

# Holistic Nursing Care

## – A Concept Analysis

Ehvone Avila

Bachelor's Thesis in Health Care and Social Welfare

Degree Programme: Bachelor of Health Care, Nursing

Vaasa / 2021

## **BACHELOR'S THESIS**

Author: Ehvone Avila

Degree Programme: Bachelor in Healthcare, Nursing

Supervisor(s): Maj-Helen Nyback

Title: Holistic Nursing Care – A concept analysis

---

Date: November 24, 2021

Number of pages: 26

Appendices: 4

---

### **Abstract**

Providing holistic nursing care is essential in healthcare as it demonstrates the approaches and interventions that influence the overall degree of satisfaction in healthcare. Despite the ambiguousness and disregard for having one exact definition, holistic nursing care is widely used in healthcare.

This study aims to disintegrate the concept of holistic nursing care using concept analysis to provide clarity as well as to search for the responses to the research questions, "What are the defining attributes of holistic nursing care?" and "Can the defined attributes represent holistic nursing care?"

Avant & Walkers' 8-stage approach was selected for conducting the concept analysis of holistic nursing care. In obtaining more straightforward results together with having a simpler approach, the stages of Avant & Walker's approach were remodelled and modified into a 5-stage approach.

With the help of the concept analysis in combination with the theoretical framework, a detailed disintegration of holistic nursing care provided an enhanced understanding of the concepts, which also contributed to responding to the research questions. The study concluded the improved understanding of holistic nursing care offers nurses the nursing knowledge needed to apply and implement holistic nursing care with a higher degree of efficacy. Thus, further research and study are suggested to provide extensive knowledge in enhanced understanding of holistic nursing care.

---

Language: English

Key words: holistic nursing care, holistic nursing, holistic care, holistic approach, holism

---

## Table of content

|       |  |    |
|-------|--|----|
| 1     | Introduction.....  | 1  |
| 2     | Aim and Objectives .....   | 2  |
| 3     | Holistic Nursing Care .....  | 2  |
| 3.1   | Features of Holistic Nursing Care .....                            | 3  |
| 3.1.1 | Holism .....   | 3  |
| 3.1.2 | Holistic Care .....  | 3  |
| 3.1.3 | Relationship between Nursing Theory and Holistic Nursing Care..... | 4  |
| 4     | Theoretical Framework.....   | 5  |
| 4.1   | Components of Metaparadigm Concepts of Nursing.....                | 5  |
| 4.1.1 | Function of Metaparadigm.....                                      | 6  |
| 4.1.2 | The Central Units of Metaparadigm.....                             | 6  |
| 5     | Methodology.....   | 7  |
| 5.1   | Conceptual Analysis.....   | 7  |
| 5.2   | Sampling Materials.....  | 9  |
| 5.3   | Data Collection .....  | 10 |
| 5.4   | Data Analysis .....  | 10 |
| 5.5   | Ethical Consideration.....   | 12 |
| 6     | Results.....   | 12 |
| 6.1   | First and Second Stage.....  | 12 |
| 6.2   | Third Stage.....   | 13 |
| 6.3   | Fourth Stage.....  | 16 |
| 6.4   | Fifth Stage .....  | 18 |
| 7     | Discussion.....  | 20 |
| 7.1   | The Use of Method.....   | 20 |
| 7.2   | The Results .....  | 21 |
| 8     | Conclusion .....   | 23 |
| 9     | References .....   | 24 |
| 10    | Appendices .....   | 1  |

## **Appendices**

Appendix 1: Data Collection of Studies Included for Content Analysis

Appendix 2: Tables for Conducted Content Analysis (individually)

Appendix 3: Nursing Philosophies established by six Nursing Theorists

Appendix 4: Defined Attributes Classified into Themes

## **List of Tables**

|   |   |
|---|---|
| Table I Walker & Avant's 8-stages of approach.....                    | 8 |
| Table II Modified Version of Avant & Walkers' stages of approach..... | 8 |
| Table III Inclusion and Exclusion Criteria.....                       | 9 |
| Table IV Sampling Materials .....                                     | 9 |

## **List of Figures**

|                                |    |
|--------------------------------|----|
| Figure 1 Use of Concepts ..... | 13 |
|--------------------------------|----|

# 1 Introduction

According to Jasemi et al. (2017), holistic care is illustrated with approaches and interventions that contribute to patients' satisfaction in healthcare – in terms of physical, mental, emotional, and spiritual needs. This concept is frequently used in healthcare. Nevertheless, holistic care is still a complex subject that disregards one exact definition, which results in being unclear and inconclusive.

This is where the personal interest in the topic arose. A healthcare professional can describe and explain what holistic nursing care means and perform their duties and responsibilities with help of clinical practices and empirical pieces of evidence. Hence, do they all have a unified understanding of what the concept means and is the process of holistic nursing care solely directed towards the patient and does not affect the nurses' life knowingly or unknowingly.

Jasemi et al. (2017) stated that with the provision of an improved framework for holistic nursing care, a definite conceptual definition would help increase nurses' knowledge. As well as healthcare providers reach and promote professional autonomy that will implement better consideration in patients more systematically and scientifically.

In this study, features of holistic nursing will be utilised as aspects in explaining the concept of holistic nursing care. The use of features is relevant for this study due to the use of concept analysis which, consists primarily in breaking down or using concepts into their constituent parts to gain knowledge or a better understanding of the philosophical issue in which the concept is involved (Beaney, 2003).

Moreover, the relevance of features and chosen methodology will help clarify holistic nursing care. Simultaneously by using a modified version of Avant & Walker's 8-stage approach that aids with clear guidance of concept analysis along with the search for the response of the research questions chosen that are associated with holistic nursing care.

## **2 Aim and Objectives**

This study aims to analyse the concept of “Holistic Nursing Care” by using a modification of Avant & Walker’s 8-stage approach, which is then remodelled. Along with the research questions: “What are the defining attributes of holistic nursing care?” and “Can the defined attributes represent holistic nursing care?”

In this study, selected nursing theories from the book, “Nursing Theorists and their work” (Alligood, 2018) will be discussed. To provide the different aspects in the definition of the concept by using the central units of the Metaparadigm Concept of Nursing who are the concepts of person, health, nursing and environment.

