

Few behavioral health units care for patients with both mental illness and severe co-morbidities, and few medical/surgical units care for mentally ill patients with physical health problems. This article shares the experience of Behavioral Health nurses caring for a suicidal patient who needs a heart. As a team, the nurses and their patient shared the journey of what it takes to achieve an optimum quality of life with a Left Ventricular Assist Device (LVAD) while battling mental illness.

Food First: Nutrition as the Foundation for Health, by Laura Sandquist, DNP, RN, ANP-C, GNP-C, at Touchstone Community Health and Wellness Center in Minneapolis, Minnesota.

The principles of integrative nursing advocate that food be considered as a primary intervention for health promotion, risk reduction, and generally improved well-being. Food provides information to the body, signaling basic biological functions and normalizing physiological processes. Health care professionals should query patients about their nutritional intake, recognizing that adjustments in the types of foods consumed can often address long-standing symptoms that create distress, including pain, fatigue, anxiety, and gastrointestinal dysfunction. A Food First approach to care offers a novel approach that champions whole person/whole systems emergent health and well-being. The ultimate goal of using Food First is to create a healthy and respectful relationship with food, and to prevent and reverse food relationships based on nutritional perfectionism, shame, and abstinence. When people truly understand the connection between what they eat, symptom expression, and overall well-being, they often become more engaged and empowered as they assume a greater degree of control over their health.

Integrative Nursing Principles in Action: A Summary from the 1st International Integrative Nursing Symposium, by Þóra Jenný Gunnarsdóttir, PhD, RN, Associate Professor on the Faculty of Nursing at the University of Iceland in Reykjavik, Iceland, and Gísli Kort Kristófersson, PhD, RN, PMHCNS,
Clinical Assistant Professor in the School of Nursing at the University of Minnesota in Minneapolis, Minnesota.

The first International Integrative Nursing Symposium was held in May 2015 in Reykjavik, Iceland to foster discourse about providing whole person/whole systems care that is relationship-based and person-centered. Sessions varied widely to communicate the full spectrum of nursing scholarship, with participants envisioning a future when all nursing care is integrative. This article, a report on the symposium, is structured around the six core principles of integrative nursing. Cooperation, inclusivity, open dialogue, and interprofessional regard are systems change strategies that can be aligned with integrative nursing principles, and, when applied skillfully, can redesign a stressed and unstable system to be a supportive and caring environment in which healing occurs. Integrative nursing care does not exist in a vacuum; systems (educational, healthcare delivery, and health care technology) are critical to the success of transformation at the bedside.

It Wasn’t on my Christmas List, by Nancy Endress, BSN, MA, PNP, Clinical Instructor (Retired) in the University of Illinois College of Nursing Urbana Regional Program in Urbana, Illinois.

A nurse with newly diagnosed cancer presents her stream-of-consciousness impressions of this event, its meaning for her life, and the ways in which the gift of kindness makes a difference. “Kindness lifts our souls like a hot air balloon rising on a clear evening. We feel lighter, peaceful, and seen. Kindness generates courage.”

INTERVIEW: From High Touch to High Tech: A Conversation with Maureen O’Hara, BSN, RN, OCN, oncology staff at Stanford Medical Center, interviewed by Hans-Peter de Ruiter, PhD, Associate Professor at Minnesota State University and an affiliate faculty member at the Center for Bioethics at the University of Minnesota.

An oncology nurse talks about her 42-year career as an oncology nurse. The technological and pharmacological advances she has seen have changed the face of oncology nursing practice and transformed many previously fatal cancers into curable diseases or chronic illnesses compatible with well-being. The increasing complexity of care requires multidisciplinary collaboration, and brings with it new ethical dilemmas. She cautions nurses to make the best use of technology without losing their critical thinking skills, basic assessment skills, and common sense. More than ever, because of all the new treatment options, nurses will need to become their patients’ educators, helping them have control over what happens to them. “When I started, we did not have to worry about survivorship issues because there were not that many survivors. All patients and families deserve clinical excellence combined with compassion, kindness, dignity, and respect, because that's how all human beings ought to be treated, whether they are prisoners or Silicon Valley executives.”

OUTCOMES: A New Threat to the Nursing Workforce: Take a Stand! By Kathryn Koehne, DNP, RN-BC, C-TNP, Nursing Systems Specialist with Gundersen Health Systems in LaCrosse, Wisconsin.

The development of cancer, cardiovascular disease, metabolic syndrome, venous thromboembolism, and extensive musculoskeletal strain can all result from prolonged immobility
and repetitive computer use. Health care workers in the ambulatory setting are impacted by immobility due to the nature of their work. In contrast to hospital nurses who are more physically active, ambulatory nurses are often stationary when providing patient care. The more active tasks in a clinic setting are often delegated to unlicensed assistive personnel. A workstation wellness intervention involved evidence-based activities for employees who have limited physical activity in the course of a workday. Participants engaged in a four-week program of intermittent stretching, drinking water, and standing or walking during their workday. This intervention is an inexpensive and simple self-directed wellness program that can increase knowledge, change behavior, and improve health perception among employees who work in sedentary jobs.

