



# Mind Body Spirit - The Whole News

RNASO-CTNIG Newsletter

Volume 22, Issue 1 Spring 2022

**Inside this issue:**

A Few Words from the President	2
Remembering Thich Nhat Hanh	3
Who to Contact	3
Self Care Tips	4
Newsletter Survey	5
Books	5
RNASO-CTNIG Award of Excellence	6
What's Happening	8
Websites	8
Meditation for Best Self	9
YouTube	9
Educational Opportunities	10
We Need You!	11
Recipes	12
Research	14
RNASO-CTNIG Spotlight Series	16
Inspiration Corner	18
Student Corner	18
On The Lighter Side	19



Healing takes courage, and we must dare to be brave enough to allow ourselves the space to heal.

*Brené Brown*

## A Few Words from the President



**Katrina  
Graham  
CTNIG  
President**

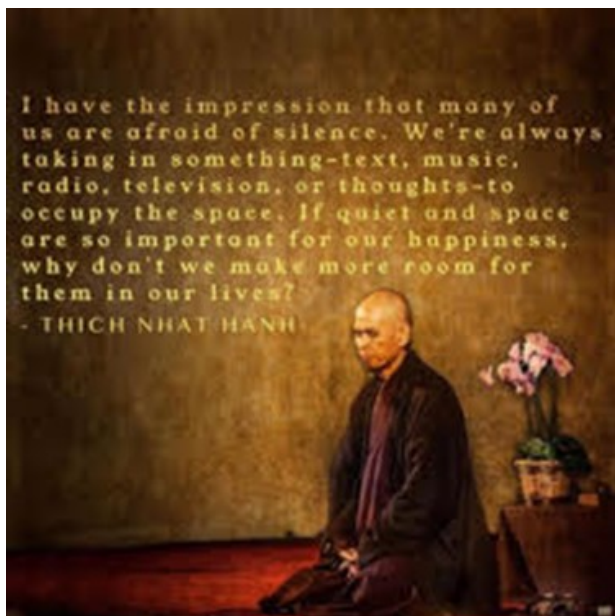
As I reflect over the winter season I am so grateful for all of the experiences and adventures had by so many. We celebrated birthdays, told and listened to stories, enjoyed the outdoors, met with old and new friends and met babies that were born over the winter time. We rejoiced in each other's company and it felt good to be reconnected to many that we had previously refrained from seeing due to the pandemic. The winter was also a time for inner reflection, introspection and rejuvenation, to reflect on what we had accomplished and to make space for the new year planning. Overall, I am proud of us all and continue to look toward a bright and happy new year for us as individuals, the CTNIG and in our profession as Nurses. As we welcome the spring season, I am reminded by our teachings from Mother Earth that we are again starting anew and many of our medicines and animal relatives are emerging and re-emerging into the world. We too can start anew; be patient with yourself as you re-emerge into the world and blossom into the beautiful person you are. We are constantly learning, growing and changing as individuals and it can be tricky sometimes to understand ourselves during those transition periods. It's important to remember to be kind to yourself and take time for yourself as we care for so many others and often forget about ourselves. I look forward my new role as the CTNIG President and the year ahead. I am deeply honoured to be a part of such a supportive, collaborative, dynamic Interest Group who is committed to our mission and vision and actively works to promote the use of CT's within our profession. This year marks the 20<sup>th</sup> Anniversary for the RNAO-CTNIG and we plan to celebrate our 20<sup>th</sup> year with our CTNIG members in the fall season...stay tuned for more details on that!! Enjoy this time of starting anew, and be gentle on your mind, body and spirit as you grow!



# Remembering Thich Nhat Hanh

October 11, 1926 – January 22, 2022

*"Our own life has to be our message."* - Thich Nhat Hanh



Thich Nhat Hanh, a Vietnamese Buddhist monk who was one of the world's most influential Zen masters, spreading messages of mindfulness, compassion and nonviolence, died at his home in the Tu Hieu Temple in Hue, Vietnam. He was 95.

Ordained as a monk aged 16 in Vietnam, Thich Nhat Hanh envisioned a kind of engaged Buddhism that could respond directly to the needs of society.

He was a prominent teacher and social activist in his home country before finding himself exiled for calling for peace.

In the West he played a key role in introducing mindfulness and created mindful communities (sanghas) around the world. His teachings have impacted politicians, business leaders, activists, teachers and countless others.

