

# Holistic Nursing Care: Concepts, Challenges and Evidence - A Review

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## ABSTRACT

Holistic nursing care is an integrative approach that considers the physical, emotional, psychological, and spiritual aspects of patient well-being. Rooted in the understanding that health is a multidimensional concept, this model focuses on treating the whole person rather than simply addressing the symptoms of illness. Holistic nurses foster therapeutic relationships, empower patients, and utilize both conventional and complementary therapies to promote healing and well-being. While holistic care has demonstrated significant benefits in improving patient outcomes, including enhanced patient satisfaction, reduced stress, and improved recovery times, several challenges impede its widespread implementation. These include a lack of standardized training and certification, time constraints in healthcare settings, resistance to change within the medical community, and limited integration of complementary therapies into conventional practice. Despite these challenges, the growing body of evidence supporting the efficacy of holistic nursing care continues to emphasize its potential in various healthcare settings, including cancer care, chronic pain management, mental health, and palliative care. This review explores the concepts, challenges, and evidence of holistic nursing, providing a comprehensive overview of its role in modern healthcare. It highlights the need for further research, policy changes, and education to ensure the integration of holistic care into mainstream healthcare systems, ultimately improving patient outcomes and fostering a more compassionate approach to healing.

**Keywords:** Holistic Nursing, Patient-Centered Care, Complementary Therapies, Evidence-Based Practice, Healthcare Challenges.

## Introduction

The importance of holistic nursing care has been gaining prominence in the sphere of healthcare, especially in nursing practice since it is characterized by the holistic/integrative approach to patient care [1]. It extends beyond the physical health of patients to take into account emotional, social, psychological, spiritual, and environmental health; it is concerned with the entire individual as opposed to emphasizing individual symptoms or diseases. Holistic care was the result of the increasing realization that healthcare was not only treatment of disease but a means to the overall well-being of people and offered a more holistic view of health and wellness [2]. This review covers the fundamental ideas of holistic nursing care, the problems encountered by nurses when applying holistic nursing care and the evidence that it is effective in enhancing patient outcomes.

The history of holistic care in nursing has deep roots in the history of nursing as a phenomenon in itself, most notably due to Florence Nightingale. One of the pioneers in acknowledging the role of the environment and the surroundings of the patient in health and healing was Nightingale otherwise known as the founder of modern nursing [3]. In her opinion, the work of a nurse was not only to provide medical care but also to take into account the physical, mental, emotional, and environmental needs of a patient. Since the time of Nightingale the profession of nurse has continued to develop and now has a more holistic approach to care that takes into account every aspect of the life of the patient and holistic nursing has become a defining concept in nursing education and practice [4].

The American Holistic Nurses Association (AHNA) has defined holistic nursing care as a whole-person approach that involves healing the body, mind and spirit and the promotion of health through the relationship between the nurse and the patient. The practice of holistic nursing does not encompass a particular list of skills and techniques, but rather a philosophical view of treating the patient [5]. It is the ability to pay attention to the health that the patient has with regards to his or her environment, culture, values and lifestyle. It necessitates the self-awareness and self-care measures wherein nurses will be required to practice self-care because their well-being greatly influences their capacity to attend other people. A holistic nurse can also involve the application of diverse complementary and alternative methods of healing such as aromatherapy, massage therapy, guided imagery and mindfulness in addition to traditional medical therapy. The interventions will be aimed at assisting the patients in feeling balanced and in control of their health [6].

Holistic nursing practice is an inclusive and comprehensive way of evaluating the needs of the patient by focusing on not only the physical symptoms but also emotional, psychological, and spiritual issues. The holistic approach would focus on curing the underlying causes of health problems and stress on the prevention of diseases and health promotion [7]. An example is in the case of patients with a chronic condition, holistic nurses will endeavor to get to know how the illness has impacted not only the body but the mental and emotional state of the patient as well. Through treating the entire individual, holistic nursing aims to help patients be empowered in the healing process, where self care measures are encouraged that support a healthy state [8].