To implement more transparency concerning the methods conceptual analysis, Avant & Walker’s approach is simplified and modified from eight to five stages. The result of having shortened approach will serve as a guide in the break down of the concepts’ relevance concerning the topic.

With data synthesis, content analysis of carefully selected scientific resources will be performed in determining the attributes that have frequently been associated and have positive instances with the topic of holistic nursing care. Together with the last step, the self-made constructed model case to demonstrate how both the concept and the attributes are perceived and understood.

## **3 Holistic Nursing Care**

According to Dossey, Keegan, et al. (2009), holistic nursing is defined as a concept that focuses on protecting, promoting and optimising health and wellness. It also assists in healing, prevents illness and injury. Thus, it alleviates suffering and supports people to find peace, comfort, harmony and balance through the diagnosis and treatment of human response.

Holistic nursing is a combination of the use of all nursing practices to heal the person as a whole. And with its’ speciality that depicts not only nursing knowledge but also the theories of wholeness, nursing, and intuition, in becoming the nurses’ guide to be the therapeutic connection between people and facilitation towards the healing process and achieving wholeness.

### **3.1 Features of Holistic Nursing Care**

As stated by Walker & Avant (2011), nursing is perceived to have the 'holistic' characteristic and quality in terms of providing health care since it focuses on the diagnosis, enhanced approach, and intervention regarding challenges in clinical settings, and patient care. In other words, 'holistic' in nursing has characteristics that set importance in the essence of an individual as a whole. The interrelationship of the body, and soul instead of solely focusing on the process of disease - there is a consistent emphasis on complementary fragments of an individual.

#### **3.1.1 Holism**

Holism is one of the features that are well connected to holistic nursing care as it attests to the importance of the whole sum rather than the sum of its parts, which includes the whole being, mind, body and soul. McMillan et al. (2018) described the vitality of a whole being or system performing well if all parts of the system are not impaired or disturbed. In other words, one part is unable to function without the whole, therefore, providing the care needed by an individual is substantial.

On the contrary, Owen & Holmes (1993) regarded 'holism' as a condition that can be easily achieved through the commitment of having the belief in the sum of the whole rather than its parts. This does not explain clearly enough because it was considered as general sympathy resulting in the possibility that everyone, not just nurses can also be 'holists'.

Still, the enlightenment of holism through discussing the diversity of holistic health in nursing is unavoidable. This is due to the whole-person emphasis originating from humanistic nursing practice theory, which is one of the global theories about systems and organisms by Kolcaba (1997).

#### **3.1.2 Holistic Care**

Florence Nightingale primarily emphasized the history regarding the significance of holistic care whereas she further explained that the concept's philosophy is based on holisms' idea that enlightens on unity and humanistic view (Jasemi et al. 2017).

Zamanzadeh et al. (2015) described holistic care as respecting human dignity. Meaning that the relationship between the health care providers and the

patients are based on respect, relative openness, equality, and mutuality. Including this, are the ability of the patients to participate in decision making in this kind of care.

In support of the act of nursing, McEvoy & Duffy (2008) claimed that there are five core values that are substantial in building the fundamentals in practising the art and science of the holistic manner in nursing. The five core values that are important to commit in nursing are caring, holism, critical thinking, nursing role development, and accountability. Additionally, through reflective practice in a clinical setting, holistic nursing can be developed alongside a paradigm shift that is considered since holistic nursing is deduced from nursing knowledge, theories, intuition, creativity and expertise.

Holistic care is indeed complex, as it is an inclusive example of a caring model that is considered as the centre of the science of nursing. However, it does not only have one clarified definition. Thus, has no definite comprehensive definition, which leads to nurses' frequent use of the concept without having a clear understanding of its actual meaning. This results in neglect in providing holistic care or only looking at one outlook of it such as e.g., physical needs of a patient and completely dismissing other outlooks e.g., patients' dignity (Jasemi et al. 2017).

Despite this, further involvement and integration of holistic care are seen in a study by Jasemi et al. (2017). They found that holistic care has a broad paradigm that has been available and present in the healthcare system of many cultures. As well as other areas of nursing care such as medical-surgical nursing care, mental health nursing, public health nursing and many more.

### **3.1.3 Relationship between Nursing Theory and Holistic Nursing Care**

In (2002), Buckley added the five elements where holistic nursing is deduced. These are nursing knowledge, theories, intuition, creativity and expertise that all work together in forming the necessities for nurses to function in an ideal way that is holistic in pursuing holistic nursing care and practice.

Dossey et al. (2005) explain the significance of nursing theories in the implementation of clinical practice within diverse and specific clinical settings. As nursing theories provide frameworks and interpretations for nurses to use in their professional work. The establishment of demands concerning how nurses should reflect on the truisms of the philosophy and take into consideration whether the theory used as a base for practice is

working in achieving holistic ideals. Simultaneously, nurses are required to accompany the facilitation of empowerment to the patients. Since helping patients to utilise their own inner means in improving their quality of life and manage to adapt when changes or transitions occur – which is the absolute centre of holistic nursing care.

Furthermore, holistic nursing care was further described by Wadensten et al. (2003) as being illustrated and demonstrated with approaches and interventions that contribute to patients' satisfaction in healthcare - in terms of physical, mental, emotional and spiritual needs. In addition, these are interconnected aspects that are strongly connected to the topic such as holism, holistic nursing and practice.

In the feature of holism, Cumbie (2001) stated that practising holism is a recommendation for the nurses to identify and be aware of the patients' awareness and themselves, which is self-awareness. It is essential for all of us as it strives to reach a balance between the world and oneself, which is often attained through reflective practice. According to Dossey et al. (2005), this is when the necessary elements influence nurses as they display the defining attributes of holism.

On the other hand, challenges in achieving holistic nursing care in practice arise unavoidably as well, due to the ever-progressing theory. Nurses need to have consistency in learning more despite fundamental knowledge as this expands nurses' roles. Along with the development of interdisciplinary nursing, e.g., nurses' role continues to broaden their knowledge and set emphasis on health promotion and illness prevention, together with concern for the patient as a whole (McEvoy & Duffy, 2008).

