



Mind Body Spirit - The Whole News

RNAO-CTNIG Newsletter

Volume 17, Issue 3

Fall 2018

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Photo courtesy of Darka Neill

We can change the way we shape the light flowing through us by changing our consciousness by, for example, replacing a negative thought pattern, such as anger, with compassion; by choosing to understand, rather than judge.

Jean Watson

A Few Words from the President - Guilt Can Exhaust You



**Kelly Osborn
Willowgreen
CTNIG
President**

I'm so grateful to be able to write to you all and share some thoughts on the concept of guilt, otherwise known as beating yourself up in your mind. Many of you are energy practitioners and are aware of how the energy of emotions can effect us.

I truly feel honoured to be the new president of the CTNIG but some health challenges have affected my energy levels and the ability to focus and concentrate. The catch 22 is that in feeling guilty about being delayed in completing some tasks, it was making me feel even less able to finish them.

Recently a practitioner presented the idea of FOG which is a dialectical behaviour technique DBT initially developed for people with Borderline Personality Disorder BPD, but is now recognized as an effective treatment for PTSD and anxiety too.

FOG is an acronym for

Fear **O**bligation and **G**uilt

The idea is to pay attention to your emotions and then ask yourself if what you are feeling is related to fear, obligation or guilt?

One day in particular I felt strongly to write out a long list of what I felt guilty about. This included such things as feeling guilty for not being able to give nearly as much to others right now, not having the energy to even get dressed some days and not being able to keep up with my emails and social media etc. It then occurred to me that the guilt in and of itself was weighing me down and affecting my energy levels. I had the thought of squishing the paper that I wrote the list on and walking into the forest to burn it, as a symbol of letting go of the guilt. I believe the act of doing that is partly what has allowed me to focus and share this with all of you.

When we allow the emotions of fear, obligation or guilt to take over, it can suck the life force energy right out of you.

The other thing that has been helpful has been to walk in the forest, on the days I have the energy to get there. I feel that it is very grounding and sometimes I can feel the fear, anxiety or guilt flow out of me and into the earth. In fact, according to Evan Fliescher of we forum www.weforum.org/agenda/authors/evan-fleischer last month, \doctors in Scotland became authorized to prescribe Nature to their patients. It is believed to reduce anxiety, blood pressure and to help with diabetes, happiness, stress, heart disease, mental health issues and more.

I know that we all have our challenges especially as Nurses working to help others, and we can sometimes feel drained.

These are a few things to consider that may be affecting your energy levels. Consider bundling up warm and walking in nature, or writing out a list of things that are bothering you and burning it. It is also important to reach out for help. Many work places have an Employee Assistance Program EAP with free access to counselling over the phone or in person which includes a crisis line as well. Talk to your Doctor and or a trusted friend as well. Let go of any guilt or shame regarding asking for help and you may discover valuable resources you didn't even know existed, eager to help you as you have helped so many others.

May you all be blessed each step of your journey and even if you are doing well, perhaps someone you know could benefit from these thoughts.

Did You Know?

RNAO-CTNIG



COMPLEMENTARY THERAPIES NURSES' INTEREST GROUP

The CTNIG logo is a symbol of continuous movement, like a DNA coil of continuing energy. By incorporating the healing colours of the chakra system and the controlled Celtic knot, this design represents a holistic journey for healing and connection.

Who to Contact

EXECUTIVE

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Upcoming Events

Compassion Energy Circle



3300 Yonge St. Suite 301 , Toronto

Taking place every other Friday and facilitated by a dedicated volunteer team of staff, graduates and faculty members, the Compassion Energy Circle is an inclusive interfaith gathering designed for everyone interested in the giving, receiving and sharing of spiritual healing energy. All faiths and all spiritual beliefs are welcome.

This is a pay what you can event and will include meditation, group and individual energy works.

Due to room size number of attendees are limited, so please register soon.

Upcoming Energy Circle Dates:

- Fri. Dec. 14, 2018: last Circle before the Holidays 'Celebration of Light'
- Fri. Jan. 11, 2019
- Fri. Jan. 25, 2019

7 pm to 8:30 pm

Hosted by: Gord Riddell with a dedicated volunteer team of staff, graduates, guest hosts and faculty members

RSVP: To RSVP for Information Evenings please call reception at 416.484.0454 ext. 10 or
email tac@transformationalarts.com

Websites Pain Management Resources



American Holistic Nurses Association

www.ahna.org/Home/Resources/Holistic-Pain-Tools
Holistic Nurses' Pain Relief Tools for Patients and Self-care
Includes 59 references related to holistic pain relief.

