

**Holistic Care: Literature Review**

Lydia Gondzur

Lakeview College of Nursing

N434: Evidence-Based Practice

Professor Key

June 29, 2024

## **Holistic Care: Literature Review**

An approach to patient care known as holistic nursing care considers the patient's physical, social, spiritual, and psychological requirements (Ambushe et al., 2023). Holistic care has many benefits, but there are many nurses that lack experience with holistic care and are not focusing on the whole person. In an effort to give the individual dignity and respect, holistic nursing also advocates participatory person-centered care (Akyüz et al., 2024). In order to do this, healthcare workers need to make sure that their focus is the whole patient. A holistic approach should be based on both relational, practical, and moral foundations (Dyrstad et al., 2021). Understanding the importance can make a difference in someone's life and change it for the better.

### **Holistic nursing care practice and associated factors among nurses in public hospitals of Wolaita zone, South Ethiopia**

It has been determined that delivering holistic care can both lower the risk of sickness and mortality and raise the standard of care given to patients (Ambushe et al., 2023). There were 422 nurses who worked in public hospitals in the Wolaita Zone were sampled for a cross-sectional survey that was carried out in the hospital. For the purpose of choosing study participants, systematic random selection was used. According to the report, 21% of nurses provide holistic care overall (Ambushe et al., 2023).

#### **Key Points**

They used 8 governmental hospitals and 68 health centers to complete this study in the Wolaita Zone (Ambushe et al., 2023). The data in this study was gathered through a standardized questionnaire. The questionnaire was created by looking over several academic works. A study

in Cameroon discovered that 11.14% of nurses actually exercised all of the components. There was 28.6% of nurses that based their practice on the biological aspect, 18.6% on the psychological aspect, 27.1% on the social aspect, and 14.3% on the spiritual aspect (Ambushe et al., 2023). “The variables with a p value that was less than 0.25 were entered into the multivariable logistic regression analysis” (Ambushe et al., 2023). After they completed the analysis and the ratios were identified, variables that had a p value less than 0.05 were considered significant. (Ambushe et al., 2023). According to this study, there was little use of holistic nursing care by nurses employed by the public hospitals in the Wolaita Zone (Ambushe et al., 2023). They decided that training was suggested in hopes to improve holistic care.

### **Assumptions**

In addition to enhancing the standard of patient care, holistic care practices are an efficient means of preventing illness and death. A growing number of people choose holistic health care over traditional medicine globally (Ambushe et al., 2023). It is reasonable to believe that the comprehensive care provided by nurses has a significant influence on patient outcomes and safety. The practice of holistic care can be impeded by various factors, including insufficient time, lack of experience, motivation and organizational problems, and lack of resources (Ambushe et al., 2023).

### **Deficit/Conclusion**

According to this study there was little use of holistic nursing care by nurses employed by the public hospitals in the Wolaita Zone. Some of the different things that can impact this is the knowledge, unit of work, level of education, and continuous in-service learning (Ambushe et al., 2023). The author’s line of reasoning was accepted and if a nurse were to fail accepting this,

they would not be giving their patients the type of care that they need to receive. Some implications for this article are that they are not finding enough nurses that can complete all of the tasks correctly while giving patients holistic care.

### **Value of Simulating Holistic Nursing Care: A Quantitative Study**

This study used simulation as a teaching tool to look at the experiences nursing students had while receiving holistic training (Dyrstad et al., 2021). In a simulation lab at a university on Norway's west coast, the exercise was conducted in the fall of 2018. They divided the 18-20 students into four groups. There was a total of 252 students that were invited, 218 responded to the questionnaire. Overall, the current study's findings suggest that comprehensive simulation training can significantly advance nursing education (Dyrstad et al., 2021).

#### **Key Points**

The focus of this study was to get students to understand why holistic care is so important. A comprehensive strategy needs to include relational, realistic, and ethical components. The American Holistic Nurses Association (2010) defines holistic nursing as "any nursing practice that has healing the whole person as its goal" (Dyrstad et al., 2021). On the scale for analyzing thoughts and feelings the p value was 0.52, learning and making connections was 0.21, and facilitator skill in conducting the debriefing was 0.10. The p values in this study needed to be under 0.05. Overall, these p values were not statistically significant. The nursing students engaged in simulation activities centered on holistic nursing care. This study aimed to bring insight into the value of holistic simulations in nursing education (Dyrstad et al., 2021).

#### **Assumptions**

Students view clinical simulations as realistic and valuable learning tools, according to Cordeau (2013). They believe that modeling comprehensive, patient-centered nursing care is extremely relevant (Dyrstad et al., 2021). Engagement learning is achieved through the use of a highly interactive virtual and physical environment in patient-focused simulation-based teaching. (Dyrstad et al., 2021). It is possible to modify this setting to reflect potential circumstances in holistic nursing care. It is a good opportunity to practice these skills before seeing real patients is going to help the overall outcome.

### **Deficit/Conclusion**

Nursing students give a high value on simulation training (Dyrstad et al., 2021). “One qualitative study determined that nursing students found simulation to be valuable for increased self-awareness, confidence, and insight in the nursing profession role” (Dyrstad et al., 2021). Nursing students learning holistic care may benefit from simulating multiple scenarios in big groups. Establishing links between theoretical and practical circumstances took place by debriefing (Dyrstad et al., 2021). The author's line of reasoning is accepted because using simulations to learn is extremely helpful. This can help students’ confidence when they go into the clinical setting, without simulations they might be a little timid and nervous. An implication for this article is that students should take this as an opportunity to learn and understand the importance. If this is unable to be achieved, students are not going to have the knowledge they need. If the students did not understand, then they would not be able to give the care that is needed for the patient.