## **4 Theoretical Framework**

The Metaparadigm Concept of Nursing is the selected theoretical framework in this study. The framework will aid in presenting and explaining the method of conceptual analysis. To break down the nursing knowledge of conceptual analysis of holistic nursing care, the theoretical framework must consist of components that will help tackle the aim of this essay.

### **4.1 Components of Metaparadigm Concepts of Nursing**

The metaparadigm is defined as the global concepts that identify the phenomena of central interest to a discipline. The global propositions describe the concepts and state the relations

between concepts. Thus, the metaparadigm is the broadest consensus within a discipline as it focuses on the general or global subject matter or interest.

The framework indicates that it is not sufficient for concepts alone to identify a subject matter of a discipline or to delineate the boundary for the subject matter of interest to a discipline. Instead, both concepts and propositions about concepts are needed to specify the subject matter (Fawcett et al. 2013).

#### **4.1.1 Function of Metaparadigm**

According to Fawcett et al. (2013), the function of the metaparadigm is to summarize the social and intellectual missions of a discipline as well as set a boundary on the phenomena of interest to the members of the discipline. By articulation used of the metaparadigm, this brings unity to a discipline that specifies the concepts and propositions that allows the member of the discipline to communicate about what is interesting or special about that certain discipline e.g., ‘this is what we do, and what our work is about’. In fact, this also sets an emphasis in making a way to communicate about what is not the discipline is about e.g., ‘this is not what our work is about’.

With the boundaries imposed by the metaparadigm concepts and propositions, this helps the members of the discipline to focus more on their knowledge development activities and to even have more confidence that what they are doing is consistent with the interest of the subject matter e.g., ‘this is why we do what we do’.

#### **4.1.2 The Central Units of Metaparadigm**

The four central units of concepts within the Metaparadigm of Concept of Nursing are nursing, human beings, environment, and health (Fawcett et al. 2013). In this study, the concept of holistic nursing will be further discussed using a relational proposition that is, asserting a linkage between the chosen concept and the central units of the metaparadigm concept of nursing.

Fawcett et al. (2013) explain more insight about the four relational propositions that will aid in the assertion of linkages between the metaparadigm concepts:

- I. The relational linkage between concepts of human being and health: the discipline of nursing is concerned with the principles and laws that govern human processes of living and dying

- II. The relational linkage between concepts of health and environment: the discipline of nursing is concerned with the patterning of human health experiences within the context of the environment
- III. The relational linkage between the concepts of nursing and human beings: the discipline of nursing is concerned with the nursing actions or processes that are beneficial to human beings
- IV. The relational linkage between the concepts of human beings, health and environment: the discipline of nursing is concerned with the human processes of living and dying, recognizing that human beings are in a continuous relationship with their environments

## **5 Methodology**

### **5.1 Conceptual Analysis**

The selected method for this study is conceptual analysis, which is guided by Walker & Avant's 8 stages of approach that is then remodelled.

The chosen approach will be *modified* for the reason of being more suitable for analysing the concept of holistic nursing care; thus simpler. In this modified version, the 8-stages will be minimized into 5 – diminishing the last three stages.

To examine and determine different concepts within holistic nursing care, a dissection of simpler components will be discussed in order to reach a mutual understanding of the topic in nursing thus promoting clarity of the subject (Foley & Davis, 2017).

#### **Avant & Walkers' 8-stage approach**

According to Walker et al. (2005), this approach is considered the most common within concept analysis since the method is clear and quite systematic. This approach had been used favourably to analyse other concepts. *See Table I*

**Table I Walker & Avant's 8-stages of approach**

| Definition of the Stages |   |
|--------------------------|---|
| First                    | Identification of a suitable concept for analysis     |
| Second                   | Determine the purpose of the aims/purpose of analysis |
| Third                    | Identify all uses of concept/literature review        |
| Fourth                   | Determine the defining attributes                     |
| Fifth                    | Construct model case                                  |
| Sixth                    | Determine the defining antecedents                    |
| Seventh                  | Determine the defining consequences                   |
| Eighth                   | Define empirical referents                            |

Yet, the stages being more compressed provide a more detailed insight into each of their purpose. This will provide the reasoning behind the shorter approach, that it will give simpler and more straightforward results. In addition, the modified version results in lighter and more structured study findings that enhance the clarity of how the method will help achieve the aim of the study. *See Table II*

**Table II Modified Version of Avant & Walkers' stages of approach**

| Definition of the Stages |   |
|--------------------------|---|
| First                    | Identification of a suitable concept for analysis     |
| Second                   | Determine the purpose of the aims/purpose of analysis |
| Third                    | Identify all uses of concept/literature review        |
| Fourth                   | Determine the defining attributes                     |
| Fifth                    | Construct model case                                  |

Starting with the concept – a word or phrase that summarizes a phenomenon. E.g., an idea, an observation, or an experience and each concept is a tool that provides a mental image that makes a way for communication about and understanding of the phenomenon or a way to articulate an abstract phenomenon. In this study, the concept is holistic nursing care.

The purpose of this study is to focus on the objectives. Which act as assistance in finding answers to the research questions, “What are the defining attributes of holistic nursing care?” and “Can the defined attributes represent holistic nursing care?” Along with the concept analysis of holistic nursing care in achieving the aim of this study.

The third stage includes nursing theories that are manually synthesised from a scientific book. These nursing theories are collected to provide the different aspects of how six different nursing theorists defines and uses their definition of the concept by using the

central units of the Metaparadigm Concept of Nursing who are the concepts of person, health, nursing and environment.

Determining attributes are done through content analysis by analysing scientific articles whereas the positive instances, as well as often-mentioned terms, that are associated with the concept repeatedly appear. Lastly, a model case is demonstrated in illustrating how all attributes surface in a situation.

