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Thinking Matters Symposium

2020 Thinking Matters Symposium

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## Examining Holistic Care: From Early Medicine to Modern Practice

Molly Potter

*University of Southern Maine*, [molly.potter@maine.edu](mailto:molly.potter@maine.edu)

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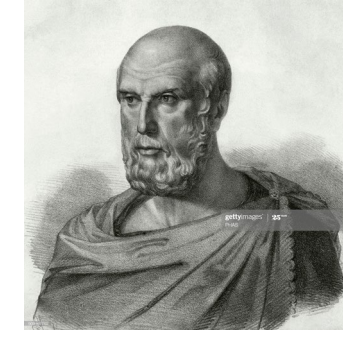
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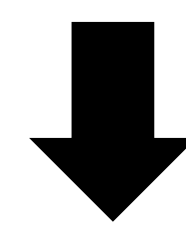
## Abstract

While holistic medicine is the focus of current textbooks and guidelines for providing care and is being universally recognized in modern-day practice, it is not a new concept. The practice of holistic medicine looks at the patient as more than the identified problem and treats the human body as a machine with many parts that all work together for optimal functioning, so all aspects of the person —physical, psychological, and social— are taken into account. The roots of holistic medicine extend back to Hippocrates —the Father of Medicine— and continue through the modern time, following the advances of Florence Nightingale, the first recognized nurse. Through a review of historical practices, medical personnel, and current research studies and practice, this project provides a descriptive timeline of holistic medicine, starting with the Greeks and leading to its importance worldwide in the twenty-first century. The immense impact of medicine —good or bad— magnifies the need for both care-givers and care-receivers to understand where current practice originates. To further understand the impact of today’s medical care, we must understand history, current evidence-based practice, and the gaps where further research is needed. The gaps are evident in this review, with the most prevalent being the need for modern-day studies, both qualitative and quantitative, in the United States examining the effects of implementing modern-day holistic practice.

### 460 BCE Hippocrates



- Created the first textbook of modern Western medicine
- Used wine and water in a 1:1 ratio to treat restlessness, yawning, and fear
- Used heat and cold therapy for inflammation, pain, and inducing menstruation with a warm bath in field of medicine
- Established the Hippocratic Oath- standards of medicine



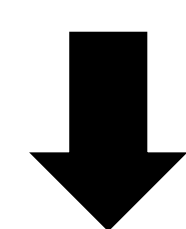
### 1850s F. Nightingale

Founder of Modern Nursing



- Improved sanitation practices
- Recognized people have basic needs such as clean air, water, food, and a home
- Used therapeutic light, music, relaxation, aromatherapy, touch, music therapy, pet therapy, healthy nutrition, and exercise

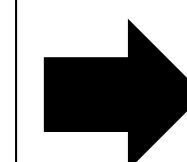
Her morals have led to modern day ethics of nursing



### 1980-1999 Effect of Massage

A review of studies by Richards et al. looking at the effects of massage on various aspects of healing found that massage had the following effects on relaxation, pain, and sleep:

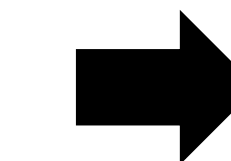
- Pain levels were reduced in times of discomfort
- Relaxation was increased
- Anxiety and tension levels decreased
- Sleep was impacted in varying ways



### 2000 Specialists in Holistic Medicine-First Board Exam



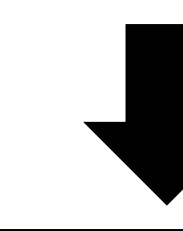
- American Board of Holistic Medicine (ABHM) held its first board exam in Denver, Colorado on December 7, 2000
  - Review class was \$595, Exam was \$800
- Gives the greater community confidence in their certified provider’s knowledge



### 2018 Family Involvement with Cancer Patients

Findings:

- Family involvement is important because they are a part of the patient
- Family and patient need to be on the same page and know the expectations of the management and treatment of the patient's cancer
- Patient-oncologist team must know how to manage the difficulties associated with the human need to protect emotions
- Patient and family disagreement can hinder Goal of Care (GoC) conversations



### 2020 Reiki for Hospitalized Patients

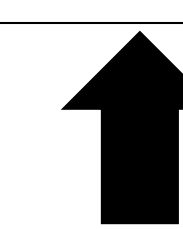


Priscilla Jurkovich and Sara Watson implemented a volunteer Reiki program at a Midwestern hospital for hospitalized patients. They sought to discover if a 20-minute session with certified Reiki practitioners would affect their symptom score. From September 2017 to October 2019, 1,278 patients received a 20-minute session; patient symptom scores lowered in most cases.



### 2000 Holistic Unit Opens in Midwestern Hospital

In April of 2000, Regions Hospital located in Saint Paul, Minnesota opened an 18-bed holistic nursing unit. “Muted” colors filled the walls, windows faced outdoors and family rooms were available on the unit. A mix of medications, monitoring, patient-led decision making, and alternative therapies (aromatherapy, music therapy, relaxation) were used. This was the beginning of a successful option for hospitalized patients.



### 1981 American Holistic Nurses Association (AHNA)



Founded in Houston, Texas on January 17th, 1981 by Charlotte McGuire and nearly 80 other nurses, the AHNA works to promote “health, wellness, prevention, holistic education, and the integration of allopathic and complementary caring/healing modalities to facilitate care of the whole person” (Dossey, 2010).

#### Acknowledgements:

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