First 8 exercises of mindful breathing [https://www.youtube.com/watch?v=O\\_iDalAPrGo](https://www.youtube.com/watch?v=O_iDalAPrGo)

Explaining the idea of no birth and no death in Buddhism

[https://www.youtube.com/watch?v=G1U5sxU5MY8&list=PLaX\\_vxbhs8fgguj4I95LuEDy\\_xYwlrF\\_d&index=4](https://www.youtube.com/watch?v=G1U5sxU5MY8&list=PLaX_vxbhs8fgguj4I95LuEDy_xYwlrF_d&index=4)

## Who to Contact

### EXECUTIVE

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kwats56@hotmail.com

**London/Middlesex Area:**

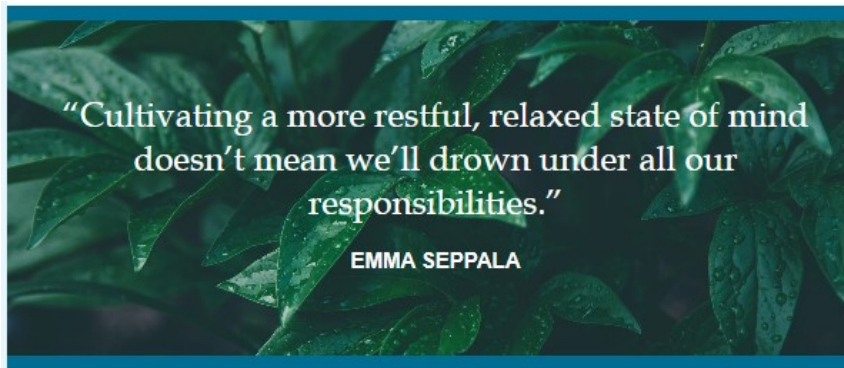
**Students:**



## Self Care Tips

*Four Ways to Calm Your Mind in Stressful Times* by Emma Seppala on Mindful.org

Life throws chaos at us on a regular basis—whether it's our finances, our relationships, or our health. In response, we just keep on pushing through, surviving on adrenaline. We overschedule ourselves; we drink another coffee; we respond to one more email. If we stay amped up all the time, we think, we'll eventually be able to get things done. But all that does is burn us out, drain our productivity, and lead to exhaustion.



There's another way—a calmer way. Cultivating a more restful, relaxed state of mind doesn't mean we'll drown under all our responsibilities. Instead, research suggests it will bring us greater attention, energy, and creativity to tackle them. We know how to become stressed. Most of us are really good at activating our adrenal system and getting wound up. The question becomes, then, how do you wind down? Here are four ways to calm your mind in stressful times.

### 1. Practice Breathing Exercises.

Our breathing is a powerful way for us to regulate our emotions, and it is something we take for granted. Through your breath, you can activate your parasympathetic nervous system—the calming response in your body.

One of the most calming breathing exercises you can do is to breathe in (e.g., to a count of four), hold, and then breathe out for up to twice as long (e.g., to a count of six or eight). You can gently constrict your throat, making a sound like the ocean, which is used in deep relaxation breathing.

### 2. Adopt an Attitude of Self-compassion

Often we are our worst critic. We think that being self-critical will help us be more self-aware and make us work harder, but that's a myth.

Self-compassion is the ability to be mindful of your emotions—aware of the emotions that are going on inside whenever you fail at something. It doesn't mean you identify with them; you can just observe and notice them, without feeding the fire. Self-compassion also involves understanding that everyone makes mistakes and that it's part of being human. And it is the ability to speak to yourself the way you would speak to a friend who just failed, warmly and kindly.

### 3. Foster Genuine Connection

Our greatest human need, after food and shelter, is to connect with other people in a positive way. From the moment we're born until our last day, we have a deep and profound longing to belong to one another. And when we fulfill that need, it brings us more calm.

### 4. Practice Having Compassion for Others

Cultivating calm isn't about avoiding every kind of stressful emotion. In fact, when we make time to breathe, connect, and care, some of the negative feelings we've been running from might catch up with us. But that's the time for self-compassion; it's okay to feel bad. Resilience doesn't mean that we'll be happy all the time, but it does mean we have the energy, the mindset, and the support from others to help us weather the storm.

You can read the full article [here](#).

## Newsletter Survey

Dear CTNIG members,

Currently the editorial team and executive have provided much of the content and determined the length and format of our newsletter **Mind Body Spirit -The Whole News**. Although this has evolved organically, we would like to know if we should proceed as it stands or make some changes.

The CTNIG Editorial team is requesting some feedback from you to determine if our newsletter **Mind Body Spirit -The Whole News** needs some revamping for content, length and format.

Of course, the richness and flavour of our newsletter would be enhanced by having more of our members contribute to the content rather than just editorial team and the executive.

Please take a few moments to fill in our questionnaire to guide us in making any changes or keeping it as is.

Warmest regards,

RNAO-CTNIG Editorial Team: Sandra Milley Executive Editor and Darka Neill Consulting Editor

**Link to the Survey:** <https://www.surveymonkey.com/r/ZMVK3SN>

## Books

Dossey & Keegan's *Holistic Nursing: A Handbook for Practice*, Eighth Edition covers basic and advanced concepts of holism, demonstrating how holistic nursing spans all specialties and levels. This text is distinguished by its emphasis on theory, research, and evidence-based practice essential to holistic nursing.