THE STUDENT VOICE:
Dance Lessons, by Emily Hahn MSN, RN, BFA, Nursing and Clinical Informatics Officer at Saint Francis Care in Hartford, Connecticut.
Nursing is an art and a science. The scientific aspects can be learned in nursing school and in years of practice. However, the art of nursing is enriched by each nurse’s connection with life experiences. This essay highlights the author’s life experience with dance, and shows how studying dance helped her become a strong nursing leader. “I found myself rehearsing taking vitals, turning or lifting a patient, irrigating and packing a pressure wound; I thought about how to integrate observation and charting with encouraging conversation. Dance taught me how to take correction—learning from instructors and more seasoned performers, listening intently rather than defending my own actions, and thanking rather than resenting anyone who cared enough to offer critique. I realized early on that nursing, like dancing, was physically demanding, and that if I wanted to do my best, I had to keep my own body healthy.”

Nursing and Daoism: Wading in the River of Practice, by Stephanie Chung, MSN, RN, PhD(c), adjunct faculty member at Kean University in Toms River, New Jersey, and a PhD candidate at Kean University in Union, New Jersey. and Virginia Fitzsimons, RNC, EdD, FAAN, Professor and PhD program coordinator for Kean University in Union, New Jersey.
The philosophical nurse examines her or his practice in depth, to understand human processes and deepen thinking through the teachings of philosophy. This article presents an overview of the main ideas of Daoism (the “Way”) and applies them to nursing practice and human response to illness. Action without foundational knowledge in philosophy and ethics can lead to automatic actions focused on the physical being of the person receiving care and can be a barrier to caring for the whole person as well as to understanding the importance of the healing relationship. We typically view life as single events and occurrences within our existence; however, Daoism teaches that we are part of a bigger picture. Experiences are but parts of the whole, a larger existence that warrants our constant examining.
THE VOICE OF PATIENTS AND FAMILIES: Living with Chronic Pain, by Barby Ingle, BS, author, pain educator, pain patient, philanthropist, and President of the Power of Pain Foundation and a member of the Purdue Pharmaceutical Patient Advisory Board in Stamford, CT. A health educator who has Reflex Sympathetic Dystrophy, an autoimmune condition involving chronic pain, shares her knowledge about living life to the fullest while dealing with a chronic health condition. Her advice encompasses dealing with the health care system, managing information, and obtaining physical and emotional self-care. Coping with a chronic pain condition takes hope and self-awareness. “Some life changes will be easier – altering our diet or beginning a physical therapy routine. Other changes will be more difficult, such as having to sever ties to a family member or friend who is hindering our recovery. It is up to you to become the chief of staff of your health care team and to make sure you have a strong team willing to help, learn from, and treat you.”

THE NURSING SALON EXPERIENCE: My First Nursing Salon: A Tale of Hosting Conversations, by Natalie Lu, MSN, RN, BA, founder of The Reflective Nurse, LLC, and a staff nurse at Children’s Hospitals and Clinics of Minnesota. A champion of reflective practice describes hosting a Nursing Salon. “I am forever inspired by hearing how people found their way to answer whatever called them to their life’s work, and my kitchen table is forever enhanced by hosting a platform for these stories to be told. A seasoned nurse commented that the conversation at my salon is precisely what she had been longing for to rekindle her passion for our profession.”

BOOK REVIEW: Trust Your Gut, by Greg Plotnikoff, MD, and Mark Weisberg, PhD, reviewed by Mary Johnson, RN, PhD, AHN-BC, CHTP, Professor Emeritus at St. Olaf College in Northfield, Minnesota, where she taught in the Minnesota Intercollegiate Nursing Consortium for 26 years, and a board member and Healing Touch provider at Pathways, a health crisis resource center in Minneapolis. Neuroscience and ancient wisdom both refer to the gut as the “focal point of human energy and the seat of the emotions” and often refer to it as the second brain. The human microbiome is now recognized as a key factor in maintaining not only our health but also our energy, our metabolism, our mood, our behavior, and our immune function. Having a “gut feeling” about an issue is exactly that, and listening carefully to that feeling and acting on it can lead to improved well-being and health. Plotnikoff and Weisberg present CORE principles (Center, Observe, Restore, Ensure) to accompany a personal journey toward mindfulness, well-being, and self-empowerment. They present a wide variety of ancient strategies and insights that have survived through the ages because they are effective, and introduce newer tried and true techniques that all of us can learn and use throughout our lives. The key is to accept the fact that, to a great extent, we are in charge of our own health, and therefore we need to accept the challenge and creatively develop “habits that keep us going”.

Neuroscience and ancient wisdom both refer to the gut as the “focal point of human energy and the seat of the emotions” and often refer to it as the second brain. The human microbiome is now recognized as a key factor in maintaining not only our health but also our energy, our metabolism, our mood, our behavior, and our immune function. Having a “gut feeling” about an issue is exactly that, and listening carefully to that feeling and acting on it can lead to improved well-being and health. Plotnikoff and Weisberg present CORE principles (Center, Observe, Restore, Ensure) to accompany a personal journey toward mindfulness, well-being, and self-empowerment. They present a wide variety of ancient strategies and insights that have survived through the ages because they are effective, and introduce newer tried and true techniques that all of us can learn and use throughout our lives. The key is to accept the fact that, to a great extent, we are in charge of our own health, and therefore we need to accept the challenge and creatively develop “habits that keep us going”.