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Advancing well-being and health of elderly with integrative nursing principles

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In the world where number of elderly people are increasing day by day, the protection and development of the health of the elderly is an important condition. There is a need for holistic care for the survival of the elderly, for being more independent in daily life activities, for improving health and well-being, for healthy aging. Integrative nursing principles are a field of application of holistic philosophy and may be a guide to health professionals in improving the health of individuals, families and communities. These principles were first announced in 2014; has been described as a health approach that takes the individual, family and society as a whole together with their environment and relationships and adopts the principle of using all the healing methods in health care. In the essence of integrative nursing, improvement/well-being of health is aimed beyond treatment of disrupted health. Integrative nursing principles can be used as a guide to holistic assessment and improvement of the health of the elderly. Interventions who take care of them with the environment they live in (home visits), support their existing healing process (focusing to patient during nursing care, interpersonal relationships, therapeutic touch), benefit from the healing effect of the nature (spending time in nature, walking), strengthen the relationship (mobilization of the social environment, social support, volunteer organizations) and use all evidence-based healing methods (pet therapy, yoga, tai chi, music therapy) should be included in the care of elderly individuals. Health professionals should learn integrative nursing principles and care for these principles in order to improve the health and well-being of the elderly. Giving care according to integrative nursing principles can increase the quality of life of the elderly and reduce the return to the hospital, health spending, mortality rates.

Recent Publications

1. Koithan M (2014) Concepts and principles of integrative nursing. p.3. In: Kreitzer MJ, Koithan M. Integrative nursing (s. 3-16). Oxford University Press. Doi: 10.1093/med/9780199860739.003.0001.
2. Kreitzer M J (2015) Integrative nursing: application of principles across clinical settings. Rambam Maimonides Medical Journal. 6(2):e0016.
3. Principles of Integrative Nursing. (2017). Center for Spirituality & Healing: <https://www.csh.umn.edu/education/focus-areas/integrative-nursing/principles-integrative-nursing>
4. Practical Nursing 2017. The Importance of Holistic Nursing Care: How to Completely Care for your Patients. <http://www.practicalnursing.org/importance-holistic-nursing-care-how-completely-care-patients>
5. Chen Y M , Li Y P (2004) Holistic care for the elderly. Hu Li Za Zhi The Journal of Nursing 51(3):7-10.

Biography

Ayşegül Ilgaz completed her MSc in the field of Public Health Nursing at the University of Akdeniz, Antalya, Turkey. She is in the preparatory stage for doctoral dissertation. Her current research interests focus on development of public health nursing, community health, integrative nursing, improving the health and wellbeing of older people, complementary health approaches, colorectal cancer screening.

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