American Society for Pain Management Nurses

www.aspmn.org/
Position statements, publications, educational materials, and certification information

Center for Pediatric Pain Research

<http://pediatric-pain.ca/>
Videos, blogs, educational materials, conferences, and other resources focused on pediatric pain

City of Hope Palliative Care Resource Center

<http://prc.coh.org/>
Numerous resources for pain, symptom management, quality of life, and cancer survivorship

Fast Facts—Palliative Care Network of Wisconsin

www.mypcnw.org/fast-facts
Concise (usually 1–2 pages), practical, evidence-based summaries related to pain and symptom management issues in palliative care

International Association for the Study of Pain

www.iasp-pain.org/
Educational materials, including FAQs related to the Global Year Against Pain (new topic each year)

National Cancer Institute Cancer Pain (PDQ)

www.cancer.gov/about-cancer/treatment/side-effects/pain/pain-hp-pdq
Extensive, peer reviewed information regarding cancer pain; also available are summaries regarding other symptoms/ adverse effects of cancer or its treatment with PDQs available on fatigue, gastrointestinal complications, and many other symptoms relevant to palliative care

Healthy Eating

Tomato Soup with Grilled Cheese Croutons

Recipe By: Hilary Meyer

Skip the dipping and add crispy grilled cheese croutons right into your soup instead. Make the grilled cheese for the croutons in a skillet if no panini maker. Opt for San Marzano tomatoes if you can. They have a much richer flavor and they tend to be lower in sodium.

Ingredients

- 2 tablespoons butter, divided
- 1 small onion, chopped
- 1 stalk celery, chopped
- 3 cloves garlic, chopped
- 1 (28 ounce) can whole peeled tomatoes, preferably San Marzano
- 3 cups reduced-sodium chicken broth, "no-chicken" broth or vegetable broth
- ¼ cup heavy cream (optional)
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2 large slices whole-wheat country bread
- 2 ounces sliced sharp Cheddar cheese (3 slices)
- ¼ cup chopped fresh basil



Directions

1. Heat 1 tablespoon butter in a large saucepan over medium heat until the butter melts. Add onion and celery; cook, stirring occasionally, until softened, 4 to 6 minutes. Add garlic; cook, stirring, until fragrant, about 10 seconds.
2. Stir in tomatoes (with juice). Add broth and bring to a lively simmer over high heat. Reduce heat to maintain a lively simmer and cook for 10 minutes.
3. Puree the soup in the pot using an immersion blender or in batches in a blender. (Use caution when pureeing hot liquids.) Stir in cream, if using, salt and pepper.
4. Meanwhile, preheat a panini maker.
5. Spread one side of each slice of bread with the remaining 1 tablespoon butter. Turn the slices over and top one with cheese. Top with the other slice, butter-side up.
6. Cook the sandwich in the panini maker until golden brown and the cheese has melted, 4 to 5 minutes. Cut the sandwich into bite-size pieces.
7. Divide the soup among 4 bowls. Top each serving with grilled cheese croutons and a sprinkle of basil.

To make ahead: Prepare through Step 3 and refrigerate for up to 3 days. Reheat before serving.

Self Care Tips

Forest Bathing is Good for Your Health

Adapted from *Greater Good Magazine*.

For full article go to <https://tinyurl.com/yan3pbjw>

Though any kind of nature can enhance our health and happiness, there's something special about being in a forest.

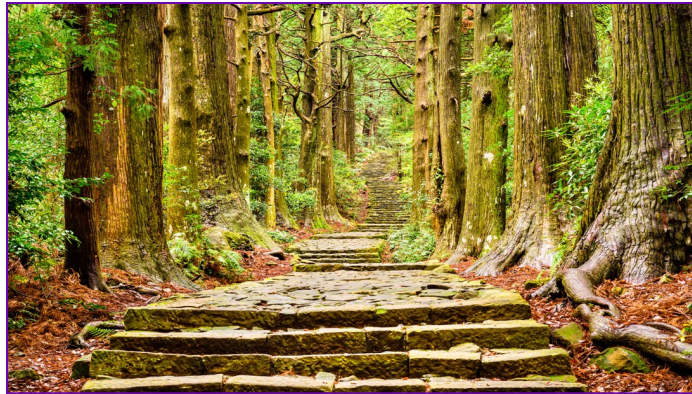
“Nature deficit disorder”, is a term to describe the psychological, physical and cognitive costs of human alienation from nature. With more people living in cities, working in high-rise office buildings, and becoming addicted to their innumerable electronic devices, many are experiencing nature deficit.

In his new book, *Forest Bathing: How Trees Can Help You Find Health and Happiness*, Japanese medical doctor and researcher Qing Li discusses the therapeutic effects of forests on human health and explores the research on these benefits, while offering a number of techniques to enhance them.

Li's interest in forest research began from personal experience when he was a stressed-out medical student. After a week of forest camping, he found it restored his physical and emotional health. That inspired him to begin researching the benefits of forests on human health and well-being. In 2004, he helped found the Forest Therapy Study Group, aimed at finding out why being among trees makes us feel so much better.