Although holistic care has demonstrated potential to enhance patient outcomes and patient satisfaction, there are various challenges experienced in the adoption of holistic nursing practices. The absence of formal training and standard guidelines in holistic nursing in most nursing education programs is one of the major challenges. Even though the concept of holistic care is gaining more and more recognition, not all nurses might feel sufficient to implement the principles of holistic care in the workplace [9]. Research has also not been done on the effectiveness of many holistic interventions in a comprehensive manner hence some healthcare providers are still doubtful of the effectiveness of the interventions. Moreover, most healthcare institutions are strictly medicalized with a focus on efficiency and affordability instead of patient-centered care. This may cause a conflict between a more patient-centered concept of holistic nursing and the requirements of the healthcare system, which tends to prioritize a treatment of the disease in a predetermined system [10].

The problem of time limits in the clinical practice is also a barrier to the provision of holistic care by the nurses. The workload is usually high, and nurses are time-starved, giving them only a chance to meet the physical health requirements rather than focusing on emotional or spiritual ones. Moreover, the need to incorporate the complementary therapies, including acupuncture, massage, or aromatherapy, into the traditional hospital environment is problematic, and in this case, their applicability and insurance coverage by providers are not necessarily universal [11]. Also, nurses will face patient resistance or resistance of fellow healthcare practitioners who are not familiar or doubtful of the use of holistic concepts of care. This resistance could be a result of not knowing what the non-traditional methods of healing are or having false information about their effectiveness and safety [12].

Even on the back of these obstacles, a growing literature on the beneficial role of holistic nursing care on patient outcomes is emerging. A number of studies have shown that holistic care is capable of resulting in better patient satisfaction, improvement of the quality of life, less anxiety, and pain management. Indicatively, studies on chronic patients, including cancer or heart disease, have established that holistic interventions can be utilized to reduce the emotional load of the disease and, through this, enhance coping strategies and enhance mental health outcomes. Guided imagery, mindfulness, relaxation methods are holistic nursing techniques that have been demonstrated to alleviate anxiety, feelings, and stress in patients, particularly in a palliative care environment [13].

Moreover, the research on the role of complementary therapies in nursing practice has discovered that such treatments may be used alongside conventional medical therapies, which has led to their increased efficacy. As an illustration, massage therapy has been demonstrated to reduce pain and induce relaxation among chemotherapy patients. In a similar way, aromatherapy has been reported to alleviate nausea and anxiety symptoms on the patients undergoing surgery. These practices are specifically at their best use along with the traditional medical practices which provide a more balanced approach to the treatment of patients [14].

Holistic nursing care is also successful in the nurse-patient relationship. Holistic nurses develop good and trustful relationships with their patients, and they emphasize communication, empathy, and emotional support. The individual approach also provides a therapeutic atmosphere where the patient feels listened, understood, and able to do an active part in his or her treatment. Such a nurse-patient rapport leads to collaboration that is very necessary in ensuring maximum patient outcomes [16].

To sum up, holistic nursing care is an innovative means of health care that considers the unity and interdependence of mind, body, and spirit. It also puts the focus on the idea that nurses should reach the entire range of the requirements of a patient including the physical, emotional, psychological, and spiritual care. Although holistic nursing practice has encountered many challenges, such as lack of training, institutionalized and skepticism of certain medical practitioners, the evidence of its efficacy in enhancing patient outcomes continues to increase. Nurses must be ready to adopt the holistic approach as well as the healthcare institution must offer the needed support and tools to implement the holistic practices in the daily nursing care.

## **REVIEW**

One of the approaches that combine the physical, emotional, spiritual, and psychological elements of patient care is holistic nursing care. This is a nursing model, which is focused on the treatment of the entire individual, but not only on the symptoms of the disease. It embraces the holistic relationship that exists between body, mind and spirit and aims at creating a healing environment that supports the healing process on these three levels. However, with time holistic nursing has become a key model in providing patient-centered care in diverse healthcare environments [17].

