



Mind • Body • Spirit

The Whole News

The RNAO-CTNIG Newsletter

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Forgive yourself
you are not perfect.

Show yourself grace
you are still learning.

Show yourself patience
you are on a journey.

~ *Unknown*

RNAO-CTNIG



COMPLEMENTARY THERAPIES
NURSES' INTEREST GROUP

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A Few Words from the President



Hello everyone! I hope you all enjoyed the summer months and were able to spend time with loved ones and with creation! This year our family spent most of the summer at our trailer, soaking in the sun rays, taking walks together, sitting around the campfires and taking many garden walks in the backyard.

The CTNIG has been quiet these past few months, with many of our executive taking much needed time for themselves, taking care of family and seeking rest and relaxation in order to continue with the good work we are doing as nurses and helpers. It's important we remember, that although we are responsible for taking care of so many things; volunteer groups, our families, our communities and patients/ clients that we all must take the time to fill ourselves up. If we do not spend the time doing so we can become “out of balance”, and then experience physical, emotional, mental or spiritual illness. Do not feel guilty for taking care of yourself, ensure you prioritize yourself!

I am really feeling this quote lately as it reminds me I am just a human being, *“Darling, you’re human. You’re allowed to be weak. Just don’t unpack and live in your sadness. Feel it, and move to where there is healing.”*

– Billy Chapata

As we look towards the fall and winter months, when all goes to sleep for our earthly rejuvenation we look forward to listening to stories, spending time around the fire, looking inward, contemplating and reflecting on this past year. I wish you all healing in the coming months and remember, continue to live for you.

Katrina Graham

**Katrina wrote this prior to her resignation as president in October. We thank her for her many years of service in a variety of roles in the CTNIG and wish her all the best in future endeavors.*

WE NEED YOU...



CTNIG's vision is to have Complementary Therapies (CT) recognized, incorporated and integrated into nursing and health care in Ontario.

To support this vision and make the CTNIG a strong and viable interest group, we need our members to take on leadership roles. Currently there are a number of executive positions that need to be filled:

**Research Executive Network Officer
Communication Executive Network Officer
Membership Executive Network Officer
Education Executive Network Officer
Student Executive Network Officer**

If you are able to volunteer a couple of hours a month to make the CTNIG successful and relevant please consider being part of the executive. 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.

Candidates must be members in good standing of RNAO and CTNIG and agree to serve for a two year term.

To view descriptions of the executive roles go to
https://myrnao.ca/sites/default/files/attached_files/ENO%20Roles.pdf

For more information contact:

Darka Neill RNAO-CTNIG Consulting Editor at 416 239-9083 or
darka_neill@dalesfordrd.com

Kim Watson

receives the 2022 RNAO-CTNIG Award of Excellence



Kim is an advanced practice nurse with an extensive background in nursing, healthcare and nursing education. Her interest in Complementary Therapies (CT) began as a child (although not specifically identified in those terms at that time) with her family’s spiritual practices. She took her first Healing Touch workshop in 2002. It was then she felt she had “come home” and has been doing this work since then.

Kim's personal vision is to support and advance the introduction and integration of complementary therapies into a holistic, integrative care approach for health, wellness, and self-care. It aligns well with the CTNIG's vision to have Complementary Therapies (CT) recognized, incorporated and integrated into nursing and health care in Ontario. Her commitment, dedication, leadership and efforts to both these visions is outstanding as evidenced by her many years of service in the CTNIG as regional liaison, president and past president and facilitating the development of the RNAO-CTNIG Award of Excellence in 2012. Her many memberships and leadership roles in other CT organizations over the years include Healing Touch (HTPA, HBB), Therapeutic Touch (TTNO), Canadian Holistic Nurses Association (CHNA), Reiki Associations (ICRT, CRA), to name a few. She is firm believer in “We do not do this work alone.”

Kim's CT practice includes Healing Touch, Therapeutic Touch, Reiki, Sacred Geometry and Energy Medicine, Energetic, Transformation and Medical Intuitive. Her formidable CV attests to her generosity not only with these CT

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as part of her holistic nursing practice but also to her advocacy for and sharing of her vast knowledge of CT, holistic/integrative healthcare, and self-care. She accomplished these through numerous presentations, involvement in BPG's, articles, and events for the nursing and wider healthcare communities (RNAO, CTNIG, SNIG, Windsor/Essex Chapter, CHNA, University of Windsor, Hotel-Dieu Grace Hospital) as well as the public (health fairs, podcasts, PRIM). She was also invited as a delegate with the Holistic Nursing and Healing Traditions Delegation to South Africa and awarded the RNAO Advanced Clinical Fellowship to develop her work for the Introduction and Integration of Complementary Therapy in Acute Care.

In 2013, she received the International Nurses Association Award of Recognition as a top nurse and featured in the 2013 edition of *Worldwide Leaders in Healthcare*. In 2016, she received the "Award of Distinction" from her local chapter with RNAO for the work around CT/CAM, and other activities she was involved in. Kim will tell you the true award comes from seeing a treatment or care making a difference, or someone witnessing the positive outcomes from a choice in their care or wellness

Kim is passionate about CT and holistic/integrative healthcare, and is ever expanding her knowledge and experience to be a better nurse. She continues to be a patient advocate in moving complementary therapies forward as a healthcare option, and a great resource for the CTNIG. As founder and long standing member of the CTNIG, I have valued her insight, input and vast contributions over the years.