The healing power of the forest

Li has found that spending time in a forest can reduce stress, anxiety, depression, and anger; strengthen the immune system; improve cardiovascular and metabolic health; and boost overall well-being. “Wherever there are trees, we are healthier and happier,” writes Li. And, he adds, it isn't about exercising—like hiking or jogging—it's simply about being in nature.



It's long been recognized that humans have a biological need to connect with nature. American biologist E. O. Wilson noted that humans are “hardwired” to connect with the natural world, and that being in nature had a profoundly positive effect on human health.

“The health secrets of trees seem to lie in two things—the higher concentration of oxygen that exists in a forest, as compared to an urban setting, and the presence of plant chemicals called phytoncides—natural oils that are part of a plant's defence system against bacteria, insects, and fungi. Exposure to these substances, says Li, can have measurable health benefits for humans. Physiological stress is reduced for example, and both blood pressure and heart rate are lowered. Evergreens—

pine, cedar, spruce, and conifers—are the largest producers of phytoncides, so walking in an evergreen forest seems to have the greatest health benefits.

How to do forest bathing

Find a spot. Depending where you are, find a good source of nature. One doesn't need to journey deep into a

forest for these benefits. Just look for any green area. It could be an urban park, a nature preserve, or a trail through suburban woods. Forests with conifers are thought to be particularly beneficial.

“Let your body be your guide. Listen to where it wants to take you,” Li says. Some people will respond to sunny glades, others to shadier places. Listen to your own wisdom. For people who don't have access to a forest, or can't get outside for some reason, infusing essential tree oils in your home can provide benefits, too.

Engage all your senses. “Let nature enter through your ears, eyes, nose, mouth, hands, and feet,” says

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Self Care Tips

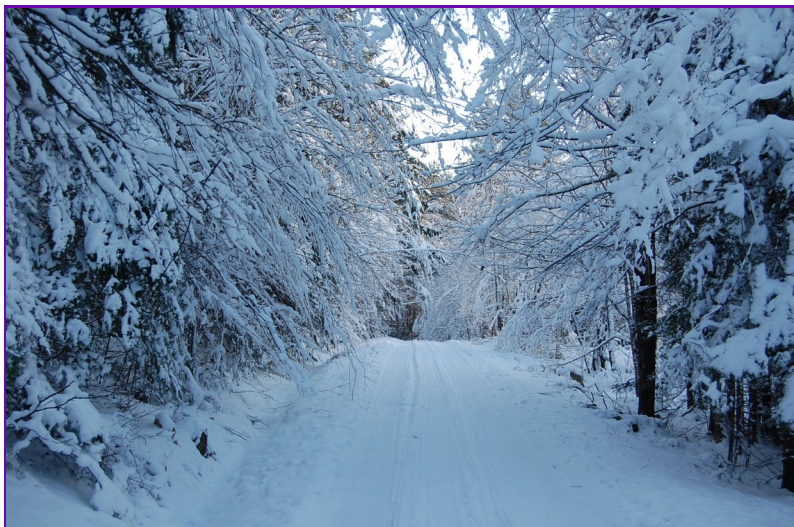
Ten Ways to Conquer the Winter Blues, Naturally

by Belleruth Naparstek

in Update from Belleruth www.healthjourneys.com/blog/update-from-belleruth/index.php

We're well into Winter Blues Time, in some cases known as SAD (Seasonal Affective Disorder), with less daylight and sunlight available. Some people are hit hard by this change in light supply. Others only mildly. Either way, there are simple changes you can make that can be very helpful. Take a look at this list of 10 things you can do to improve your mood, attitude and energy levels, and pick a few that you know you can stick with.

1. Make a point of getting outside as much as possible – during lunch break, in between appointments, first thing in the morning... whenever you can amp up your dose of daylight.
2. Walk outside whenever possible - the more briskly, the better. If you must work out indoors, try to do it by a window.
3. Keep your window shades and curtains open in your house and work space, to whatever extent you reasonably can.
4. Get full spectrum light bulbs all over your place – wherever you spend a lot of time.
5. Take Vitamin D... at least 1,000 IU. Maybe 2,000.
6. Consider investing in a light box. They used to cost a fortune. Nowadays you can get a decent one for under \$100. Check out the consumer ratings and pick one that has scores of people giving it a rating between 4-5 stars.
7. Make yourself get out of bed in the morning and open the shades, even if it's the last thing on earth you feel like doing. Sleeping late can make this worse.
8. You'll probably be craving carbs. Resist the starches and sugars (you'll get a fast uplift from them and then come crashing down) and instead give your body the proteins and fats it needs to energize you and balance your mood.
9. Listen to guided imagery, meditation and breath exercises for depression. Our Health Journeys imagery for Depression (www.healthjourneys.com/a-meditation-to-help-you-relieve-depression) can be a big help; as can Traci Stein's Self-Esteem Pack (www.healthjourneys.com/self-esteem-bundle), Amy Weintraub's Breathe to Beat the Blues, (www.healthjourneys.com/breathe-to-beat-the-blues) is another terrific resource.
10. Ask for help if, in spite of your best self-corrective efforts to get yourself back on course, the blues persist or worsen.