## 5.2 Sampling Materials

By establishing the criteria for selecting data, it will help the study to focus on the relevant data that is connected to the topic in question. *See Table III*

**Table III Inclusion and Exclusion Criteria**

| Inclusion Criteria  | Exclusion Criteria   |
|---|--|
| Range of the publication year 2008-2018   | Scientific articles that fall behind the year range                        |
| Scientific articles or journals with the subject core of Holistic Nursing Care in Nursing | Non-scientific articles and journals with subjects irrelevant to the study |
| Full-text access without cost   | Need of payment to access full-text  |
| Scholarly Peer-Reviewed   | Non-Peer Reviewed  |
| Written in English  | Other languages  |
| From different countries  | Focusing on one continent or country                                       |

**Table IV Sampling Materials**

|                      |  |
|----------------------|--|
| Publication Year     | 2008 - 2018  |
| Source Type          | Academic Journals, Scientific Articles   |
| Limit to/Narrowed to | Full-text for easy access, Scholarly (Peer-Reviewed) Journals  |
| Language             | English  |
| Geographic           | Ireland (2008), US (2010), Finland (2011), South Africa (2012), Greece (2013), US (2013), India (2015), US (2018)  |
| Databases            | Academic Search Elite (EBSCO), African Online Scientific Information Systems (AOSIS), BioMed Central Journals, Biotechnology Information (NCBI), CINAHL with full text (EBSCOhost), DOAJ Directory of Open Access Journals, National Centre for PubMed Central (PMC), Research Gate, SAGE Journals, Theseus.fi |
| Keywords             | Holistic nursing care, holism, holistic care, holistic approach  |

Following with the particularised criteria of how scientific resources that are related to the topic were selected. In establishing the criteria for selecting relevant scientific resources, it is important to have a set list of preferences to help with narrowing down a large number of data. By doing this, the focus to look within the set criteria regarding relevant studies are accustomed and followed. *See Table IV*

### **5.3 Data Collection**

In the strategy of searching for scientific resources, different databases were used. These are namely SAGE Journals, National Centre for Biotechnology Information (NCBI), PubMed Central (PMC), Research Gate, Theseus.fi, EBSCO Academic Search Elite, and African Online Scientific Information Systems (AOSIS). Following the criteria for publication year, which is ranging from 2008 to 2018 and using keywords of ‘holistic nursing care’, ‘holistic nursing’, ‘holistic care’, and ‘holistic approach’, ‘holism’.

The search provided a large number of data resulting in both relevant and irrelevant data. Data deduction was thoroughly done to prevent irrelevant data resources. Leading to more than twenty articles/journals, which are narrowed and deduced to fifteen. Finally eight selected scientific articles relevant for the study. As for the language criterion, the English language was preferred together with setting the limit only to full text for easy access and scholarly (Peer-Reviewed) journals.

The scientific articles that were selected, which are relevant for this study are organised respectively whereas their respective titles, author, year of publication and the summarised results of their findings are demonstrated in *Appendix 1*.

### **5.4 Data Analysis**

Identifying consistent, constant instances of the features that describe holistic nursing care as they appeared repeatedly and were the most associated with the concept. Defining attributes was performed through content analysis of the selected and collected sample materials.

The qualitative content analysis was used to synthesise and analyse the scientific resources selected. By using content analysis, condensation of words such as sentences or phrases into less compact codes that can be used to gather content related categories. Elo & Kyngäs

(2008) stated that as these categories are classified altogether, they similarly result in sharing the same meaning.

Additionally, Elo & Kyngäs (2008) described content analysis as a method of research whereas producing replicable and valid inferences from the data into context is possible. Together with the intention of new insights, provision of knowledge, factual representation, and lastly, a practical action guide.

Similarly, pursuing the objectives easily attains the aim of the study. Since the result of performing content analyses are categories or concepts that help describe the phenomenon. As well as having a broad yet condensed description of the phenomenon is the aim of content analysis.

Starting with a set of a pre-determined set of categories or keywords that were mentioned earlier – nursing, person, health and environment that were used for coding the concepts. By doing this, the content analysis is directed towards a deductive approach. The use of the deductive approach is chosen as the study functions with the previous knowledge as the basis, including theory testing, which is the purpose of the study (Elo & Kyngäs, 2008).

Explicit terms were used to code the data as this method promotes maintenance of focus in identifying and analysing for the concept chosen, holistic nursing care. In addition, with the deductive approach, Elo & Kyngäs (2008) suggested that coding should be pursued accordingly to the explicit categories.

In combination with codes are phrases/sentences that then further served more description about the codes thus showing how the code was described. The meaning unit of codes is further condensed or summarized accordingly to give an overview of the most important information details.

The analysis was done manually or by hand, as it is easier to find the relevant explicit data thus see errors. To further check, codes were inserted in the search bar where the data is shown (*in this case the application Preview is used to read, mark and highlight the texts as they are virtually downloaded*) to double-check if there has been a miss of important details and to check for errors. *Appendix 2* shows how attributes are categorised, coded, and interpreted in their meaning preventing bias.

## **5.5 Ethical Consideration**

As a number of studies and other sources were used and found relevant to the concept analysis of holistic nursing care it is vital to refer to each specific study. By mentioning the author and year, providing a description, outlining the reason as to why the specific source was used, and how it was relevant to the topic being discussed. This study corroborates in abiding by the Responsible Conduct of Research, RCR (The Finnish Advisory Board on Research Integrity, TENK, 2012) guideline number three, in which the author of this study takes citing of other works, achievements and publications of other researchers respectively.

In addition, the Copyright Act from The RDI committee of the Rectors' Conference of Finnish Universities of Applied Sciences (Arene, 2017) acts as a concurrent ethical consideration with RCR mentioned above. Whereas the sources are used as background information will always be referred, mentioned and cited accordingly to their rightful authors/owners. This is vital as ideas; models and concepts are referred originally to the righteous source and author, providing full and entire credits throughout the study.

Unbiased opinions and understanding of the results of sources used are relevant in having a concise outcome of the research. Prevention of having bias was thoroughly done however was difficult to manage as different people have a different interpretation of their understanding. For this study, the sources used were summarised accordingly to the study without the bias of the authors' own interpretation to avoid violations against responsible conduct of research such as falsification or misappropriation. (The Finnish Advisory Board on Research Integrity, TENK, 2012)

## **6 Results**

The findings from the modified version of Avant & Walkers' approach will be outlined in this section. To further describe how each different stage, from the first stage to the fifth stage is used in the method of conceptual analysis of holistic nursing care.