Kim is clearly an admirable and deserving recipient for the RNAO-CTNIG Award of Excellence!

Promoting Wellness with Reflexology Therapy

by Nicole Greaves,
RN, MN, RCRT



Let's talk about the benefits of Reflexology Therapy, an effective, non-invasive therapy using a variety of reflexology techniques that stimulates reflexes in the feet, hands, and/or face. These reflexes are connected to your body's organs, glands, and meridians. Hence, reflexology therapy connects the mind and body to relax, rejuvenate, and restore parasympathetic harmony.

<https://www.reflexologycanada.org/en/what-is-reflexology/>

Growing evidence has validated the effective health and wellness outcomes that reflexology therapy provides in the prevention and management of medical conditions and clinical symptoms such as anxiety, diabetic peripheral neuropathy and everyday self-care.

Take a closer read of the cutting-edge research about the benefits of using reflexology therapy in everyday health and wellness investment plan.

The effects of reflexology on anxiety, depression, and quality of life in patients with gynecological cancers with reference to Watson's theory of human caring (DOI: 10.1016/j.ctcp.2021.101428)

Effect of reflexology on ankle brachial index, diabetic peripheral neuropathy, and glycemic control in older adults with diabetes: A randomized controlled trial (DOI: 10.1016/j.ctcp.2021.101437)

Can foot reflexology be a complementary therapy for sleep disturbances? Evidence appraisal through a meta-analysis of randomized controlled trials (DOI: 10.1111/jan.14699)

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To learn more about reflexology therapy or become a professional Registered Canadian Reflexology Therapist (RCRT™)

Visit the Reflexology Association of Canada
www.reflexologycanada.org
info@reflexologycanada.org



Nicole Greaves is an experienced Health and Wellness Consultant. She has a diverse background in several clinical and administrative health/nursing specialities and holistic wellness therapies. Nicole is passionate about self-care and the benefits of having a “Wellness Investment Plan” that pays dividend for a healthy mind-body and sole.

She enjoys volunteering as a doula/birth companion and participating in Ottawa Coaches Corner Toastmasters. Nicole will be showcasing her motivational communication skills at the Reflexology Association of Canada virtual conference in September 2022 with a speech titled “Dare to SOAR” as Reflexology Therapists.

In 2021 she co-founded “TeaCup Conversations for Multicultural Nurses, an online group that promotes self-compassion, community learning and caring. This has been a great way to engage in the spirit of Ubuntu-caring for each other.

Nicole is also one of the newest members of the CTNIG Newsletter Committee.



RNAO-CTNIG is celebrating its 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.

Areas 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 (benefits)?
- 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 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, or 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
- Aromatherapy
- Art Therapy
- Ayurvedic Medicine
- Chakra Balancing
- Emotional Freedom Technique
- Flower Remedies
- Healing Touch

- Herbology
 - Hypnosis
 - Imagery/Visualization
 - Light/Colour Therapy
 - Mindfulness/Meditation practices
 - Music Therapy
 - Reiki
 - Relaxation/Breathing Exercises
 - Shamanic Healing
 - Sound Therapy
 - Therapeutic Touch
 - Traditional Chinese Medicine
 - Yoga
- and more...*

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

Warmest regards,
 RNAO-CTNIG Executive

What's Happening

Kim Watson was one of 20 recipients this year of the RNAO Lois Fairley Nursing Award chosen by the Windsor Essex Chapter. The award this year recognized all the nurses from Windsor and Essex County who had retired though returned to a position during COVID, hence impacting the lives of patients and their families.

This annual award is selected by members of the Fairly family and the Windsor-Essex RNAO chapter from nominations received from the public.

The award is named for Lois Fairley, a graduate of Windsor's Grace Hospital nursing program in 1955, who spent her career caring for patients at Grace Hospital as a nurse and head nurse. She also served the nursing profession as a member of the Provincial Board of Directors of R.N.A.O., and served as President of the Ontario Nurses Association (O.N.A.). She was also a St. Clair College Nursing Program Advisory Committee (P.A.C.) member.

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During the ceremony, Kim also did Therapeutic Touch (TT) by holding space as a TTNO member for TT Awareness Week activities.

Congratulations KIM!!!

See the link:

<https://bizxmagazine.com/15th-annual-lois-fairley-nursing-award/>

Katrina Graham offered Taster sessions of Reiki at the Hospice Palliative Care Conference of Ontario for an afternoon. Katrina says “it was a beautiful day and felt good to give back to our colleagues who work in palliative care.”

Meditation

This meditation was initially presented as part of the Therapeutic Touch Networks of Canada 50th Anniversary celebration of Therapeutic Touch by Evelyn MacKay. I took the liberty to add a few words.

As we begin this meditation get comfortable sitting in your chair, with your back and hips supported, your hands resting on your lap, your feet on the floor and with the intent that you would be grounded.

You may want to close your eyes or just look downwards.

So let's take a few moments to relax completely: start with becoming aware of your breathing...notice your in breath and out breath without changing it in any way.

As you breathe in and out you may notice your belly or chest rising and falling or notice the coolness of the breath in your nose as you breathe in and the warmth as you breathe out.