Therapeutic Touch - A Question

This question was originally posed in Therapeutic Touch Network of Ontario's newsletter IN Touch

Question: In various energy and natural health modalities there is discussion of a healing crisis where there may be an increase in uncomfortable symptoms/sensations (physical, mental, emotional and spiritual/energetic components) during or after a session. It is associated with an individual's natural healing process as the body gets rid of toxins. In TT we often attribute some of the uncomfortable symptoms (nausea, aches, anxiety) to an energy overload perhaps due to the practitioner's modulation of energy while other symptoms of crying or laughing as an energy release. How do you reconcile the 2 interpretations? Are the terms indeed just different words for the same concept? How best to support someone going through this experience?



Answer: This is an interesting question and I was challenged to find a way answer it within the traditional model of belief, language and understanding of Therapeutic Touch, where I could really resonate with the answer. I am grateful to Darka for this question and for Crystal Hawk for encouraging me to answer this because this process has initiated me into another level of greatness with Therapeutic Touch.

What if... we were to embrace the language and the research of quantum physics, quantum energy, neuroscience, meditation, neuropsychology, epigenetic and more to better explain and understand Therapeutic Touch and help to demystify it? We have the potential to take Therapeutic Touch to a whole new level of possibilities.

So here is my attempt at saying what I mean to mean what I say. To bring deeper clarity and understanding to my practice and art of Therapeutic Touch.

Therapeutic Touch begins with the practitioner getting into a state of centredness. What centredness or being centred means and how to get centred has been a matter of discussion with no real resolution for a long time in the Therapeutic Touch community. (my experience). I now say I am going to bring myself into a state of coherence. According to the HeartMath Institute, "Personal coherence, also known as psychophysiological coherence, refers to the synchronization of our physical, mental and emotional systems. It can be measured by our heart-rhythm patterns: The more balanced and smooth they are, the more in sync, or coherent we are." The more coherent my brain becomes, the more coherent I become and everything feels more whole, and holistic. I feel more connected to energy versus matter. Now in this state I feel ready to start a session. And it is easy to feel the energy of the person receiving the session. And my intention is to bring all the energy around me into a state of coherence. What I discover is the higher the level of my personal coherence, the sooner the energy around me is moves toward coherence.

The intention of Therapeutic Touch is to bring order or balance to a persons field. We could also say it is the intention to bring the person into a state of coherence. In studies where they measured an individual creating personal coherence and with attention on a specific person with the intention to heal (by the definition of bringing into wholeness), the energy field of the person receiving the healing was amplified and became coherent with the person doing the healing.

I believe this is exactly what happens when we offer TT. Now the person receiving TT energy fields are in a state of coherence. This person's body now draw from the field higher frequency and these frequencies are picked up by the cells and the cells that are not in synch begin to change and the brain also becomes more coherent. The amplified energy in the body now flows from the heart to the brain and in the brain travels to the part responsible for signalling the autonomic nervous system. This is the system that is responsible for restoring the body back to homeostasis and returns it back to balance. Now the person's body is giving off greater energy.

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This increases the frequency in their field. As the field changes and the body draws in more of the increased frequencies, the energy continues to change the cells in the body and become more coherent.

Perhaps here it could be helpful to know inside every cell of the body are tiny little filaments called microtubules. One of the many things microtubules do is oscillate or vibrate. When they are stimulated by an increase in frequency they vibrate faster. Now we have about 75 trillion cells in our body. When they are vibrating in a state of coherence, and organs and systems are operating in a synchronized and organized way, we have good health. The more cells that vibrate out of sync with the natural vibration of the cell, the more we experience a lack of ease and eventually dis-ease. Our physical environment, our mental/emotional environment and our psychosocial environment all contribute to what is in the environment around our cells which could cause a lowering in frequency, thus causing disease. Disease happens when the cells frequency are lowered outside the range of our normal human biology.

With Therapeutic Touch we are bringing more coherence and orderliness to the field which is eventually felt in every cell of the body. However it may not show up in the body instantaneously. Think of it this way. The TT practitioner is downloading a software update to the persons field but the body still needs to complete installing the new software and sometimes that can take a few days. During the installation process, anything that is in the cell that is no longer expressing health or is in the way of allowing a cell to express health has to be eliminated out of the cell. As the cell increases its frequency in response to the new programming, anything that is not

congruent with that frequency will be eliminated.

When the waste from the cells are released into the body, they are released as different chemicals for the immune system to process and it can be a lot for the immune system to deal with all at once. The faster the frequency of vibration, the faster the cell emits the waste and the faster the body is brought into order, balance and health. When this happens a person can experience anything from mild discomfort such as light headache, or nausea to full blown flu-like symptoms. When the chemicals that are released by the cells are more emotionally based symptoms such as laughter or crying are often the result.