The philosophy of drawing on holistic nursing model is that people are unique and that the experiences, values, and beliefs of each person determine their health. It highlights the value of establishing good relations among the nurses and patients, reflective practice, and well-being. Although holistic care is associated with a number of advantages, it also has a variety of challenges, such as the lack of training, the absence of standard protocols, and the increased need in evidence-based outcomes. In this review, these notions are discussed, and possible challenges are outlined, as well as the evidence in favor of the effectiveness of holistic nursing care is presented [18].

### ***Theories of Holistic Nursing Care***

Holistic nursing care is based on various concepts which define it as an alternative of the conventional medical models of care. These concepts include:

**Whole Person Care:** Holistic nurses consider patients as multidimensional entities where emotional, mental, social, and spiritual aspects affect the physical well-being of a patient. Paying attention to the entire person, nurses will have an opportunity to evaluate the real causes of the illness and offer individual care plans [19].

**Therapeutic Relationships:** Holistic nurses build significant relationships with patients. They are concerned with open communication, trust, empathy, and understanding, which creates a collaborative healing environment. These connections are critical towards the realization of good results in physical and emotional wellbeing [20].

**Patient Empowerment:** The process of empowering patients is one that encourages active participation in patient care. Nurses assist the patients in their informed choices, creating their own health objectives and become accountable to their health [21].

**Mind-Body-Spirit Connection:** This is a practice that is focused on physical health, emotional well-being, and spiritual needs interconnection. Interventions of the nurses take into account all the dimensions of the health of a person, including relaxation methods, mindfulness, and stress management [22].

**Integrative Practices:** Alternative and complementary medicine is a common practice in holistic nursing, which combines traditional medicine with acupuncture, massage, and aromatherapy. This is aimed at improving the natural healing mechanisms of the body [23].

### **Hurdles of Holistic Nursing Care**

Holistic nursing has numerous advantages, but still, the idea has a number of limitations in its general use:

**Deficiency of Standardized Training:** There is no standardized training or certification process of holistic nursing practices despite the growing popularity of the holistic approach in nursing. It may lead to discrepancies in care provision and misunderstanding among health practitioners on what is a holistic care provision [24].

**Time Constraints:** Holistic nursing takes time in the development of therapeutic relationship and to have an opportunity to interact with the patients at a more personal level. Nevertheless, numerous healthcare models have a very rigid time regime, and it may restrict the capacity of the nurse to provide the complete range of holistic care [25].

**Inadequate Evidence-Based Research:** Although there is anecdotal evidence to support the use of holistic nursing, there has been no significant research of the long-term benefits of this approach done on a large scale. The evidence based studies may go in hand with healthcare professionals to incorporate the holistic practices into mainstream care and this can act as a hindrance to its adoption [26].

**Opposition to Change:** A significant number of medical practitioners are used to the biomedical model of care, which only considers the physical component of sickness. The shift to a holistic approach may be viewed as a resistance, especially in organizations where the main priorities are efficiency and care toward patients [27].

**Financial and Resource Constraints:** There are financial limitations and resource limitations: not all of the complementary therapies in the holistic nursing like massage therapy or acupuncture are insured. This may restrict the provision of holistic care to some groups of patients [28].

### ***The Evidence of Supporting the Holistic Nursing Care***

A number of studies have been conducted to establish the consequences of holistic nursing care and these have shown the effectiveness of holistic care as a measure to enhance the physical and psychological well-being. As a summary, the table below presents some of the major findings of recent studies:

#### ***Nursing through the lenses of Holistic Practices***

Holistic nursing can be integrated into practice in a number of steps:

**Education and Training:** Nurses should be trained in holistic practices fully. This may involve formal studies of holistic health, seminars, and qualifications of complementary therapies. Another important factor is to inform healthcare facilities about the advantages and application of holistic care [29].

**Cooperation with the Other HCs:** The holistic nurses should cooperate with the other healthcare professionals, including the doctors, dieticians, and therapists, so that every part of a patient could be covered. Multidisciplinary care promotes a holistic approach to care [30].