Now let's change your breathing for a moment to deep, comfortable in-breaths and slow, full out-breaths.... being mindful not to strain. breathing in deeply - breathing out completely.... breathing in calm - breathing out tension... just nice deep breaths in...slow breaths out

As you take your next deep breath in and slow breath out, allow all your facial muscles to soften and relax...

And with another in-breath and out-breath, follow that facial softness as it spreads down over your throat.

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And then another gentle in-breath and a gentle releasing out breath. Feel the relaxation spreading over your drooping shoulders and down your upper arms, your forearms and into your hands that lie gently in your lap...

And with the next in-breath and then exhaling, let that lovely peaceful calm spread over your chest, and down your back.

And with the next in-breath and out-breath follow the flow of softness over your belly and hips. With another in-breath and out breath allow that relaxation to spread over your thighs and down over your lower legs and feet.

You may notice a certain change just now... a certain warmth, tingling or softening in your body... *And if not just imagine it.*

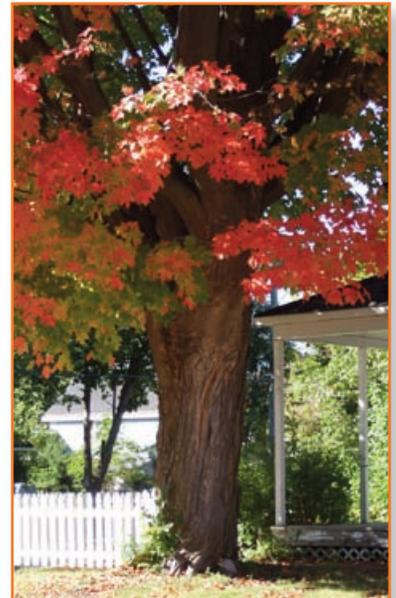
And sensing that warmth, that welcome relaxation also within the self, allow it to settle and support your inner quiet...

And if you can, now picture in your inner vision, the most beautiful tree.... your favourite leafy tree...

And you know by looking at it that it has deep roots down, down, deep into the ground...

Roots that keep it stable... Roots that keep it erect and in place...

Roots that allow it to stand against the storm or welcome the rain or the sun to touch its leaves, to strengthen its branches as they lift up toward the sun, welcoming the warmth and the brightness of the sun that will promote its own growth...

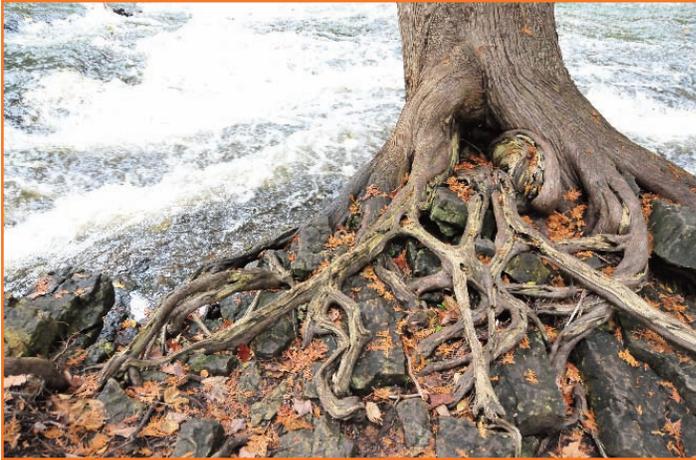


All this allows the saps to run through the tree, to encourage its growth, to support its purpose, to confirm its place in the world. How beautiful your tree is ...

As we are often reminded in this work we do, lets now be reminded that you are like that tree --well grounded, your roots deep in the life you are living, deepened by your sense of purpose... Strengthened by your ongoing learning, your efforts to serve however you will, together with your intentions to first create and then travel your own path in this world.

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You are like the tree—rooted and strong.



And you are like the tree, too, in that you are reaching up toward the light... taking in everything that you need, taking in learning and the confidence it brings you... your practice and what it teaches you... your intention and how it guides you... your dreams and how they beckon you... all through the branches and the leaves of this tree that is you.

Always reaching toward the light... the light of understanding... the light of knowledge... the light of service... the light of joy in this life...

Joy in the path you have chosen... joy in learning... joy in the doing and knowing that all is worthwhile and knowing that every time we reach out to serve is a time of furthering the beauty that we find in this earth.

How important beauty is in the work that we do. And how important for you as you serve, to know that it serves you well, that this work you do, selflessly.

And with intent to serve, confirm your value, your place in the world, in the whole of the universe.

So, let's take a moment or two, just now, to realize, within yourself, all the values of this path you have chosen.

And as you do, please acknowledge your own efforts, admit the value of your own work... accept, without self-censure, that perhaps you are doing just what you came into this life to do, that you are doing it to the best of your ability, that you are offering all you do, often without expectation of reward or response, that within yourself you know that you are adding to the tale of goodness in this life, in this world. And so you are, and so you are.

And when you feel quite ready, and with another deep and restorative breath, coming back to a feeling of oneness in our physical meeting, clear of mind and ready to enjoy the rest of this day.

Presented at the 20th anniversary CTNIG AGM by Darka Neill.

Self~Care Tips

How Short Can a 'Short Workout' Really Be?