### **6.1 First and Second Stage**

Beginning with the first stage, that is, holistic nursing care as the chosen and identified concept for the analysis. The purpose of using conceptual analysis is to clarify the concept of holistic nursing care as well as to find the answer to the research questions – the second

stage. In addition, Walker et al. (2005) explained the purpose of the analysis serves to prevent the disambiguation of concepts that are considered to differentiate between the ordinary and scientific language usage of the concept. Thus, leading to a mutual understanding of the topic in nursing including promotion of clarity of the said chosen concept.

## 6.2 Third Stage

The third stage is the identification of all uses of the concept of holistic nursing care. By carrying out a summarized collection of six nursing theorists and their views. The six nursing theories of the selected nursing theorists are presented in *Appendix 3*.

The six selected nursing theorists and their work are one of the frames of the concept of Metaparadigm Concept of Nursing in which has wide conceptual boundaries of the discipline of nursing – human beings, environment, health, and nursing. (4.1.2) How these nursing theorists view the aforementioned nursing disciplines are presented in Figure 1.

**Figure 1 Use of Concepts**

Nursing, Person, Health and Environment

| Metaparadigm | Theorist | Statements of the Metaparadigm motivating the choice of the theories  |
|--------------|----------|---|
| Nursing      | FN       | Nursing is being responsible for someone’s health; “How to think like a nurse”<br>Trained nurses: knowledge of scientific principles, more skills in observing patients, reporting patient’s health status  |
|              | JW       | Nursing, both a noun and a verb; consists of knowledge, thought, values, philosophy, commitment and action with some degree of passion<br>Nurses go beyond their tasks, procedures and techniques in practice – she called it the trim of nursing in contrast to the core of nursing<br>‘Curing’ is a medical term for the elimination of disease<br>Focus on the human care process and the transpersonal aspects of caring-healing in the transpersonal caring relationship   |
|              | MR       | Nursing is holistic, relational, spiritual, and ethical caring that seeks the good of self and others in complex community, organizational and bureaucratic cultures<br>With the nature of caring, it reveals that love is the foundation of spiritual caring; Caring is cultural and social<br>Transcultural caring encompasses beliefs and values of love and justice that has significance in the social realm whereas relationships are formed and transformed; helps nurses strive through the dynamics of complex cultural contexts of relationships, organizations and communities |
|              | PB       | Described nursing as a caring relationship, an “enabling condition of connection and concern”<br>“Caring is primary because it sets up the possibility of giving and receiving help”<br>“Nursing is viewed as a caring practice whose science is guided by the moral art and ethics of care and responsibility”   |
|              | KM       | Caring involves having consideration for, taking care of, and being concerned about the other; caring presents three things: “trinity of caring” or caring must be relational, practical and moral<br>“Performing nursing is essentially directed towards persons not capable of self-  |

|        |    |  |
|--------|----|--|
|        |    | help, who are ill and need in need of care. To encounter the ill person with caring through nursing involves a set of preconditions such as knowledge, skills, and organization”   |
|        | KE | Love and charity, or Caritas are the basic motives of caring<br>In Caritas, Eros and agape, the two forms of love are combined - this is what constitutes the motive for caring as she refers to the motive as a caritative outlook<br>Caring is to help and minister to those who are suffering; caring is natural and original which is derived from natural caring or motherliness<br>Caritative caring relates to the innermost of caring: distinguishing between caring nursing (a kind of caring without prejudice that emphasizes patient suffering and desires) and nursing care (based on nursing care process that is, good care only)<br>“The ultimate goal of caring cannot be health only; it reaches further and includes human life in its’ entirety” |
| Person | FN | Referred to person as a patient; an individual<br>Patient as passive or could perform self-care; depending<br>Nurses are in control of and responsible for patient’s environmental surroundings  |
|        | JW | The terms human being, person, life, personhood and self – with her view of a person as a unity of mind/body/spirit/nature<br>“Personhood is tied to notions that one’s soul possesses a body and that is not confined by objective time and space”<br>Unity of body, mind and soul within an evolving world-view connectedness of all   |
|        | MR | A person is a: Spiritual being created by God, the Mystery of Being and a Cultural being that engage co-creatively in organizational and transcultural relationships to find meaning and value   |
|        | PB | “A person is a self-interpreting being, that is, the person does not come into the world predefined but gets defined in the course of living life”<br>“A person also has an effortless and non-reflective understanding of the self in the world”<br>“The person is viewed as a participant in common meanings”<br>The person is embodied, with embodiment meaning the capacity of the body to respond to a meaningful situation<br>Four major aspects that a person has to deal with: the role of the situation, the role of the body, the role of personal concerns and the role of temporality: these aspects overcome the Cartesian dualism view that mind and body are separate entities  |
|        | KM | It is the meaning-bearing fellowship of tradition that turns the individual into a person<br>In a way, there is a parallel between mind and body – ‘it is as bodies that individuals relate to ourselves, to others, and the world’  |
|        | KE | The human being conception is based on the axiom that the human being is an entity of body, soul and spirit<br>The human being is seen as inconstant becoming, constantly in change and therefore never in a state of full completion<br>“The human being we meet in care is creative, imaginative, has desires, wishes and can experience phenomena; therefore a description of the human being only in terms of his needs is insufficient”   |
| Health | FN | Defined health as being well and using every resource to the fullest extent in living life<br>Disease/Illness as reparative processes as consequences of not attending to health concerns<br>Health maintenance – prevention of disease by environmental control and social responsibility<br>Health maintenances’ vision led to public nursing and health promotion<br>Distinguished the concept of health nursing from nursing a sick patient to enhance recovery  |
|        | JW | Defined health as unity and harmony within the mind, body and soul; associated with the ‘degree of congruence between the self as perceived and the self-as-experienced’<br>Illness is not necessarily a disease rather a subjective turmoil or disharmony within the spheres of persons e.g. within mind, body and soul that is either consciously or unconsciously   |