To support a person the practitioner should remain calm and centred (coherent) and while reassuring them they are alright do the heart-hand connection sending gratitude for this healing. The heart-hand connection if done properly would not interfere with the biological upgrade that is happening.

Submitted by Pamyla Love RP



My Journey to Healing Work

By Kathy Moreland, RN, MScN, HTP



I was a skeptic...a non believer...I thought people who did Therapeutic Touch and Reiki were weird. Back in 1994, I was a stressed out, newly divorced nurse manager in a busy downtown teaching hospital. One of my friends suggested that I go see her "nurse healer" friend to get

a treatment. When asked, "what kind of treatment" my friend said "it's kind of like Therapeutic Touch but a little bit different--very relaxing". My reply? "You mean that Woo woo crap where they wave their hands over you?! I'd rather have a martini!". I walked away in a huff.

Weeks passed. My stress levels continued to rise. My friend approached me again and said, "What are you doing next Thursday after work?" "Nothing" I said quickly thinking we were going to go out and do the town. "Great", she said with a satisfied grin on her face. "I've booked and paid for your first appointment with my friend." I was a bit perturbed but figured that I had nothing to lose.

The following Thursday, I entered the practitioner's apartment for my appointment. It was filled with pictures of wolves, native dream catchers and crystals. I thought to myself "we're not in Kansas anymore Toto" but proceeded to sit with the practitioner to talk. I found we had a lot in common. We were both oncology nurses. We were both disillusioned with the system. I was fighting it from within, she had decided to step away and start a private practice. After our intake session, she invited me onto her table. I again found myself thinking "what's the worst thing that can happen?----I fall asleep?" I climbed onto the table and laid there like a sacrificial lamb with my eyes wide open. "go ahead--get it over with", I thought to myself. Within what seemed like seconds I found myself relaxing, vaguely aware of her presence but sliding into a deep sense of relaxation beyond anything I had experienced before. How could this be! At times I felt her touching my feet lightly even though I sensed she was at my head. Rather than be afraid, I was

intrigued. It was over in what seemed like seconds but in fact it had been a half hour! I opened my eyes feeling refreshed and energized.

I had to learn more! I enrolled in the next Healing Touch Level I class within the month and never looked back completing my certification for practitioner by 1998 and instructor by 2006. Looking back, I truly believe that my friend saved my life (at the very least my spiritual life) by facilitating my journey to healing. Now when I meet skeptics, I remember my own journey and smile. I can totally relate. I welcome their wariness as it gives me an opportunity to share the research behind the work.

(Continued from page 6)

Li. Actively listen, smell, touch, and look. "Drink in the flavor of the forest and release your sense of joy and calm."

Don't hurry. Slow walking is recommended for beginners. And it's good to spend as much time as possible. You'll notice positive effects after twenty minutes, says Li, but a longer visit, ideally four hours, is better.

Try different activities. Try doing yoga in the woods, or Tai chi, or meditation. Take a picnic. Write a poem. Study plants. You can venture alone, or with a companion.

Appreciate the silence. One of the downsides of urban living is the constant noise. If you're lucky, you'll find a wooded area that's free from human-produced sound. Silence is restorative, and a forest can have its own healing sound—rustling leaves, a trickle of water, birdsong. Spend a few quiet moments with a favorite tree. If nothing else, when we connect with nature we are reminded that we are part of a larger whole. And that, Li notes, can lead us to be less selfish and to think more of others.

Student Corner

By Enria Park, SN

I was surprised upon surveying my nursing student classmates directly that only 24 out of 67 knew of or heard about Complementary Therapies (CT) before. Many CT are within the scope of nursing practice as defined by Canadian nursing practice legislation, so I believe it's important to incorporate more awareness and education into our nursing education programs. Just as a quick overview for students who may be new to CT, the various therapies include deep breathing exercises, massage therapy, relaxation training, and acupuncture, upon many others, which are used in addition to conventional treatment. CT can help healthcare practitioners to care for their patients holistically (mind, body, and spirit) rather than treating just the physical ailment. My personal favourite is Aromatherapy which helps me relax and relieve tension. I use peppermint essential oils in either a diffuser or in the bath which helps relieve any anxiety and difficulty sleeping that I may have at the time. I believe that having a broad range of knowledge about various therapies that nurses can inform their clients about would better prepare nursing students for professional practice upon graduation.

Educational Opportunities

Canadian Conference on Global Health

A conference for researchers, policymakers, students, practitioners and stakeholders from health, humanitarian and other sectors to share their wisdom on how the global health community can drive change in fragile environments.

Hilton Hotel, Toronto, Canada

November 19-21, 2018

www.csih.org/en/events/canadian-conference-global-health

Keep Learning!



Lightworkers

When there only seems
darkness all around

Remember

There is always light and
those that illuminate the
light to break through
the darkness.

Draw on the light.

Be the light.