Cindy Kozma ~ July 21, 2022

Some people thrive on hours-long runs and sweaty Peloton classes, but a much larger group of people lack the time, motivation, or ability for long workouts. Take, for example, those with chronic health conditions, limited mobility, prior negative fitness experiences, or the hopelessly overscheduled.

That doesn't mean they have to forgo the physical and psychological benefits of exercise. In recent years, headlines have touted research on the benefits of a few minutes of physical activity. Not to mention the cottage fitness industry that has risen in response by promising physical transformations in X minutes a day (or less!).

What's true? What's too good to be true? Can short bursts of activity – 10 minutes or less – really help improve your health and fitness? Even when U.S. Health and Human Services physical activity guidelines recommend 150-300 minutes (2.5 to 5 hours) of moderate intensity movement per week?

The research says yes. While you should never expect total-body transformation, short workouts, even 10 minutes or less, really can improve your health, mental wellbeing, and fitness—if you approach them right.

To find out more go to:

https://www.medscape.com/viewarticle/977666?src=wnl_tp10n_220825_msc-pedit&uac=454438PT&impID=4570497



Explore the importance of self-care for nurses and ways in which they can promote physical, psychological, and social well-being.

From Nurse Journal

<https://nursejournal.org/resources/self-care-for-nurses/> to share.

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With a pandemic continuing to impact the world, the need for health professionals to take time for self-care is stronger than ever. As first responders on the frontlines, nurses must also care for themselves to provide consistent quality care for their patients.

According to the **World Health Organization**, self-care includes “the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.”

So much of a nurse's time is focused on helping others that it's easy for nurses to forget about their own health. Kendall Conn, a pediatric oncology nurse, explains the need for self-care with the common saying, “You can't pour from an empty cup.”

Self-care is how a nurse can promote their own health (physical, psychological, social, spiritual, and emotional). This guide includes ways nurses can participate in self-care, detailing how “recharging” can help improve patient care.

Why Is Self-Care Important in Nursing?

To provide their patients with the best treatment possible, nurses need to practice self-care.

Jennifer A. O'Neill, chief nursing officer at the Hospital for Special Surgery, states that self-care must not be considered a luxury but a necessity.

“Nurses are advocates for their patients and their families, so we need to be emotionally and mentally available to care for our patients to the best of our ability,” O'Neill says. “Providing quality care is only possible if we first ensure our own well-being.”

While the pandemic continues to affect the health system, self-care cannot take a backseat. Self-care can help increase safety and higher quality patient care.

The Need for Self-Care in Nursing!

Nurses work busy schedules and long hours. Nurse burnout can impact the quality of care nurses provide, leading to lack of focus, forgetfulness, and mental mistakes due to exhaustion.

A Healthy Nurse Survey completed over the past year by the American

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Nurses Association found that there was an urgent need to improve “[nurses’] health, particularly in the areas of physical activity, nutrition, rest, safety, and quality of life.”

In fact, 70% of nurses surveyed believed they prioritized their patients’ care over their own, while 77% found themselves to be at a “significant level of risk” for stress in the workplace.

Nurses must view self-care as a high priority to lessen the negative impact burnout can have on themselves and the care they give to their patients.

What Does Self-Care Look Like for Nurses?

There are various ways to practice nurse self-care, including focusing on physical, psychological, social, spiritual, and personal health. O’Neill engages in several activities to maintain a routine of self-care as a nurse:

- Scheduling workouts three days a week and walking 10,000 steps a day is an important part of her routine.
- Socially, she carves out downtime to disconnect from technology and be truly present with her family and friends.
- Lastly, she engages in activities that give her energy and enjoyment, including hiking, bird watching, and traveling.

Finding ways to vary her self-care helps her well-being without losing herself in the daily routine.

Conn focuses on relaxation exercises, such as yoga and meditation, while also incorporating “self-kindness.” Even something as simple as reframing can be a powerful tool in combating fatigue.

“One of my least favorite things to do is put gas in my car, but over time, I’ve learned to reframe this chore,” Conn says. “Instead of dreading going to the gas station, I consciously remind myself that I’m doing this act as a gift for my future self.”

Nurse self-care looks different from one person to the next. However, common options include:

Personal Self-Care

- Try a new activity/hobby
- Create a skincare routine
- Go on a drive
- Reward yourself after a hard task

Spiritual Self-Care

- Meditate
- Volunteer
- Engage in your faith

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Social Self-Care

- Talk with coworkers about nonwork-related issues
- Go out to dinner with a friend
- Spend time with family

Mental Self-Care

- Praise and compliment yourself
- Find an emotional outlet (e.g., drawing, playing music, writing, etc.)
- Create a gratitude practice
- Express emotions when you feel them

Physical Self-Care

- Take a walk
- Eat healthy food
- Ride a bike
- Work out
- Join a yoga class

How to Make Time for Self-Care.

One of the more challenging aspects of nurse self-care is finding the time. With long shifts, especially amid a pandemic, self-care may seem unattainable or overwhelming. However, some techniques can help nurses carve out the necessary time.

Conn finds it best to promise herself time, while also giving herself grace when she needs it. She stresses that flexibility is key. Self-care should not become an additional burden.

“Sometimes taking care of myself means taking a nap; other times it means a 45-minute spin class,” Conn says. “There’s no right or wrong way to do self-care.”

O’Neill agrees that planning ahead is essential when creating a schedule that includes self-care.