|             |    |   |
|-------------|----|---|
|             | MR | Health provides a pattern of being for individuals, families and communities<br>Health is not simply the consequence of the physical state of being<br>People construct their reality of health in terms of biology, mental patterns, characteristics of their image of the body, mind and soul; ethnicity, family structures; structures of society and community; experiences of caring that give meaning to lives in complex ways<br>Health is related to the way people in a cultural group/organizational group/bureaucratic system construct reality and give or find meaning |
|             | PB | Health is defined as what can be assessed whilst well being is defined as the human experience of health and wholeness<br>..." A person may have a disease and not experience illness because illness is the human experience of loss of dysfunction, whereas disease can be assessed at the physical level..."   |
|             | KM | "Health does not only reflect the condition of the organism, but it is also an expression of the current level of competence in medicine. The tendencies of the modern concepts of health are such that if one has an unnecessary 'defect' or an organ which 'could be better, one is not completely healthy"   |
|             | KE | Health is defined as soundness, freshness and well being; being in the whole body, soul and spirit; health as a pure concept means wholeness and holiness<br>Health is conceived as a becoming, a movement toward a deeper wholeness and holiness; a movement occurs and becomes visible in different dimensions of health as doing, being and becoming with a wholeness that is unique to human beings   |
| Environment | FN | The concept of environment is to emphasize that nursing was to assist nature in healing the patient<br>Nurses were to create and maintain a therapeutic environment that would enhance the comfort and recovery of the patient  |
|             | JW | Healing spaces can be used to help transcend illness, pain and suffering' with emphasis on the environment thus personal connection<br>Nurses role in the environment – "attending to supportive, protective, and/or corrective, mental, physical, societal, and spiritual environments"  |
|             | MR | The environment is a complex spiritual, ethical, ecological and cultural phenomenon<br>The concept of environment embodies knowledge and conscience about the beauty of life and symbolic systems or pattern of meaning<br>Patterns are transmitted historically and are preserved/changed through caring values, attitudes and communication   |
|             | PB | The term situation is used for the term of environment because the situation conveys a social environment with social definition and meaningfulness<br>'Being situated' and 'situated meaning' is defined by the person's engaged interaction, interpretation and understanding of the situation<br>..." Personal interpretation of the situation is bounded by the way the individual is in it..."   |
|             | KM | The environment is referred to as when a person is always in a particular situation in a particular space whereas, in space, time, ambience and power are found   |
|             | KE | Ethos originally refers to home, or to a place where human being feels at home – this symbolized a human being's innermost space where he appears in his nakedness<br>Ethos and Ethics belong together in the caring culture so they become one – ethos forms the basic force of caring culture that reflects the prevailing priority of values through which the basic foundation of ethics and ethical actions appear   |

The nursing philosophies are the primary frame that constructs the theoretical framework of the Metaparadigm Concept of Nursing (Alligood 2017), which is the reason behind why these six nursing theorists and their work were selected for this study.

The nursing theories by Nightingale, Watson, Ray, Benner, Martinsen, and Eriksson are what compose the nursing philosophies - the primary backbone of the theoretical framework used in this study. The nursing philosophies also begin the introduction of the evolution of the other nursing theories such as conceptual models, nursing theories etc.

In association with holistic nursing care, each of these nursing theories strengthens nursing knowledge that is routed for the aforementioned discipline or central units of the Metaparadigm Concept of Nursing namely, human beings, nursing, environment, and health. The outcome of the combination of the six nursing theories is the nursing philosophies that provide a wide comprehension that progresses the development disciplines of nursing as well as its' application in the nursing profession. In this study, it is the nursing profession and the phenomenon of the concept of holistic nursing care.

### **6.3 Fourth Stage**

This stage can be considered as the core of the study as it gives response to the research questions. As well as provide the defining attributes through content analysis of the sources chosen that are relevant to this study.

Defining the attributes was selected by identifying positive instances of the features that describe holistic nursing care. These were determined and identified as they appear repeatedly and were the most associated with the concept allowing the broadest insight into it whilst less related attributes were avoided – a process described in finding attributes by Walker et al. (2005) and Xyrichis et al. (2008).

The collected attributes are organised and condensed into their observed classes. Attributes provided a condensed yet wide description hence as Elo & Kyngäs (2008) stated, when these categories are condensed or summarized the outcome is the found shared and similar meaning. To grasp a summarized understanding, attributes are classified according to their found content similarity, resulting in three components of holistic nursing care. *See Appendix 4.*

### **Components of Holistic Nursing Care**

#### Fundamentals of Holistic Care

The foundation of holistic care is moulded from numerous holistic care theories in (Boswell et al. 2013) which shared knowledge, perspectives and models are explained for

learning and a better understanding of holistic care, may it be through theoretical or clinical practice. Thus, nursing throughout the years has transitioned in having to crave further knowledge and experience as their tasks and responsibilities are expanded.

Boswell et al (2013) stated that nursing itself is inherently holistic, with the patient being the centre of care as well as how nursing offers and provides multidimensional care. Holistically, treating a person is not solely to focus on their medical issues but to comprehend the concept of the mind, body, and soul as one. This also include all the characteristics that highlight holistic nursing care – this sets the pedestal towards Holistic care, Holistic Health, and Holistic Health Care.

### Common Properties of Holistic

‘Holism’, ‘Holistic’, ‘Holistic Nature’, ‘Healing’, ‘Health’, ‘Spirituality’ ‘Spiritual Nursing Care’ – are shown to be the common grounds of what characterizes and describes the important elements of holistic.

McMillan et al. (2018) described that holism includes the total of the whole, the entirety and not solely just the parts of the system – the significance of mind, body and soul. The concepts of health and healing are closely connected to holism as they each respectively play their role in making the ‘whole’, as well as they, are inter-related concepts that share the same attributes through an understanding of separate concepts in nursing practice could vary.

Healing is the function of nursing, the profession that has traditionally been viewed with a holistic nature (McElligott, 2010). The profession of nursing is accompanied by healing and is considered to embody a holistic description throughout the years withholding a description of a process that brings the aspects of all of the mind, body and soul (McElligott, 2010).

However, McMillan et al. (2018) suggested that holism could have two different outcomes. One is to relieve or ease, which describes healing and the other is to restore health, which describes health. The process of healing, spirituality and spiritual nursing care places the significance of harmony between nurse and patient relationship. Including all the mentioned concepts are significant to ‘holistic’ as it concludes the totality of the whole of a being, therefore, facilitating what is holistic nursing care (McEvoy & Duffy, 2008).

## Outcomes of Effective Collaborative Intervention

The combination of the Holistic Approach, Holistic Nursing, Holistic Medicine, Holistic Nursing Practice, and Holistic Nursing Care contributes to a successful collaborative intervention of health care providers to patients in holistic nursing care.