Darka Neill



RNAO-CTNIG

"Award of Excellence"

Call for entries:
December 1, 2018

Deadline:
February 28, 2019

Entry fee:
No entry fee

Recipient Notification:
Spring 2019

Presentation:
Spring 2019
RNAO-CTNIG AGM



RNAO-CTNIG "Award of Excellence"

Complementary Therapies Nurses' Interest Group
CTNIG 2019 AGM ~ Annual General Meeting
at the RNAO AGM in Toronto

PURPOSE

In 2012, Kim M Watson, then President of the CTNIG, established the CTNIG Award to celebrate our 10th year Anniversary and the work that has been done. This award was created to recognize the work nurses do to introduce, recognize and integrate complementary therapies into healthcare within Ontario.

No one embodied this award more than **Darka Neill**; not only was she the spark that created this group, she was our first President. It was due to Darka's dedication and commitment to the vision and mission of this group, that it came into being, as well as her efforts brought the group forward to celebrate its 10th Anniversary. The first award was presented to her on November 10, 2012.

This award will be presented every 2 years now at the RNAO-CTNIG AGM to honour and recognize the efforts and work of a Registered Nurse in Ontario who continues to work towards the vision and mission of the CTNIG and the use of complementary therapies in healthcare.

ELIGIBILITY

Current CTNIG RN member working towards the recognition, introduction, or integration of complementary therapies within healthcare.

Current member of the CTNIG - over 1 full year of membership prior to the "call for entries" date.

Current members of the CTNIG's Executive are NOT eligible.

Current CTNIG liaisons or committee RN members are eligible.

CTNIG members may be nominated by anyone, You do not need to be a CTNIG member to nominate a worthy member, though you need their consent prior to submission.

SUBMISSION REQUIREMENTS

Complete and send the "Nomination Form" by **February 28th** at 2359 hrs.

Send the nomination form via email to the President at Chair@rnao-ctnig.org

Include any supporting documents that address criteria (no page limit) on how the nominee has worked towards supporting, recognizing, &/or integrating complementary therapies in healthcare today, & our vision/mission. A head shot must accompany the submission of the nominee.

The nominee must be willing to have their name, picture and information shared on the website and at the AGM

Additional letters of support from others are welcomed.

CONTACT INFORMATION

For further information or questions about this award /nomination process contact email Kelly Osborn at: Chair@rnao-ctnig.org or call her at 519-852-3792

To learn more about the history of the soul art drawing (to the left) which the award recipient will receive, see the web site. This is a piece of "Soul Art," by Jennifer Merritt: it holds a message behind its colour and lines. This was commissioned for the CTNIG Award, and is a message is for all CTNIG members!

~ **NOMINATE A WORTHY MEMBER TODAY** ~

Thank you so much for your interest in the RNAO-CTNIG "Award of Excellence".
We are delighted that you have a nominee and are willing to complete an application.

RNAO-CTNIG Biannual "Award of Excellence" Nomination Form

Nominee's Name		
Nursing Credentials	RN,	
Nursing Position		
Address		
Phone	Home:	Cell:
Email		
List types of CT practiced/ credentials		
Nominated by		
How do you know the nominee		
Address		
Phone		
Email		

Please submit the following materials to support the nomination of the above nominee:

- A letter of nomination from the nominator (see suggestions below on what to consider).
- A picture of the nominee (send via email – jpg file only) – head shot. Mandatory – must be submitted.
- Optional: letters of reference to support the nomination.

Please notify your nominee of your intent to nominate them prior to submission in the event they do not wish to be considered. They must agree to be nominated before you submit the paperwork please.

Remember to identify the qualifications the nominee has related to complementary therapies and/or holistic nursing,

Feel free to submit written documentation up to 10 pages maximum – ensure documents submitted clearly identify why your nominee is a candidate. If you are unsure what to submit, please contact us.

Suggestions of what you can consider for your supporting letter:

Please list the active or past memberships or activities the nominee has related to various complementary therapy organizations or associations. Active membership includes activities such as conference attendance, committee membership(s), past membership on Executive, contributions to newsletters and/or CT/holistic journals, etc.

Please provide evidence of participation in past or present endeavors to advance the field of holistic nursing or complementary therapies in healthcare; e.g.: clinical practice, research, education, administration, writing, publishing and presentations. Explain how the nominee has potential to continue as a contributor to the CTNIG vision and mission and the world of holistic nursing.

Please identify how the nominee demonstrates actualization of two or more of the CTNIG goals in various activities (these can be found on our pamphlet or on the website).

Please list how the nominee currently acts as a definitive voice for complementary therapies' use within their personal and/or professional arena, such as any CT they practice, provide, or engage in.

Submit these materials by February 28th, 2019 to:

EMAIL: Kelly Osborn Chair@rnao-ctnig.org (scan & send, include their picture – preferably a head shot).

Questions? Contact President Kelly Osborn at (519) 852-3792 or chair@rnao-ctnig.org

Research

Caring for the Caregivers Making the Case for Mindfulness-Based Wellness Programming to Support Nurses and Prevent Staff Turnover

Sara Belton

Nursing Economics. 2018;36(4):191-194.