“If you do not plan ahead, activities that are important for your long-term mental and emotional health may be replaced by more urgent day-to-day tasks,” O’Neill says.

If your schedule becomes too busy, O’Neill believes that even one-minute reflections or just pausing for a moment to take a deep breath can help nurses throughout the day.

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Tips for Prioritizing Self-Care as a Nurse.

While self-care can vary significantly from nurse to nurse, there are ways to prioritize these moments throughout the day, week, or month.

Nurses need to grasp their work routine to effectively schedule time for self-care and try to stick to it. They should determine what is important, not just professionally but also personally.

According to O'Neill, one of the best ways to figure out how to balance work and personal life is to take advantage of the experiences of others.

“[Share] your stories and experiences with your colleagues,” she says. “You are not in this alone! We are all here to support each other.”

Conn suggests that even the smallest tasks can help develop a larger routine, even if it's something like grabbing an iced coffee on the way to work.

“Frame those little acts of self-kindness so they become mindful practices,” Conn says. *“As time goes on, you won't need to create a calendar notification; these moments will become a habit.”*

As the country continues to depend on the strength of its healthcare professionals, nurses must find ways to refresh their mind, body, and soul. It is just as important to recognize the sacrifices nurses make, especially as they place the needs of patients ahead of their own.



Kendall Conn - RN at Lucile Packard Children's Hospital

Kendall Conn, RN, is a pediatric oncology nurse who strives to implement holistic practices into her nursing care. Conn has a knack for connecting with others and helping them to make the best out of a bad situation. She has a passion for teaching yoga and helps her students find the sweet spot between an awesome workout and a moving meditation. Conn is currently pursuing her master's degree in maharishi ayurveda and integrative medicine, with the goal of promoting wellness in even more aspects of her life.



Jennifer O'Neill, DNP, APN, NEA-BC

- Chief Nursing Officer, Senior Vice President of Patient Care Services at HSS

Jennifer A. O'Neill, DNP, APN, NEA-BC, started at Hospital for Special Surgery (HSS) in 2019. Before HSS, O'Neill had a 23-year career with Saint Barnabas Medical Center (SBMC) in various roles, with her last role as the chief nursing officer and vice president of patient care services where she oversaw all aspects of patient care services and more than 1,500 nurses. Under O'Neill's leadership, SBMC received Magnet designation in August 2018.

Research

1. MEDSCAPE Surveys

Medscape Nurse Career Satisfaction Report 2021

*John Watson, Roni Robbins; Sarah Lesser; Mary McBride; Emily Berry
December 29, 2021*

As a profession, nursing is exhibiting the tell-tale symptoms of stress and fatigue. Due to no small part to the ongoing COVID pandemic, reports of workplace violence against nurses are increasing, nursing professional societies have described their members as being at the breaking point, and even the general public believes them to be underpaid. These overlapping tensions have undoubtedly contributed to nursing shortages at various hospitals.

Over the summer of 2021, Medscape invited nurses practicing in the USA to answer questions about these issues. When the polls closed, responses were obtained from 10,788 licensed practical nurses, registered nurses and advanced practice registered nurses (this group encompassing nurse practitioners, nurse midwives, clinical nurse specialists, and certified registered nurse anaesthetists).

To view the report go to:

<https://www.medscape.com/slideshow/2021-nurse-career-satisfaction-6014685#1>

Medscape Nurse Practitioner Burnout & Depression Report 2022

Roni Robbins. August 17, 2022

Burnout among nurses practitioners (NPs) has stayed steady throughout the pandemic as the first Medscape Nurse Practitioner Burnout and Depression Report bears out. More than 2000 NPs were surveyed between April and May about their experiences with burnout and depression. Far more were burned out than were depressed; yet, depression still afflicted a notable percentage.

To view the report go to:

https://www.medscape.com/slideshow/2022-np-burnout-rpt-6015568?src=WNL_mdpls_220819_mscpedit_nurs&uac=454438PT&spon=24&mpID=4549123#1

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2. Therapists' Observations in Reduction of Unpleasant Emotions Following Advanced Integrative Therapy Interventions.

Brown, G.P., Batra, K., Hong, S.S., Sottile, R., Bahru, R., & Dorin, E. Energy Psychology Journal. 14(1):12-21.

doi 10.9769/EPJ.2022.14.1.GB

The theory of AIT

Research on energy psychology techniques has grown over the past decades, with most studies focused on meridian tapping treatments like Emotional Freedom Techniques (EFT) or Thought Field Therapy (TFT). AIT is a chakra- and language-based technique. This pilot study is the first to explore the effectiveness of AIT.

In AIT, the theory is that when we have longstanding patterns of negative emotions, they usually stem from an originating event, probably during childhood. Then the negative pattern is entrenched by some reinforcing events. All that leads up to present-day suffering.

In order to clear these patterns and the suffering they cause, clinicians guide clients in creating statements about the problem. Then, they repeat the problem statement while placing their hands on various points that correspond to the major chakras, down the midline of the body. By going through this process, the problem becomes deactivated, and the subjective distress is resolved.

Why this study matters

This study does not allow us to draw big conclusions about cause-and-effect. However, clinicians reported an impressive drop in the SUD rating after just one “round” or treatment with AIT. The results seem to warrant further investigation. The results are an auspicious beginning to research on AIT. We can consider this a “win” for AIT and for energy psychology!