Students and professionals alike need a comprehensive, up-to-date text to guide them in learning holistic nursing concepts and how to integrate those concepts into clinical practice and their daily lives. This approach prepares students and professionals to incorporate a holistic philosophy in both their work and personal lives to better communicate with patients and provide whole-person patient care.



- Sections are aligned with the American Holistic Nurses Association (AHNA) Core Values to guide the reader through foundations of holistic nursing. It includes updates related to the 3rd edition of AHNA/ANA Holistic Nursing Scope and Standards (2019)
- Expanded content on self-reflection and self-care
- Revised chapter on Professional Development Across the Lifespan expands on the integration of holism into education and practice
- Advanced Practice Nursing section includes additional topics such as leadership and approaches for chronic health challenges to encourage continued holistic practice by advanced practice nurses
- Case studies incorporated throughout chapters help readers make the connections to put holistic theories and concepts into practice
- Navigate Advantage Access



**RNAO-  
CTNIG**

*“Award  
of  
Excellence”*

**Call for entries:**  
April 2022

**Deadline:**  
August 15, 2022

**Entry fee:**  
No entry fee

**Notification:**  
September 1, 2022

**Presentation:**  
September 2022  
Date & location TBA

## RNAO-CTNIG *“Award of Excellence”*

Complementary Therapies Nurses' Interest Group  
CTNIG 20-year Anniversary Year & Fall AGM Meeting  
Date & Location to be Announced

### PURPOSE

In 2012, Kim M Watson, the President of the CTNIG at that time, established the CTNIG Award just as we were to celebrate our 10<sup>th</sup> year Anniversary. The award was created to recognize the work nurses do to embrace, introduce 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 10<sup>th</sup> year Anniversary. The first award was presented on November 10, 2012.

This award will be presented approximately every 2-3 years to honour and recognize the efforts and work of a Registered Nurse/RN in Ontario who continues to work towards the recognition, introduction and integration of the use of complementary therapies.

### ELIGIBILITY

- Current CTNIG RN member working towards the recognition, introduction, or integration of complementary therapies within healthcare.
- Current member of the CTNIG - minimum 1 full year of membership.
- Current member of the CTNIG's executive are not eligible.
- Current CTNIG liaisons or committee members are eligible for nomination.
- CTNIG members may be nominated by anyone, you do not need to be a CTNIG member to nominate a worthy member.

### SUBMISSION REQUIREMENTS

- Complete and send the "Nomination Form" by deadline.
- Send the nomination form one of 2 ways: via email or mail it to the address listed below on the form.
- Supporting narrative that addresses criteria (no page limit) are to include how the nominee is working to support, recognize, introduce or integrate complementary therapies in healthcare today.
- Additional letters of support (optional)

### CONTACT INFORMATION

For further information or questions about this award or the nomination process please contact:  
Darka Neill at 416-239-9083 or email at: [darka\\_neill@dalesfordrd.com](mailto:darka_neill@dalesfordrd.com)

~ 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 RN "Award of Excellence" Nomination Form

Nominee's Name		
Nursing Credentials	RN	
Nursing Position		
Address		
Phone	Home:	Cell:
Email		
List types of CT practiced/credentials (may provide on separate page)		
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 RN nominee (send via email – jpg file).
- 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.*
- Remember to identify the qualifications the nominee has related to complementary therapies and/or holistic nursing,

#### Suggestions of what you can consider for your supporting letter:

- 1) 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.
- 2) 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 future potential to continue as a contributor to the CTNIG vision and mission and the world of holistic nursing.
- 3) Please identify how the nominee demonstrates actualization of two or more of the CTNIG goals in various activities (these can be found on our written materials or on the website).
- 4) Please list how the nominee currently acts as a definitive voice for complementary therapies' use within their personal and/or professional arena.

Submit these materials by submission date to:

#### CANADA POST:

RNAO-CTNIG, Attn: Awards Committee, c/o 245 Dalesford Road - #624, Toronto, ON, M8Y 4H7

EMAIL: [darka\\_neill@dalesfordrd.com](mailto:darka_neill@dalesfordrd.com) (scan & send, include their picture via email – (preferably a head shot).

Questions? Contact Darka Neill at (416) 239-9083 (landline) or [darka\\_neill@dalesfordrd.com](mailto:darka_neill@dalesfordrd.com)