The use of holistic medicine offers both modern and alternative medicine (Papathanasiou et al. 2013), which results in a contribution to the process of healing (McElligott, 2010). Along with a holistic approach that sets focus on both mental and physical manifestations of the disease (Papathanasiou et al. 2013) including how it will alter the life of a being.

The holistic approach acts as guidance for nurses in finding the motivational purpose of patients and their meaning of life (McEvoy & Duffy, 2008), as this is significant to the changes of the entirety, such as life and health changes.

In the provision of holistic nursing care, a being is treated as a whole, the mind, body, and the soul – all aspects of a being in the provision of multidimensional and individualised patient-centred care and the effective outcomes of the treatment process. Together with the quality of the harmony of the nurse-patient relationship collaboratively work altogether in providing satisfactory quality of healthcare.

### **6.4 Fifth Stage**

Finally, the last stage, which presents a model case that, is beneficial in revealing all the attributes to illustrate improved attributes that were determined (Walker et al. 2005). By presenting a made-up situation whereas the description of how holistic nursing care can be provided through utilisation of Wagner's Chronic Care Model, CCM.

As described by Bueno et al. (2017), the named care model concerning holistic nursing care provision was focused and directed towards patients who are suffering from kidney failure. A long-term chronic disease that is followed by the encounter of physical, psychological, psychosocial, and financial life-changing as consequences.

By using the CCM model for patients with kidney failure as a care model in demonstration of providing holistic nursing care, the determined attributes will have the chance to be revealed and illustrated well using a model case. The description of the self-constructed

model case below demonstrates how CCM, Chronic Care Model is utilised concerning providing holistic nursing care.

*Mrs K is a 65-year-old lady who is known to be kind and giving in her village, where she has lived when she became married. She and her husband still live in the same village and together, they have two daughters and a son who all live independently and overseas. Currently, the married couple lives independently in a two-storey house by themselves.*

*The married couple is now retired pensioners who have happily enjoyed their free gardening, meeting friends and visiting their children from time to time or vice versa. However, five years ago, Mrs K's husband was diagnosed with prostate cancer and was recently found out to be predetermined of borderline diabetes. Since then, Mrs K has helped with taking care of her husband, which has been a tough journey since they only rely on each other as they are considering their age and health. Years have passed and Mrs K has been struggling with her health throughout the whole time she was busy taking care of her husband. She has completely neglected her physical ailments, as it did not occur to her that it could be serious until she was primarily diagnosed with kidney disease, unfortunately, the disease has worsened and is considered to be chronic.*

*Their life has now been altered, and for Mrs K, she now has to undergo treatment for being diagnosed with kidney failure - haemodialysis. From having the freedom to enjoy their hobbies and interests together to being an individual who now has haemodialysis as her lifeline with strict lifestyle limits. If complications arise, it may be difficult and may cause delays in receiving proper treatment.*

*Mrs K. has now been undergoing haemodialysis for the past six months where nephrology nurses accompany her every session and is provided with adequate information by her nurses regarding her disease and treatment. It has now become a lifetime treatment, where she meets the nurses often and through often hours of meeting within a week, the relationship between Mrs K. and nurses have been strengthened through bond and trust. Nurses have served her with a culture of safety as well as discussion of the quality of care she receives from the healthcare organisation - the hospital and all staff included.*

*Mrs K is thankful as the nurses are directly involved with every session of her haemodialysis, answer her questions and strongly supports her in every step including promotion of self-care behaviours. She mentions how she is in full control and aware of the kinds of treatments and diets are available for her. Mrs K. ensures that her nurses and her come up with what is suitable for her as she also has the routines and habits that she has been doing for these past years. Mrs K expresses how the nurses have been kind and approachable towards her, they make banter and talk about life in general which helps her remember that she can still enjoy life as long as she sets boundaries whereas she does not feel entirely trapped. They have also talked about how she can access home care for her and her husband for their medical needs.*

*She realised the medical help and continuous treatment is within arms reach for her and her husband as her nurses provided more information with social welfare and healthcare. When Mrs K comes for her session, she and the nurses talk about their common interests such as gardening and talking about their children, although Mrs K cannot travel as much as before her nurses have introduced her video calling where she still enjoys spending time with her loved ones. Now, Mrs K is still undergoing her treatments and is fully supported by her family as they were also adequately informed of her health. She and her husband continue to enjoy themselves and support each other every single day*

The fundamentals of CCM include organisation of healthcare, support for self-management, delivery system design, support of the decision, systems for clinical information, resources for the community, and policy. According to Bueno et al. (2017), Wagner's Chronic Care Model implements a holistic approach as it assists nursing care in offering better self-care for patients diagnosed with kidney failure. Therefore, a holistic

approach is applied by using the CCM. As it contributes to improvement in the results of both mortality and morbidity since the focus of the model is institutional, providing nursing care directly and helping to empower the patients in increasing their self-care.

## **7 Discussion**

### **7.1 The Use of Method**

In conducting conceptual analysis with the topic of holistic nursing care, the modification and remodelling of Avant & Walkers' eight-stage approach to five stages have led this study to pursue its intended reason. The simplification of the approach has made it easier to dissect the defined attributes as well as its uses related to the identified concept, which is holistic nursing care. In addition to this, the simplification of the approach has guided in achieving and maintaining straightforward results thus in a more accelerated phase since the steps in the original approach were longer.

With demonstrated validity of the conducted study, the modified version of the approach has influenced the flow of the consistency in reaching and achieving the result which has impacted the reliability of this study. Since the quantity of the sample materials seemingly fit the circumstance of the modified version of the approach, the consistency in reaching the results showed to be constant and uncomplicated.

On the other hand, more extensive results could have been produced if the quantity of the sampling materials is more thus using the original steps of the approach are used. Yet, for this study, the possibility of having to choose the alternative way of modifying Avant & Walkers' approach in a simpler model has made it successful in achieving the intended aim and objectives of the study.