Sarah Murphy, NCC, LPC, serves on ACEP’s board and as the chair of ACEP’s communications committee.

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Objective:

To assess the potential clinical efficacy of a novel model of energy psychology intervention, Advanced Integrative Therapy (AIT), this pilot study assessed clinician perceptions of AIT through a cross-sectional survey.

Methods:

A 17-item web-based questionnaire was administered to AIT therapists in November of 2021. The survey included clinician demographics and the clinician-observed response to AIT treatment based upon changes in reported Subjective Units of Distress (SUD), the associated emotion, and somatic sensation (when present).

Result:

A total of 76 complete responses were analyzed. The sample respondents were predominantly female (81.6%) and non-Hispanic white (68%). Over 80% of the respondents reported using AIT with their clients within the past six months and a significant proportion of participants self-assessed their AIT skills as of proficient or expert level. As reported by the therapists, 77% of the sessions described were used to clear patterns of negative events rather than a single event. Over 75% of events were identified as being either since childhood or otherwise chronic in nature. The average pre-AIT intervention SUD score was reported as 8.3 ± 2.7 out of 10, which in 92% of cases dropped to either 0 or 1 following a single session of AIT.

Conclusions:

Although this pilot study was limited to clinician responses in assessment of the ability of AIT to reduce the negative emotions related to past traumatic events, the initial observations were supportive of the potential clinical utility of this energy psychology technique. The findings suggest that additional client-based assessments and randomized clinical trials with known therapies as a control are warranted to continue the systematic observation of AIT.

To view full text go to:

https://www.researchgate.net/publication/361860786_Therapists%27_Observations_in_Reduction_of_Unpleasant_Emotions_Following_Advanced_Integrative_Therapy_Interventions

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3 ■ The health benefits of the great outdoors: A systematic review and meta-analysis of greenspace exposure and health outcomes.

Twohig-Bennett, C., Jones, A. Environmental Research. Vol 166, October 2018, 628-637.

<https://www.sciencedirect.com/journal/environmental-research/vol/166/suppl/C>

- Greenspace exposure is associated with wide ranging health benefits across 143 included studies.
- Meta-analysis showed statistically significant reductions in diastolic blood pressure, salivary cortisol and heart rate.
- Meta-analysis found statistically significant decreases in incidence of diabetes, all-cause and cardiovascular mortality.
- A number of meta-analyses were limited by poor study quality and high levels of heterogeneity.
- Greenspace and street greenery may form part of a multi-faceted approach to improve a wide range of health outcomes.

Abstract

Background

The health benefits of greenspaces have demanded the attention of policy-makers since the 1800s. Although much evidence suggests greenspace exposure is beneficial for health, there exists no systematic review and meta-analysis to synthesise and quantify the impact of greenspace on a wide range of health outcomes.

Objective

To quantify evidence of the impact of greenspace on a wide range of health outcomes.

Methods

We searched five online databases and reference lists up to January 2017. Studies satisfying a priori eligibility criteria were evaluated independently by two authors.

(continued)

Results

We included 103 observational and 40 interventional studies investigating ~100 health outcomes. Meta-analysis results showed increased greenspace exposure was associated with decreased salivary cortisol -0.05 (95% CI $-0.07, -0.04$), heart rate -2.57 (95% CI $-4.30, -0.83$), diastolic blood pressure -1.97 (95% CI $-3.45, -0.19$), HDL cholesterol -0.03 (95% CI $-0.05, <-0.01$), low frequency heart rate variability (HRV) -0.06 (95% CI $-0.08, -0.03$) and increased high frequency HRV 91.87 (95% CI $50.92, 132.82$), as well as decreased risk of preterm birth 0.87 (95% CI $0.80, 0.94$), type II diabetes 0.72 (95% CI $0.61, 0.85$), all-cause mortality 0.69 (95% CI $0.55, 0.87$), small size for gestational age 0.81 (95% CI $0.76, 0.86$), cardiovascular mortality 0.84 (95% CI $0.76, 0.93$), and an increased incidence of good self-reported health 1.12 (95% CI $1.05, 1.19$). Incidence of stroke, hypertension, dyslipidaemia, asthma, and coronary heart disease were reduced. For several non-pooled health outcomes, between 66.7% and 100% of studies showed health-denoting associations with increased greenspace exposure including neurological and cancer-related outcomes, and respiratory mortality.

Conclusions

Greenspace exposure is associated with numerous health benefits in intervention and observational studies. These results are indicative of a beneficial influence of greenspace on a wide range of health outcomes. However several meta-analyses results are limited by poor study quality and high levels of heterogeneity. Green prescriptions involving greenspace use may have substantial benefits. Our findings should encourage practitioners and policymakers to give due regard to how they can create, maintain, and improve existing accessible greenspaces in deprived areas. Furthermore the development of strategies and interventions for the utilisation of such greenspaces by those who stand to benefit the most.

