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A nurse's journey from critical care to holistic integrative health

Statement of the Problem: Nurses and other health care professionals have experienced limitations in expansion of Holistic and Integrative Medicine into standard health care practices. While conventional medicine excels in acute care, Holistic and Integrative Health focuses on utilizing the best of all global healing traditions to prevent disease and improve health outcomes. Research demonstrates that chronic diseases like cardiovascular disease, dementia and diabetes can be dramatically improved through lifestyle. Despite extensive data demonstrating improved patient outcomes including stress, anxiety, depression and Post-Traumatic Stress Disorder (PTSD), barriers remain including organizational restrictions, lack of resources and education, and limited awareness of ways to introduce and practice these approaches to healing. The world suffers from chronic diseases that are largely preventable. Insight and solutions for incorporating new approaches in practice are needed. This session will explore the work pioneered in North America to transform health care and the health care system utilizing a holistic treatment model, which integrates conventional and natural medicine.

Conclusion & Significance: Nurses and other healthcare providers want guidance and education to enhance patient care and treatment with Holistic and Integrative Medicine approaches; however, institutional systems and /or lack of resources and awareness often inhibit this evolution. Recommendations are made to increase awareness of how to introduce and practice Holistic and Integrative Medicine anywhere. Models of success will be highlighted.

Biography

Rauni Prittinen King, RN is Co-founder and Executive Director of Guarnieri Integrative Health, Inc. at Pacific Pearl La Jolla; Founder and President of Holistic and Integrative Medicine Resources Inc. and Miraglo Foundation, a non-profit charitable organization. A Board Member of the Academy of Integrative Health and Medicine (AIHM), she has 20+ years' experience in critical care nursing, has a Masters in Integrative Health, is Certified in Holistic Nursing, Hypnosis and Interior Design, and is a Certified Healing Touch® Practitioner and Instructor. She coordinated Healing Touch® workshops at Scripps Hospitals since 1993 been the lead instructor for the Greater Los Angeles VA Healthcare System. Creator of Healing Touch® of Finland in 1998, she has taught Healing Touch® in Europe, India and throughout North America. She served four years as Board Member of Healing Beyond Borders and was Co-founder and former Director of Programs and Planning at the Scripps Center for Integrative Medicine in La Jolla, California.

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