### **A Scientometric Overview of the Current Status and Trends of Holistic Nursing Studies**

Nurses are ready to offer care to support people in protecting, achieving, and defending the integrity of their lives in all respects (Akyüz et al., 2024). The purpose of this research project was to use the bibliometric approach. They would examine the literature on holistic care and identify the kinds of studies that are necessary to improve the effectiveness and spread of holistic nursing care. (Akyüz et al., 2024). “The bibliometric analysis uses a quantitative approach to describe, assess, map, visualize, couple, and track published research on a particular subject” (Akyüz et al., 2024). This study will be able to help people doing research on this topic and guide them in the right direction. This research presents the most recent published evidence for holistic nursing from January 1, 1979, to March 18, 2023. Both quantitative and qualitative methods were used to examine the study's data, which were collected from the Web of Science database (Akyüz et al., 2024).

### **Key Points**

The data from the study was analyzed using the Excel program and visualized using VOS viewer. The search for holistic nursing resulted in 3,887 reviews and articles that have been published (Akyüz et al., 2024). Of these, 2,716 have been published since 2013, have been cited 45,843 times, and account for 77.832% of all citations to publications that have been published since 2013 (Akyüz et al., 2024). There had been 5 countries that had high contributions. These countries were the United States with 1,259 documents, England with 457 documents, Australia with 380 documents, Canada with 253 documents, and Sweden with 183 documents. Taking into consideration the "unity, healthiness, and interconnectedness of human beings and their environment," holistic nursing aims to enhance patient outcomes and satisfaction (Akyüz et al., 2024). It also promotes patient-centered care in an attempt to uphold the dignity and respect of each individual. The purpose of this study is to provide scholars with an understanding of the

state and developments in holistic nursing research from January 1, 1970, to March 18, 2023.

The p values in this study were all over 0.05, meaning that the data in this was not statistically significant.

### **Assumptions**

In order to provide care for a patient during their healing process, a holistic nurse uses nursing knowledge, theory, expertise, and intuition (Akyüz et al., 2024). Holistic nursing care is a unique nursing practice that states that the body, mind, spirit, emotions, environment, relationships, and social and cultural aspects of life are interconnected and should be considered a whole (Akyüz et al., 2024). Making sure that nurses complete these aspects is extremely important for the patient's wellbeing. By understanding and learning more about this, researchers are able to have knowledge that is needed in holistic care.

### **Deficit/Conclusion**

The primary goal of the study was to analyze all publications on holistic nursing (Akyüz et al., 2024). A secondary goal of the study was to look into international collaborations and to perform bibliographic coupling, co-citations, and keyword co-occurrence analysis. Since holistic nursing is one of the primary pillars of nursing practices, no comparable bibliometric analysis study has been published. However, bibliometric analyses have been more common in the field of nursing in recent years (Akyüz et al., 2024). The author's line of reasoning is accepted because they are trying to increase the effectiveness of holistic care. Some of the implications are that holistic care should be widespread and more people need to understand the importance of it. If this is not completed, then there are going to be many places that do not utilize holistic care.

### **Conclusion**

The knowledge, unit of work, level of education, and continuous in-service learning are all important when it comes to holistic care (Ambushe et al., 2023). This study had extremely low numbers of nurses who used holistic care. Improving knowledge and practice needs to be emphasized everywhere. Training was suggested to improve the overall care.

Being able to practice simulations before going into patient care is going to be helpful for students. It is going to teach them how to communicate and treat their patients. “Making connections between theory and real-life situations appeared to be the greatest learning value in using simulation for holistic care training” (Dyrstad et al., 2021).

The third article is able to help improve knowledge on what holistic care is about. Expanding knowledge on this topic is going to help people understand the importance of it and how it should be used in the healthcare setting. The study shows how there are other studies out there that need to increase the benefits of holistic care and make it more widespread.

The information learned can improve patient outcomes by focusing on the whole person rather than just their complaint. This can lead to an overall better well-being and outcome for the patient. Nursing practice can be improved by incorporating holistic care in many facilities. This is going to advance the nursing practice and make sure nurses are focusing on patient centered care. Evidence based practice and quality improvement can be improved by having the statistics to show how little this is being utilized. If everyone makes an effort to improve holistic care, then patients are going to have a better experience when seeking medical attention. Making sure that the p values are statistically significant is also a major factor in improving holistic care. Overall, healthcare needs to improve as a whole. Without improvements patients are not going to be receiving the proper care that is needed. Holistic care is the whole person and this is a key factor in healthcare.

## References

- Alrasheed, A. M., Junaid, M., Ardi, K. T., Ebraheem, F. A., & Alaidaroos, O. Z. (2023). Quality of life among adults with hearing loss who were prescribed hearing aids in Aseer province, Saudi Arabia: A cross-sectional tertiary center-based study. *Cureus*. <https://doi.org/10.7759/cureus.45922>
- Dyrstad, D. N., Bodsberg, K. G., Søliland, M., Bergesen, Å. U., & Urstad, K. H. (2021). Value of simulating holistic nursing care: A quantitative study. *Clinical Simulation in Nursing*, 54, 113-120. <https://doi.org/10.1016/j.ecns.2021.02.002>
- Öntürk Akyüz, H., Alkan, S., & Şenturan, L. (2024). A Scientometric overview of the current status and trends of holistic nursing studies. *Holistic Nursing Practice*, 38(1), 3-13. <https://doi.org/10.1097/hnp.0000000000000621>