To view full text go to:

<https://www.sciencedirect.com/science/article/pii/S0013935118303323>

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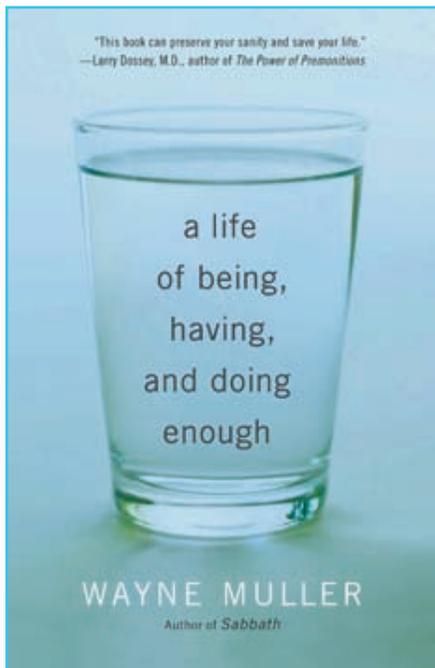
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Books

A Life of Being, Having, and Doing Enough

by Wayne Muller



From the moment we are born, we are seekers. Our culture obsessively promotes the pursuit of money, success and self-improvement. At the end of each activity-jammed day, though, we collapse into bed discouraged by everything we have not checked off on our to-do lists, in despair that whatever we have accomplished is never enough. Worse still, when our dreams become derailed by the inherent tragedies of life—job loss, financial peril, sickness, or the death of a loved one—we feel devastated by the pain and injustice of it all.

Nationally renowned author, therapist, and minister Wayne Muller offers healing for the perpetually stressed in *A Life of Being, Having, and Doing Enough*. By learning compassion and mercy for ourselves and by recognizing what is most profoundly true about who we are and what we need, we can gain the self-acceptance so that whatever we choose to do, in this moment, it is wholly enough.

Muller mixes the writings of great spiritual and political leaders with inspirational anecdotes from his own life, inviting us to derive more satisfaction from less and pull gratitude out of the ashes of grief. The answer to what he describes as “*authentic happiness*” lies not in seeing the glass as half full instead of half empty. In reality, he writes, the glass is always half full and half empty. The world is neither broken nor whole, but eternally engaged in rhythms between joy and sorrow. With Muller's guidance, we may find ourselves on the most courageous spiritual pilgrimage of our lives.

Websites

1. Self-Compassion

Kristin Neff, Ph.D. is widely recognized as one of the world's leading experts on self-compassion, being the first one to operationally define and measure the construct almost twenty years ago.

Kristin Neff received her doctorate from the University of California at Berkeley, and is currently an Associate Professor of Educational Psychology at the University of Texas at Austin.

During Kristin's last year of graduate school she became interested in Buddhism and has been practicing meditation in the Insight Meditation tradition ever since. While doing her post-doctoral work she decided to conduct research on self-compassion – a central construct in Buddhist psychology and one that had not yet been examined empirically. Kristin is a pioneer in the field of self-compassion research, creating a scale to measure the construct almost 20 years ago.

In conjunction with her colleague Dr. Chris Germer, she has developed an empirically supported training program called Mindful Self-Compassion, which is taught by thousands of teachers worldwide. They co-authored The Mindful Self-Compassion Workbook as well as Teaching the Mindful Self-Compassion Program: A Guide for Professionals. She is also co-founder of the nonprofit Center for Mindful Self-Compassion.

Link to self-compassion guided practices and exercises developed by Dr Neff:

<https://self-compassion.org/category/exercises/#guided-meditations>

2. NIH National Library of Medicine: National Center for Biotechnology Information

LiverTox - <https://www.ncbi.nlm.nih.gov/books/NBK547852/>

Clinical and Research Information on Drug-Induced Liver Injury
Bethesda (MD): National Institute of Diabetes and Digestive and Kidney Diseases; 2012-.

LiverTox® provides up-to-date, unbiased and easily accessed information on

(continued)

the diagnosis, cause, frequency, clinical patterns and management of liver injury attributable to **prescription and nonprescription medications and selected herbal and dietary supplements**. The LiverTox site is meant as a resource for both physicians and patients as well as for clinical academicians and researchers who specialize in idiosyncratic drug induced hepatotoxicity.

Information on a specific medication or supplement can be found by entering its name in the “Search this book” box or by browsing the list of agents by its first letter using the alphabetic list shown below.

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A Personalized Approach to Managing Migraine With Complementary and Integrative Medicine - June 17, 2022 with Anna Pace, MD; Niushen Zhang, MD.

Editorial Collaboration Medscape & American Headache Society

To view this video:

https://www.medscape.com/viewarticle/973871?_ga=2.156444989.726983807.1659545403-1033236713.1659545399



YouTube

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Searching for the perfect gift for the hardworking, time-strapped nurse on your list this holiday season? Here are 20 gift suggestions to help nurses care for themselves, save a little time, and have a lot of fun. But be forewarned: You may be tempted to keep some of these items for yourself.

https://www.medscape.com/slideshow/2022-nursesgift-ideas-6015861?src=WNL_mdpls_221125_mscpedit_nurs&uac=454438PT&spon=24&impID=4903674#1

Recipe



Kitchen Sink Frittata - Julia Turshen

Ingredients:

- 2 tbsp. extra-virgin olive oil
- 1/2 lb. fresh breakfast sausage, casings discarded
- 6 large shallots, thinly sliced into half-moons (or 1 red onion)
- 5 oz. fresh baby spinach
- 1 large handful cherry tomatoes, halved
- 6 large eggs
- 1/2 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper

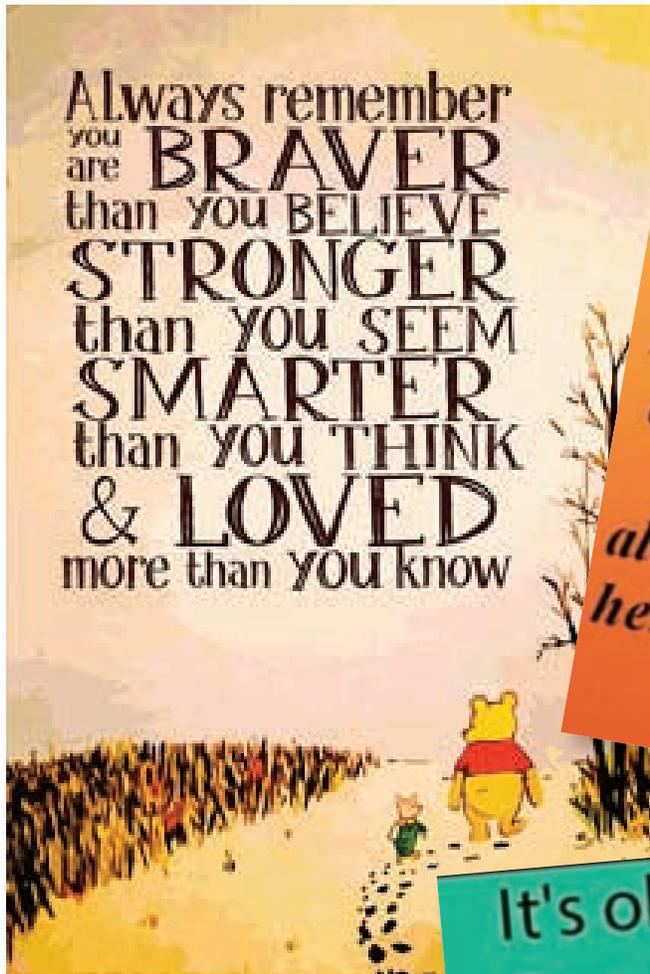
Directions:

1. Preheat your oven to 400°F.
2. Place the olive oil in medium oven-safe skillet over medium-high heat. Use your hands to break the sausage into small pieces directly into the skillet. Cook, stirring now and then, until browned and crisp, about 10 minutes. Use a slotted spoon to transfer the sausage to a plate and leave the fat in the skillet.
3. Add the shallots to the skillet and cook, stirring now and then, until just softened, about 8 minutes. Add the spinach and cook, stirring, until wilted, about 1 minute (it will seem like a lot at first, but it will quickly wilt and you'll find yourself saying “wow, that really turns to nothing!”). Stir in the cherry tomatoes and the reserved sausage. Turn off the heat and hang onto the skillet.
4. Crack the eggs into a bowl, add the salt and pepper, and whisk well to combine. Pour the eggs evenly over the sausage mixture and put the skillet in the oven. Bake until the eggs are set and the frittata is firm, about 25 minutes. Cut into wedge and serve immediately while hot (or let it sit and serve at room temperature ~ it's equally good that way).

Yields: 6 servings

Total Time: 50 mins

Inspirational Corner



On The Lighter Side

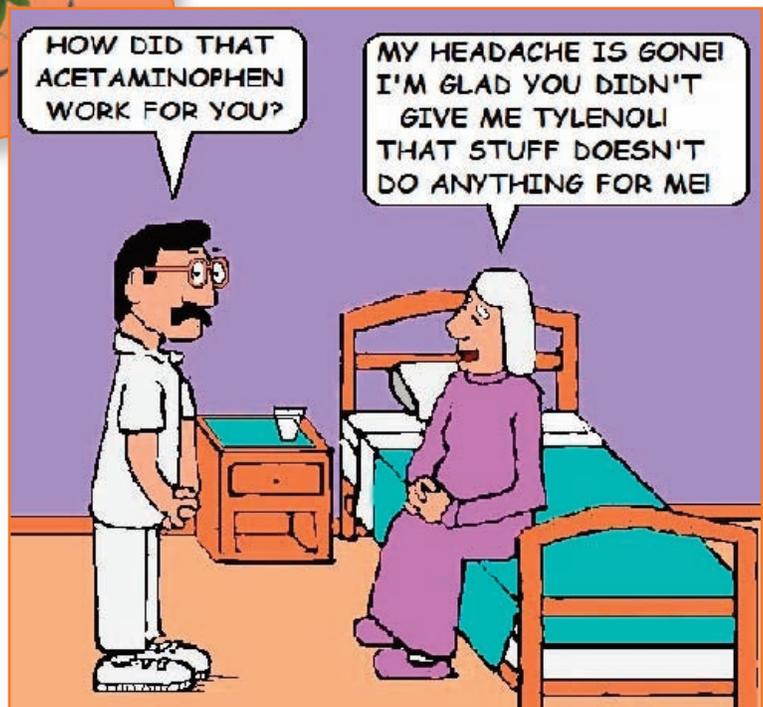
Knock knock...
Who's there?
HIPAA...
HIPAA who?
I can't tell
you that.

**Q: Why are
nurses afraid of
the outdoors?**

**A: Too much
poison IV.**

RD

Recent studies show patients who have a cold feel better on Saturdays and Sundays. Evidence points to a weekend immune system.





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