Introduction

As healthcare organizations strive to provide high-quality patient care outcomes in a challenging health and social environment, the role of nursing becomes even more vital, at a time when current working conditions are increasingly stressful and challenging for nursing staff. Although the last economic downturn in the United States led to a drop in nursing staff turnover rates, the costs related to replacing staff still remain high and impact on the workplace. Instances of workplace attrition can further exacerbate challenging working conditions, making it even more difficult for staff to provide a high level of nursing care excellence. These pressures often result in stress and burnout among remaining staff, and may become factors that prevent quality care outcomes.

Despite these challenges, there are also opportunities to support nursing staff. The expansion of workplace wellness programming to include mindfulness-based interventions shows great promise as a preventative mental health support for staff, which may help prevent nursing turnover. Such interventions can work to reduce stress and burnout, emotional reactivity, and anxiety, while improving personal resiliency and coping, and include guided meditations, relaxation exercises involving breath training or physical movement such as yoga, and mindfulness training courses such as Jon Kabat-Zinn's Mindfulness-Based Stress Reduction program (Moody et al., 2013; Shapiro, Astin, Bishop, & Cordova, 2005). These interventions deserve further consideration by nursing and healthcare organizational leaders, with the aim of supporting their use by nurses to help build high-quality workplaces, which can in turn lead to the desired high-quality patient care outcomes for patients.

The Potential for Workplace Wellness and Quality Care Outcomes

These studies suggest that including mindfulness-based interventions as part of a workplace wellness program can have significant positive impacts on nursing staff both personally and professionally. Their increased implementation and uptake by staff could help improve poor quality workplaces, which could prevent nurse burnout and turnover in vulnerable organizations. Such programming could help break the vicious cycle of burnout, attrition, and stressful workplace environments, and instead put workplaces on a more positive path, leading to increased empathy and compassion, a greater job satisfaction felt by staff, and higher quality care outcomes experienced by patients. Implementing such programming in healthy workplaces could help strengthen and protect staff against occupational stresses that can lead to burnout and turnover (Douglas, 2010).

There are multiple ways in which nurse leaders can implement mindfulness-based interventions, and multiple choices among interventions. One first step would be to discuss the current workplace dynamics and intervention options with staff, and to determine interest and potential for uptake of programming. Gauthier and colleagues (2015) found that almost 60% of pediatric intensive care unit staff were interested in participating in on-site mindfulness meditations as a way of reducing occupational stress, suggesting that nurses see a need to stress reduction in their lives, and are open to trying new practices. Nurses may see benefits even if a workplace is not currently perceived as stressful. After establishing interest, working with organizational administration and human resources, such as workplace wellness units, to determine possible programming choices and associated costs, would be an advisable next step. Options include in-person programming, an in-unit lending library of at-home resources such as books or audio media, or online programming accessible via corporate intranet or external Internet (Gauthier et al., 2015; Hevezi, 2016; Klatt et al., 2015; Moody et al., 2013).

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Lavender's Antianxiety Effects Nothing to Sniff At

Megan Brooks

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The scent of lavender has long been thought to have calming, antianxiety effects, but the biological mechanism behind this phenomenon has been something of a mystery — until now. Researchers in Japan found that the vaporized lavender compound linalool triggers a relaxing effect by directly stimulating olfactory sensory neurons. For linalool to be used clinically in humans, the mechanism of linalool's anxiolytic effects need to be established. Findings from a new study provide a "foundation towards clinical application of linalool odor for anxiety disorders," the investigators write.

"We confirmed the anxiolytic effects of linalool odor in normal mice," the authors write. The effects were "triggered by olfactory input evoked by linalool odor. Absorption to blood flow is not necessary," study investigator Hideki Kashiwadani, PhD, from Kagoshima University, Japan, told *Medscape Medical News*.

Notably, there was no anxiolytic effect in anosmic mice, whose olfactory neurons had been destroyed. This confirmed that the calming effect seen in normal mice was triggered by olfactory signals generated by smelling the lavender compound.

Soothing Scents

The researchers say it is notable that the animals' movements did not become impaired after the animals smelled linalool. By contrast, benzodiazepines and linalool injections had effects on movement that were similar to those caused by alcohol.

Kashiwadani noted that the site of action of linalool had not been addressed in prior studies. It has been assumed that absorption into the bloodstream via the airway leads to direct effects on gamma-aminobutyric acid A (GABAA) receptors, which are also the target of benzodiazepines.

Kashiwadani and colleagues found that in normal mice that had been pretreated with flumazenil, there

was no anxiolytic effect from smelling linalool. Flumazenil blocks benzodiazepine-responsive GABAA receptors. "When combined, these results suggest that linalool does not act directly on GABAA receptors like benzodiazepines do but must activate them via olfactory neurons in the nose in order to produce its relaxing effects," Kashiwadani said in a news release.