**The use of Technology:** The use of technology is capable of improving holistic care. An example of this is telehealth services which enable nurses to check on the well-being of the patients even when nurses are away as long as patients have access to holistic care. Mindfulness, meditation, and stress management digital tools can be incorporated into patient care programs [31].

#### ***Future trends of holistic nursing***

To promote the use of holistic nursing, the following steps need to be followed:

**Standardization and Certification:** Standardized curriculum and certification programs of holistic nursing can be developed to promote uniformity and proficiency in the provision of holistic care.

**Greater Research:** More evidence that underlines the holistic care should be increased. There should be more randomized controlled studies and longitudinal studies that can support the efficacy of holistic nursing on enhancing patient outcomes [32]. Policy Change Advocacy Nurses must promote the policy provisions that facilitate the adoption of holistic methods in healthcare environments such as covering of complementary therapies using insurance schemes [33]. The holistic nursing care is a useful theory that can be applied in the treatment of patients based on their physical, emotional and spiritual needs. Nevertheless, in spite of all the threats it has to overcome such as lack of appropriate training, resistance to changes, and the lack of large-scale evidence, holistic nursing proves to have a substantial positive outcome. As the medical field also keeps on changing, the need to embrace holistic practices to enhance patient care and wellbeing increases. The holistic nursing can be a critical component of the healthcare environment by tackling the challenges, encouraging research, and a sense of cooperation among healthcare providers.

**Table 1: Strategies to Incorporate the Holistic Nursing Practices**

<b>Strategy</b>	<b>Description</b>
Standardized Education Programs	Develop formalized curricula and certifications in holistic nursing practices.
Collaboration Across Disciplines	Ensure holistic nurses collaborate with other healthcare professionals for comprehensive care.
Utilization of Technology	Implement digital tools and telehealth to support holistic care.

### **Problems in the implementation of holistic nursing care (Continued)**

Although the above sections have highlighted several main challenges that have been related to holistic nursing care, it is necessary to explore these obstacles further to gain insight into their further effect on patient care and to think of possible mitigation strategies.

#### **Complementary Therapies Application within Conventional Medical Practice.**

One of the major challenges facing holistic nursing is the integration of alternative therapies like acupuncture, massage treatments, aromatherapy and guided imagery in the traditional healthcare setup. The therapies have proven positive impacts on both physical and emotional health of the patients but in most cases they do not have the intensive scientific testing grounded in the traditional medical therapy methods. As an illustration, even though in some studies, acupuncture has been demonstrated to be effective in pain management, it has not received a universal acceptance as a mainstream form of therapeutic intervention. The fact that these modalities are still not widely adopted in medical institutions can be greatly explained by the biomedical paradigm that still prevails in the medical world and puts more emphasis on evidence obtained via randomized controlled trials and other similar methodological frameworks that are often challenging to apply to holistic practices [34].

**Solution:** To solve this shortcoming, organizations in the health care sector should create an environment in which the holistic and conventional therapies exist together in a synergistic manner. As a feasible solution, the formation of integrative care teams constituting a collaboration of holistic practitioners, such as massage therapists and acupuncturists, and physicians and nurses should be considered. The formation of multidisciplinary teams enhances collaboration and the provision of a holistic care plan that incorporates both conventional and complementary interventions to the patients. Also, stricter research agendas must be sought in determining the effectiveness of such modalities in order to shape the practitioners perception and increase the chances of adoption [35].

#### **Cultural Conceptions of Holistic Nursing**

The cultural perceptions of the nursing profession may hinder the holistic nursing practices. Nurses have been a traditionally observed tool in health systems in terms of execution of physical activities like medication and vital sign monitoring. Holistic nursing requires a more individual and compassionate approach to the emotional and mental conditions of patients. As a result, this change may meet opposition among health professionals and patients who are used to set role-based boundaries of the nurse-patient relationship [36].