## What's Happening

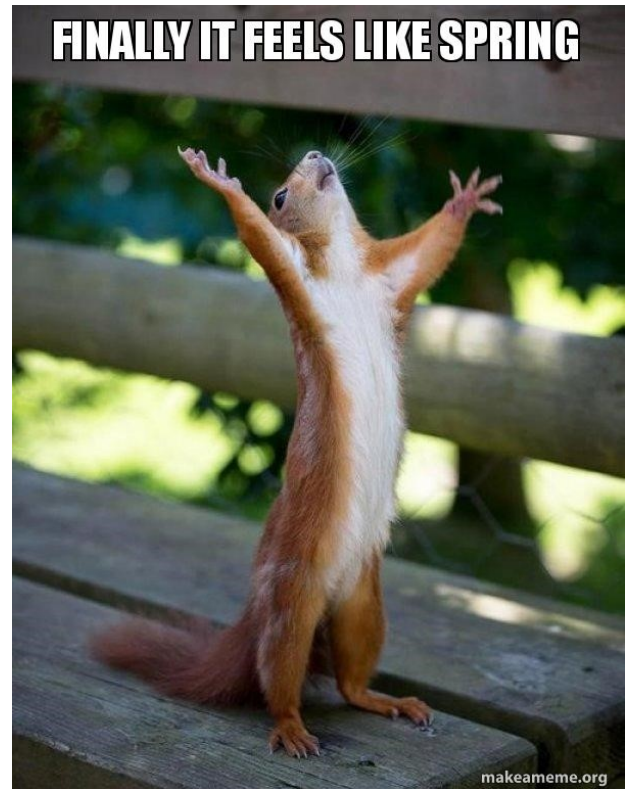
Kim Watson (CTNIG past-president) presented: The Cost of Caring: The Consequences of the Work We Do As Nurses. One Nurse's Story, for the RNAO Windsor-Essex Chapter on March 24, 2022

Objectives of presentation:

- Define the meaning of trauma in relation to you as a nurse.
- Describe what is compassion fatigue (CF) & burnout.
- Identify the differences between the types of trauma.
- Discuss what is PTSD – Posttraumatic Stress Disorder. List common signs &/or symptoms of PTSD.
- Identify 1 thing you can do for yourself to deal with the cost of caring.

The presentation is uploaded to YouTube under Windsor-Essex RNAO for your convenience.

Here is the link if you would like to view the presentation <https://youtu.be/o7rn3uVTID4>

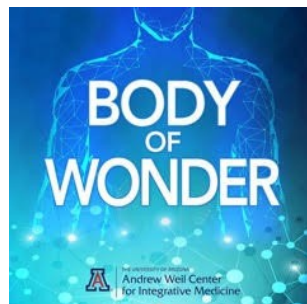


## Websites



<https://www.greenqueen.com.hk/novel-coronavirus-aromatherapy-guide-essential-oils-dos-donts/>

Emma Ross, Clinical Aromatherapist Originally from the UK and based in Hong Kong since 2007, Emma Ross is a certified clinical aromatherapist and professional massage therapist.



<https://azcim.org/podcast>

Body of Wonder podcast is hosted by Dr. Victoria Maizes and Dr. Weil, and produced by the Andrew Weil Center for Integrative Medicine at the University of Arizona. They dive into ideas that are changing medicine, hear compelling stories, and explore age-old wisdom backed by modern science. The latest research is discussed and how it has a powerful effect in our lives.



## Meditation for Best Self

15 minutes	<a href="https://www.youtube.com/watch?v=nlb2LbqHtY4">https://www.youtube.com/watch?v=nlb2LbqHtY4</a>
10 minutes - Best Self/Resilience	<a href="https://www.youtube.com/watch?v=ktmN-vRiClQ">https://www.youtube.com/watch?v=ktmN-vRiClQ</a>
10 minutes - Best Self	<a href="https://www.youtube.com/watch?v=0bkvBf_IM00">https://www.youtube.com/watch?v=0bkvBf_IM00</a>
12 minutes - Self Love Self- Worth	<a href="https://www.youtube.com/watch?v=zzNmOEJUg-s">https://www.youtube.com/watch?v=zzNmOEJUg-s</a>
2 minutes - Mindfulness Brightful	<a href="https://www.brightful.me/games/guided-meditation/">https://www.brightful.me/games/guided-meditation/</a>



### You Tube

Exploring Guided Imagery with Belleruth Naparstek

Dr. Andrew Weil and Dr. Victoria Maizes discuss the benefits of guided imagery and how this inexpensive treatment also empowers patients to take an active role in their own healing process.

This podcast Includes a sample of guided imagery of an energy cushion of protection and support surrounding you. <https://www.youtube.com/watch?v=954fqTngol4>

In this episode, you learn about a gentle and inexpensive mind-body technique called guided imagery that is being used in healthcare to improve patient outcomes. Guided imagery is an easy to use multi-sensory relaxation-based practice that utilizes guided affirmations and soothing music to evoke images in the mind that are experienced by the body. The guest Belleruth Naparstek, is a guided imagery pioneer. She is a social worker and the author of *Invisible Heroes: Survivors of Trauma and How They Heal*. An early advocate for mind-body treatments in clinical care, she draws from years of helping individuals manage trauma, mental illness, and physical pain.

If you want to hear the entire guided imagery for stress reduction by Belleruth herself go to:

[https://www.youtube.com/watch?v=ijyd4MOI\\_R8](https://www.youtube.com/watch?v=ijyd4MOI_R8)

## Educational Opportunities

### Healing Touch Association of Canada (HTAC) Conference

*Pathway to the Heart*



*London, Ontario 2022  
HTAC Conference*

HTAC Members & Non-Members are welcome!