The researchers note that the anxiolytic effects induced by the odor of linalool "may be applicable for preoperative patients because pretreatment with anxiolytics can alleviate preoperative stress and thus contribute to place patients under general anesthesia more smoothly. In addition, for patients who may have difficulties with oral or suppository administration of anxiolytics, such as infants, utilizing linalool odor to help reduce anxiety may be a convenient and promising alternative," they add.

Kashiwadani believes that linalool may have effects in humans that are similar to the effects seen in mice "because the olfactory system of humans has basically quite similar structure with that of mice," he told *Medscape Medical News*. He added, "in the near future, I'll undertake the human study."

Tai Chi Has Similar or Greater Benefits Than Aerobic Exercise for Fibromyalgia

Wang C, Schmid CH, Fielding RA, et al. Effect of tai chi versus aerobic exercise for fibromyalgia: comparative effectiveness randomized controlled trial.

BMJ. 2018;360:k851.

www.ncbi.nlm.nih.gov/pubmed/29563100

Tai chi results in similar or greater improvement in fibromyalgia symptoms when compared to aerobic exercise, according to a new study from Tufts University and Brown University. Aerobic exercise, a core part of standard fibromyalgia treatment, is the most commonly prescribed nondrug treatment for the disorder, which can involve widespread pain, tenderness, fatigue, and other symptoms. Findings from the new study, however, suggest that tai chi is another therapeutic option. The study, partially funded by the National Center for Complementary and Integrative Health (NCCIH), was published in

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the *BMJ*.

Tai chi is a traditional Chinese mind and body practice that combines meditation with deep breathing, relaxation, and gentle movements. Past research found that tai chi lessened pain and improved physical and mental health in patients with fibromyalgia. However, larger and more rigorous studies were needed to confirm the benefits. The new study's purpose was to help fill that knowledge gap by comparing the effectiveness of tai chi with that of aerobic exercise and determining whether tai chi's effects were related to its frequency and duration.

The study involved 226 adults with fibromyalgia who had not participated in tai chi or similar practices in the 6 months prior to the study. Their average age was 52 years, 92 percent were women, and 61 percent were white. The average duration of body pain was 9 years.

Participants were randomly assigned to either supervised exercise, twice weekly for 24 weeks, or to one of four tai chi groups (once or twice weekly, for 12 or 24 weeks). Tai chi sessions, lasting 60 minutes each, were in the classic Yang style and taught by one of three tai chi instructors. Aerobic exercise sessions involved group format cardiovascular exercise that met current recommended guidelines of moderate intensity exercise for fibromyalgia.

The researchers assessed changes in total scores on the revised fibromyalgia impact questionnaire (FIQR), which measures overall severity of fibromyalgia including intensity of pain, physical function, fatigue, morning tiredness, depression, anxiety, job difficulty, and overall well-being. At 24 weeks, FIQR scores had improved in all five treatment groups, but the combined tai chi groups improved significantly more than the aerobic exercise group. Tai chi resulted in greater benefit than aerobic exercise when each was practiced twice weekly for 24 weeks. Greater improvement was seen with 24 weeks than 12 weeks of tai chi, but twice-weekly tai chi wasn't more helpful than weekly tai chi. Participants in the tai chi groups attended sessions more often than those in the aerobic exercise group. Tai chi's effects were

consistent across all three instructors, and there were no reports of serious adverse events related to either intervention. Limitations of the study included participants' awareness of their treatment assignments and the attendance differences between groups.

The researchers noted that extensive evidence has suggested that aerobic exercise is effective in treating fibromyalgia. Some patients with fibromyalgia, however, struggle with exercise programs. This study showed that tai chi appears to be as effective or better for managing fibromyalgia, that a longer duration of tai chi results in greater benefits, and that patients are more likely to attend tai chi classes than aerobic exercise sessions. The researchers therefore concluded that tai chi may be a therapeutic option in the multidisciplinary management of fibromyalgia.



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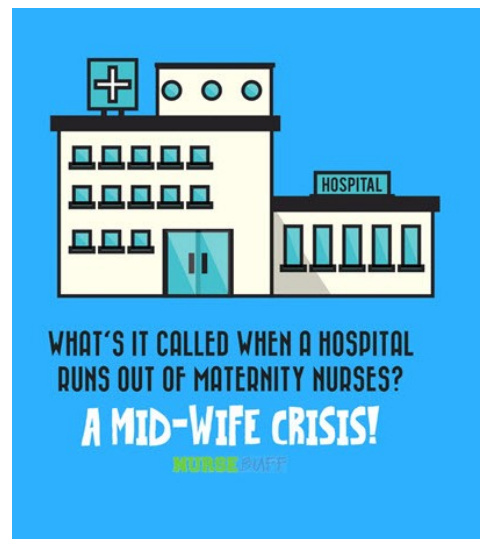
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