**Reason:** To foster cultural change in clinical settings requires the thorough education of the patients as well as health-care workers on the benefits of the holistic approach. Nurses need to be equipped with the know-how and skills that they need to provide more comprehensive care, knowing that holistic nursing does not lie in the assembling of therapies but in the establishment of significant relationships with patients. Concurrently, the patients are to be educated on the advantages of holistic care, which will raise their chances of adopting and demanding those interventions as a part of the treatment process [37].

#### **Whole Person Nursing and Chronic Disease Care**

The use of holistic nursing interventions has shown a potential in the management of chronic illnesses like diabetes, high blood pressure and cancer. Chronic illnesses are normally long term and involve physical and psychological support. However, holistic nurses often face the difficulties in treating the mental health aspect of chronic illness especially when the patients feel stigmatized or feel that they are a burden to the people they love. Besides, chronic illnesses do require constant observation, which might not necessarily be consistent with the time-consuming aspect of holistic care [38].

**Solution:** The effectiveness of holistic nursing is enhanced in the chronic disease contexts when combined with traditional model of medical care. Health systems might introduce a regular psychological review side by side with the regular medical review to determine the emotional and psychological health conditions of the patients. These combined interventions will see the patients not only get the necessary medical care but also psychological and emotional assistance, thus promoting long-term health. Continuous communication between nursing personnel (holistic) and a medical team will result in the consideration of every aspect of the health of a patient, the reduction of burnout potential, and the encouragement of long-term participation in the healing process [39].

### **Meeting the Requirements of Multicultural Populations**

Holistic nursing care should also be able to identify and respond to the various cultural, socioeconomic, and spiritual orientations of the patients. These are some of the factors that are not adequately considered by health-care systems, which leads to a lack of personalized care that would otherwise contribute to the recovery of patients. As an example, a patient in a given cultural background might need unique food taboos or healing rituals, which once considered and included in his treatment plan can help in a more comprehensive recovery process [40].

**Recommendation:** Nurses can be the solution to enhancing cultural competency by learning about the diverse cultural and spiritual needs of their patients and integrating them into the treatment plan. A personalised care experience based on collaboration with cultural specialists, spiritual counselors, or community leaders can be produced that honours cultural practices and beliefs. Through the creation of such cultural respect, holistic nursing can improve patient involvement and satisfaction, which is of particular significance in multicultural clinical environments [41].

### **Proving the Holistic Nursing Care: max deeper**

The beneficial effect of holistic care on patient satisfaction, emotional well-being, and recovery velocity has been proven in many studies. Systematic reviews and meta-analyses were carried out to evaluate the effectiveness of holistic interventions in a particular environment, such as oncology, mental health, and palliative care. Similarly, in oncology, studies have shown that holistic nursing interventions (relaxation strategies, pain management strategies, psychological counseling and so on) reduce the prevalent symptoms such as anxiety, depression, and fatigue [42].

Similarly, research studies indicate that incorporation of holistic methods such as mindfulness meditation and therapeutic touch in mental health care is effective. These techniques reduce levels of stress, decrease cortisol, and increase mental sharpness, therefore combining with traditional therapies and providing a comprehensive avenue to psychological wellness. There exists also in support of the positive impact of the holistic therapies on pain management; therapeutic massage and acupuncture are examples of which have been demonstrated to reduce chronic pain and better the mobility of patients with musculoskeletal disorders. This kind of complementary modalities can be a useful addition to the pharmacological regimes, decreasing the use of opioid-based drugs and the adverse effects associated with them [43].

The findings support the idea that holistic nursing is not an option but rather evidence-based practice that can significantly lead to the increased patient outcome rate. The growing body of empirical evidence will keep on strengthening the argument in favor of introducing holistic nursing in the traditional environment of medical care [44].

## **CONCLUSION**

This review describes the significance of holistic nursing care, the challenges, and the benefits of this care based on evidence. It highlights the need to change policymaking, conduct more research, and undergo additional education to encourage the implementation of this patient-centered care approach.

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