*Healing Touch Association of Canada*

The Healing Touch Association of Canada is a nonprofit, national organization that focuses on connecting Healing Touch members and on promoting Healing Touch in Canada.

In addition to offering a unifying vision for all our members, the Healing Touch Association of Canada envisions collaboration with other safe, structured complementary therapies to improve public health services and well-being of the population.

Healing Touch is a complementary therapy that promotes relaxation and well-being while supporting a person's natural ability to heal. Originally founded by nurses but practiced today by thousands of people from all stripes around the world, Healing Touch integrates traditional healing systems with structured guidelines for practice that complement conventional health care.

Healing Touch offers comprehensive training, certification, real benefits for clients, and a forward-looking vision for interdisciplinary collaboration.

Kim Watson (CTNIG past-president) and Katrina Graham (CTNIG president) will be presenting at the Healing Touch Association of Canada (HTAC) Conference.

Their presentation is: Healing Transformation. Lifelong Journey to the Heart of the Matter.

Given the dynamic time we have all experienced in these last two plus years, many of us feel confused, ill-at-ease, and sometimes blocked. Circumstances and exhaustion (physically, mentally, emotionally, & spiritually) may be preventing us from being the healer we need for ourselves. This is undeniably a time of transformation, especially for those of us who are healers. Healers will be experiencing transformation more consciously; learning to stand in two worlds – a human being and a spiritual being. In order to heal others, we need to keep our own vessel filled.

If you have felt the effects of this transformative time, and some days feel in need of a healing, especially from the depths of your heart, then perhaps this presentation is calling out to you. Does it feel like in this busy world of new parameters, precautions, and concerns that you come last, at least on your list? Then come and join Kim and Katrina as we reflect on 'your path' and how your own healing is being accomplished. It is not an accident of the symbolism presented today at this conference and would like to explore this further with you. We want to provide you with a space for restorative healing. We will incorporate the power of the heart and the turtle in your transformation, and share new or old ways to support yourself on your path. We will introduce various ideas, approaches and techniques to keep you centered and grounded. Enjoy just being present as you journey to the heart of the matter.

### POSTPONED

**Unfortunately, the board of directors of HTAC has made the difficult decision to postpone the conference for another year due to the ongoing repercussions of the pandemic.**

**The conference has been rescheduled for May 26-28, 2023.**

More details and new registration will be posted once available. Please check back for more details.

<https://healingtouchassociation.ca/>

## We Need You!



**We currently have several positions on the CTNIG Board open and waiting to be filled by our RN members.**

If you are interested in becoming more involved and supportive of the CTNIG, please consider putting your name forward for any of the following positions:

Membership  
Communications  
Research

No previous experience is necessary as you will be mentored by the members of the current executive, but willingness to serve and learn is required.

To indicate your interest and for more information contact:  
Katrina Graham [katrina\\_112@hotmail.com](mailto:katrina_112@hotmail.com) or call 519-505-2381  
Darka Neill [darka\\_neill@dalesfordrd.com](mailto:darka_neill@dalesfordrd.com)





## Recipes

### Classic (raisins optional) butter tart recipe - by Emma Waterman from Cottage Life

The butter tart is not just any dessert. Within its fragile pastry shell, it holds a country's memories of long weekends, country bakeries, recipes handed down through generations, and an eternal debate over raisins. Here's the butter tart recipe from the food writer and author of many cookbooks, Lucy Waverman. It's as classic as it gets.

Prep Time 15 mins

Cook Time 30 mins

Chilling and cooling time 2 hrs 30 mins

#### *Perfect Flaky Pastry*

3 cups all-purpose flour  
1 tsp salt  
 $\frac{3}{4}$  cup butter, diced  
 $\frac{1}{4}$  cup shortening, diced  
 $\frac{1}{2}$  cup very cold water  
1 tbsp vinegar or lemon juice

#### *Butter Tart Filling*

$\frac{1}{2}$  cup butter, at room temperature  
1 cup brown sugar  
 $\frac{1}{2}$  tsp salt  
1 tbsp vanilla  
2 eggs, beaten  
1 cup corn syrup  
 $\frac{1}{2}$  cup raisins (optional, obviously)

#### **Ingredients**

#### **Instructions**

##### *Perfect Flaky Pastry*

In a large bowl, sift together flour and salt. Cut in butter and shortening until mixture resembles coarse bread crumbs.

Combine water and vinegar in another bowl. Sprinkle liquid over flour mixture. With your fingers, work in liquid and gather dough into a ball and divide into two equal pieces. Wrap in plastic, and let chill in fridge for 30 minutes.

Lightly flour work surface and roll out dough to  $\frac{1}{4}$ -inch thick. Use 4-inch rounds to cut, re-rolling bits to use all dough.

##### *Butter Tart Filling*

Cream together butter, brown sugar, and salt with a whisk or a wooden spoon. Stir in vinegar, vanilla, eggs, and corn syrup just until combined. Don't over mix. Let chill in fridge for 30 minutes.

Preheat oven to 350°F. Fit pastry rounds into tart tins or muffin cups. It's okay to have a slight overhang, or fold back in a little bit of pastry.

Place 1 tsp raisins (if using) in each shell.

Stir filling mixture. Spoon filling into shells until about three-quarters full.

Bake tarts for 25–30 minutes or until filling is set. Cool slightly in pan on a rack. Remove while still warm. Tarts will take about 2 hours to firm up.

Loosen tarts with a small, sharp knife and ease carefully out of pan. Eat any broken ones.



(Continued on page 13)

(Continued from page 12)

## Notes

### Tips for butter tart success

#### *Pastry tips:*

You can make the pastry by hand or in a food processor.

As with all pastry, keep everything cold—the bowls, utensils, and your hands (if they get hot, run them under some cold water and dry them quickly).

To keep the pastry from sticking, roll it out on a silicone mat.

Use a 4-inch pastry cutter. Food writer Elizabeth Baird favours a 28 oz tomato can.

The pastry should be rolled to approximately ¼-inch thick. Anything too thin will crack under the pressure of the filling.

The mix of butter and shortening gives the pastry flavour and texture, but you can use all butter if you like.

#### *Filling tips:*

Make sure you don't over mix and create a frothy filling; the bubbles will create uneven texture.

If you want a runny centre, the filling needs some white vinegar or lemon juice, but no more than a table-spoon. You can also try apple cider vinegar.

Corn syrup gives a sweet taste and firmer texture, but feel free to try different ratios of corn syrup and maple syrup. Adding in maple syrup will give a more distinctive maple taste and make the filling a bit runnier.

Soak the raisins (if using) in hot water or even whisky or bourbon to plump them up.

Don't worry about the filling looking goopy around the edges of the tart. (Some people love when the filling caramelizes on the pastry.)

Bake tarts in a silicone baking tray that has a wired rim. Even the tarts that ooze over the top during baking will come out every time.

Use a thin paring knife to remove tarts from the tin while they are still warm, no more than 30 minutes after they come out of the oven. If you wait too long, the tarts won't come out of the tin without breaking.



## Research

### 1. Effects of Aromatherapy on Pain and Anxiety Scores in Adult Patients Admitted to a Community Hospital on the Medical Unit or Telemetry Unit : A Pilot Study

Lindgren, Vicki MSN, RN, CNS, CCRN, CCNS; McNicholl, Laura MS, RN-BC, CNS-BC; Friesen, Mary Ann PhD, RN, CPHQ; Barnett, Scott PhD; Collins, Frances MSN, RN, CCRN-K. Holistic Nursing Practice: [November/December 2019 - Volume 33 - Issue 6 - p 346-353](#) doi: 10.1097/HNP.0000000000000352

#### Abstract

The purpose of the study was to determine the impact of aromatherapy intervention on pain and anxiety. The hypothesis was that the use of aromatherapy will improve pain and anxiety scores when assessed within 30 to 60 minutes of administration. The study design was a prospective comparison of aromatherapy using a pre/postdesign study. A convenience sample of patients was recruited from both a medical unit and a telemetry unit with patients aged 18+ years from a 182-bed acute care Magnet community hospital. Pain and anxiety levels were assessed prior to administration of a medication, within 60 minutes of receiving pain medication, and within 60 minutes of receiving aromatherapy. Ninety-six percent of the participants would use aromatherapy if offered again, would use it in the future, and would recommend its use to family and friends. Both pain and anxiety improved after the aromatherapy with a  $P$  value of  $<.0001$ . This pilot study demonstrated that aromatherapy is safe and effective at reducing pain and anxiety and should be considered as a valuable adjunct to symptom management.



### 2. Appropriate use of essential oils and their components in the management of upper respiratory tract symptoms in patients with COVID-19

Valussi, M., Antonelli, M., Donelli, D., Firenzuoli, F. Journal of Herbal Medicine Vol 28, August 2021, 100451

#### Abstract

Introduction:

The involvement of the upper respiratory tract is common in COVID-19, and the majority of patients

are treated at home with a mild-to-moderate form of the disease. Many approaches based on essential oils have been proposed for the symptomatic treatment of COVID-19. This work aims to outline the potential and safe evidence-based uses of essential oils and their major

components for the clinical management of mild respiratory symptoms caused by uncomplicated coronavirus infections, including SARS-CoV-2 due to their wide use, a focus on the constituents eucalyptol and menthol has been provided.

Methods:

An overview of the scientific literature with a critical discussion of retrieved evidence and clinical recommendations.

Results:

In general, eucalyptol and essential oils or blends whose content is rich in it, may be used as an integrative remedy for the symptomatic improvement of patients with mild and

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uncomplicated infections caused by coronaviruses. Menthol is not recommended in patients with COVID-19, due to a potential reduction of the self-perception of dyspnea, which can lead infected patients to underestimate the actual disease severity and to delay medical attention.

For full text: <https://reader.elsevier.com/reader/sd/pii/S2210803321000312?token=DECB6BA02334127E80808E3C3062B49D6024CC46269D725F5718EF97154B3A9ACB2F921AD7C74672E214FC984EADFAA4&originRegion=us-east-1&originCreation=202201230049522>

### 3. The Attitude of Medical Students Toward Complementary Medicine: Results of a Cross-Sectional

Rotter, MD, MSc. ,iLea Jerzynski, Maximilian Hinse, Dipl.-Psych, Sylvia Binting, and Benno Brinkhaus, MD.

THE JOURNAL OF ALTERNATIVE AND COMPLEMENTARY MEDICINE. Volume 27, Number 12, 2021, pp. 1124–1130

#### Abstract

Introduction:

Complementary medicine (CM) is often used by patients and offered by physicians. The attitude of medical students toward CM in Germany has been given little research attention. The aim was to assess the attitude of medical students toward CM in general and their opinion about the importance of CM university research and teaching.

Methods:

An exploratory cross-sectional study among medical students at the Charité—Universitätsmedizin Berlin was performed at the beginning of the summer term 2019 using an online survey. The attitude toward CM was assessed by the Complementary and Alternative Medicine Health Belief Questionnaire (CHBQ, range 10–70, neutral at 40; a higher score indicates a more positive attitude toward CM). Furthermore, students rated their own CM use and the perceived importance of CM university research and teaching (range 1–7; a higher score indicates

more agreement). The study was approved by the Charité Ethics Committee (institutional review board).

Results:

Out of 1256 contacted students, 349 (27.8%) students (mean age  $23.7 \pm 4.3$  years, 69.0% female) participated. The attitude toward CM based on the CHBQ was rather neutral (mean  $44.2 \pm 10.7$ ) and more positive among females than males (mean  $46.1 \pm 10.7$  vs.  $40.6 \pm 9.5$ ,  $p < 0.001$ ). Medical students favored CM university research (mean  $5.4 \pm 1.5$ ) and mostly did not agree that CM is currently taught sufficiently at the university (mean  $3.4 \pm 1.7$ ). The lifetime prevalence of student's own CM use was 48.4% of respondents (79.1% females).

Conclusion:

Although medical students, in this sample with a high percentage of females, reported a rather neutral attitude toward CM, the authors' findings indicate that medical students promoted research and teaching in CM. Further multicenter cross-sectional studies in German and European medical universities should be undertaken to explore students' attitudes and wishes regarding the integration of CM in university teaching, research, and patient care.

For full text: <https://www.liebertpub.com/doi/epdf/10.1089/acm.2021.0181>





## RNAO-CTNIG Spotlight Series

### Your Story



RNAO-CTNIG is celebrating it's 20th anniversary this year and we would like to celebrate our membership as well by putting a spotlight on our members throughout this year.

We invite our RN and student nurse members to send along your stories (approximately 500-700 words) of how you became interested in Complementary Therapies (CT), either as a recipient, advocate, or practitioner.

Of interest...

- how did you become interested in CT?
- short description of the modality you use/ practice/advocate
- how do CT impact your personal or professional life (how have they benefitted you)?
- where do you practice CT (workplace, private practice, volunteer, family)?
- how did you introduce CT into your practice/ workplace?
- what qualifications/education do you need to become a practitioner of the specific modality?
- where can you access education for the specific modality?

Your stories will be featured in our Spotlight Series, newsletter and shared with our members.

Not only will we get to know our members but these stories will provide relevant information about specific CT to those who might be considering using them

- personally for self-care
- advocating for CT in nursing/healthcare
- incorporating CT into nursing practice

These stories may be especially useful to our student nurses and RNs who are new to CT to gain a better understanding of the wide range of CT and their uses.

#### CT of interest:

Acupressure/acupuncture	Herbology	Shamanic Healing
Aromatherapy	Hypnosis	Sound Therapy
Art Therapy	Imagery/Visualization	Therapeutic Touch
Ayurvedic Medicine	Light/Colour Therapy	Traditional Chinese Medicine
Chakra Balancing	Mindfulness/Meditation practices	Yoga
Emotional Freedom Technique	Music Therapy	and more.....
Flower Remedies	Reiki	
Healing Touch	Relaxation/Breathing Exercises	

We would really like to hear from you to make this year a memorable one!

Please contact Darka Neill for more information or with your submission.

Darka Neill RN (Non-Practising), BScN, RP, Reiki II  
 RNAO-CTNIG Consulting Editor  
 darka\_neill@dalesfordrd.com



## RNAO-CTNIG Spotlight Series

### Healing Touch



Greetings fellow nurses!

I first heard about “Alternative Therapies” during my part time studies in Health Science while raising my children. I was curious, but too busy to investigate. During my nursing studies, I came across “complementary therapies” and I was intrigued to learn more.

Upon my graduation in 2009 I started working in a Toronto Emergency Department (ED), and while busy studying everything ED, I began to research different modalities. Something kept bringing me back to the Healing Touch (HT).

“Healing Touch is a relaxing, nurturing, heart-centered energy therapy that uses gentle, intentional touch that assists in balancing physical, emotional, mental, and spiritual well-being. Classified by the National Institutes of Health as a biofield therapy and nursing intervention, Healing Touch may be used to address the North American Nursing Diagnosis Association (NANDA-I) diagnosis of “Imbalanced Energy Field.” Healing Touch is a collection of standardized, noninvasive techniques that clear, energize, and balance the human and environmental energy fields. Healing Touch assists in creating a coherent and balanced energy field, supporting one’s inherent ability to heal. It is safe for all ages and works in harmony with, is complementary to, and may be integrated with standard medical care.

Participants learn about the research basis that suggests Healing Touch is beneficial in calming anxiety and reducing symptoms of depression, decreasing pain, strengthening the immune system, enhancing recovery from surgery, complementing care for neck and spine problems, deepening spiritual connection, supporting cancer care, creating a sense of well-being, easing acute and

chronic conditions, and supporting resiliency in health care providers.” (HBB)

After a year, I finally decided to take the level one HT Course in Peterborough over a weekend, and my life changed forever. I could not believe the superpowers I found emanating from my hands. I had to learn how to manage this incredible new ability. I kept practicing and studying until I became fully certified in 2019.”

Using HT, I have been helping people heal from pains, injuries and mental/emotional problems. I have also been advocating HT for nursing and studied Masters in Nursing to learn how to better understand HT through scientific research. Healing Touch is a resource for me, for my loved ones, for Nursing and for humanity.

You can find courses for HT through Healing Touch Program

(HTP) and Healing Beyond Borders (HBB)

Please consider attending our Canadian National Conference which I am hosting on behalf of the Healing Touch Association of Canada in London, Ontario, May 26-28, 2023, for either in-person or online attendance.

By Farnaz Michalski, RN, CHTP





## Inspiration Corner



*“Hope is important because it can make the present moment less difficult to bear.*

*If we believe that tomorrow will be better, we can bear a hardship today.”*

*“The most precious gift we can offer anyone is our attention.*

*When mindfulness embraces those we love, they will bloom like flowers.”*

Thich Nhat Hanh



## Student Corner



Come join us on FaceBook at [www.facebook.com/CTNIG/](http://www.facebook.com/CTNIG/)

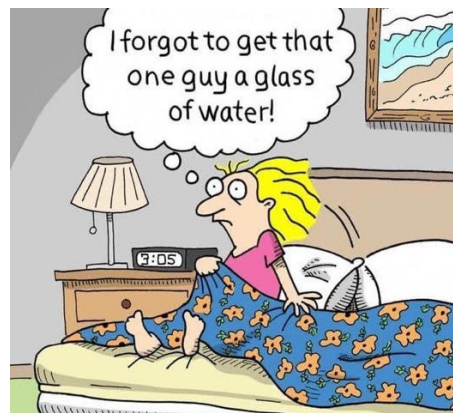


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@RNAO\_CTNIG

### On the Lighter Side



People who wonder if the glass is half empty or half full, miss the point...  
The glass is refillable

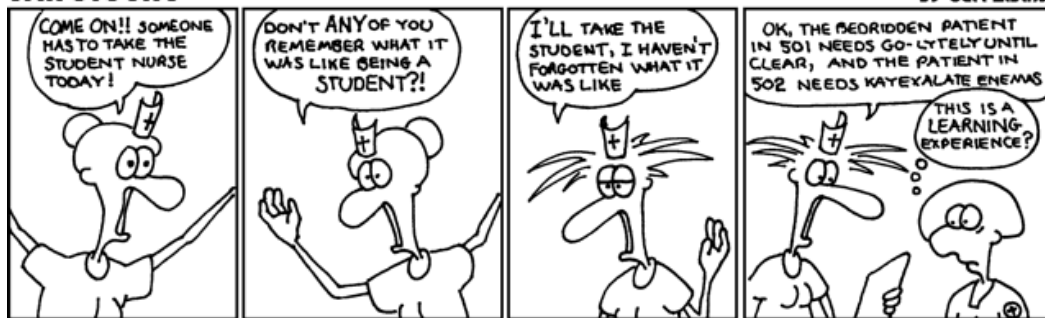


**NURSE CAME IN AND SAID DOC, THERE'S A MAN IN THE WAITING ROOM WHO THINKS HE'S INVISIBLE, WHAT SHOULD I TELL HIM? THE DOCTOR SAID TELL HIM I CAN'T SEE HIM TODAY.**

**DO YOU WANT TO SPEAK TO THE DOCTOR IN CHARGE OR THE NURSE THAT KNOWS WHAT'S GOING ON?**

### Nurstoons

by Carl Elbine



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