The number of sample materials used for qualitative content analysis and the scientific resources that appeared came along with concerns limits the result in this study. For instance, not having access to full text whereas the need for grant or payment is needed to allow access. These led to having numerous scientific resources being narrowed down because they simply did not adhere to the inclusion and exclusion criteria regarding collecting sampling materials for the data analysis. Hence the results, the quantity of the sampling material collected could have the possibility to influence the generalizability of this study.

The understanding of the concept of holistic nursing care could also be influenced by tradition and culture whereas the concept of holistic nursing care is not entirely rendered and recognised in certain countries. (Zamanzadeh et al. 2015) This could have a possibility of influencing how holistic nursing care is understood and provided in healthcare. Hence, could also be one of the confounding variables that contribute to the complexities of the concept in addition to cultural diversity concerning tradition and culture aforementioned. Nevertheless, further studies should be conducted regarding holistic nursing care e.g., determinants related to understanding and provision of holistic nursing care in enhanced comprehension in the entirety of the concept of holistic nursing care.

## **7.2 The Results**

The central units of the Metaparadigm Concepts of Nursing namely are concepts of human being or person, nursing, health and environment. The use of these central units by the selected nursing theorists is what constructs the nursing philosophies, the primary backbone of the theoretical framework and what introduces the evolution of other nursing theories.

The nursing philosophies are what solidify, supports, and develops the nursing knowledge which is towards the direction of the central units of the Metaparadigm Concepts of Nursing that can then be applied in the nursing profession, specifically holistic nursing care. The results indicated a representation of a well-depicted affirmation of all four relational propositions by Fawcett et al., (2013) between the concept of holistic nursing care and the central units of the Metaparadigm Concept of Nursing - person, nursing, health and environment. See 4.1.2 above

By utilising the central units as categories, several attributes are demonstrated, achieved, and defined. Thus, through classification in their similarity of content, the attributes demonstrated similarity in their meaning and resulted in three themes that when combined, demonstrates what construct holistic nursing care - the concepts' components.

The results have demonstrated a correlation with the features of holistic nursing care *See 3.1 above*, all being mentioned including (1) Holism being one of the common properties of holistic nursing care, (2) Holistic care belonging in the fundamentals of holistic nursing care, and (3) Nursing theories' relationship with holistic nursing care as holistic theories contributed to the entirety of providing holistic nursing care which altogether classified as the outcome of an effective collaborative intervention.

Therefore, the data presents the responses to the research questions that the representation of holistic nursing care is asserted by the defined attributes 6.3 above. The research questions are; What are the attributes of holistic nursing care? and Can the defined attributes represent holistic nursing care?

In addition, the results suggested valid inferences between the definitions of the holistic nursing care defined by Dossey, Keegan et al. (2005) 3 above, and the description of the meaning unit of the codes through content analysis. An overview of the results entirely complements how holistic nursing care is defined in chapter 3, the background of the topic of this study. As well, the study exists to prove evidence in how the disintegration of the concept contributes to a clearer understanding of holistic nursing care as it provides an enhanced clarity of the concept and its application in practice.

The study also demonstrated how holistic nursing care concurs with not withholding a unified or one exact definition as explained by Jasemi et al. (2017) See 1 above. Conducting the content analysis whereas different authors used different definitions and descriptions thus supports this. All mention the emphasis on the understanding of the wholeness of an individual, which discloses the similarity in their meanings.

The significance of understanding the entirety of the concept of holistic nursing is vital in the application of obtained knowledge into nursing practise as well as understanding how the nurses' role in guiding the patients to achieve wholeness. The lack of knowledge could be a challenge especially for nursing students since it is expected of them to have the required weight in understanding holistic nursing care and the concepts that lie with it in providing care.

Thus, Boswell et al. (2013) suggested how nursing students should be supported with more education regarding holistic nursing care including how one develops their understanding from being a novice to a professional expert. Zamanzadeh et al. (2015) also coincide in emphasising the importance of education of holistic nursing care as their study found how factors that have effects on holistic nursing care includes the educational system. This study has also subsequently shown new insights in considering the concept of holistic nursing care and its relation to nursing education.

## **8 Conclusion**

Holistic nursing care is surrounded by numerous intricacies that contribute to the concept not being clarified thus disambiguation and leading to misuse in the nursing profession since the understanding of the concept is unclear. By complying with the selected methodology and theoretical framework, an understanding of holistic nursing care can be achieved and enhance how the knowledge behind the concept be applied to nursing practice.

The relational proposition between the concept of holistic nursing care and the central units of the Metaparadigm Concept of Nursing - person, nursing, health and environment along with defined attributes which are classified together forming a theme that constructs the components of holistic nursing care displays the break down of holistic nursing care and presented the answers to the research questions.

Improved understanding of the concept can provide nurses with a solid knowledge in a higher efficacy in application and implementation of holistic nursing care whereas the outcomes are both beneficial to the patient as well as the health care provider. Henceforth this study, do you think knowledge expands and improves with experience? If so, in what way?

Regardless, further research and study concerning education in both theory and practice of holistic nursing care are needed since being treated holistically highly depends on nurses' experience and knowledge about holistic nursing care.

## 9 References

Alligood, M. R. (2017). *Nursing theorists and their work* (9. ed.). St. Louis, Missouri: Elsevier

Alligood, M. R. (2018). *Nursing theorists and their work* (9. ed.). St. Louis, Missouri: Elsevier.

Bamfo, Esther Asantewaa; Hagin, Joan Elorm (2011), *Choosing a Holistic Care Approach for the Elderly*, Vasa: Novia University of Applied Sciences Retrieved from <https://www.theseus.fi/bitstream/handle/10024/34242/Finished%20thesis.pdf?sequence=1&isAllowed=y>

Beaney, M. (2003). Analysis. In: *Stanford Encyclopedia of Philosophy*. Retrieved from <https://plato.stanford.edu/entries/analysis/>

Boswell, C., Cannon, S. B., & Miller, J. (2013). *Students' Perceptions of Holistic Nursing Care. Nursing Education Perspectives* (National League for Nursing), 34(5), 329–333. <https://doi-org.ezproxy.novia.fi/10.5480/1536-5026-34.5.329>

Buckley J. (2002). Holism and a health-promoting approach to palliative care. *International journal of palliative nursing*, 8(10), 505–508. <https://doi.org/10.12968/ijpn.2002.8.10.10697>

Bueno, M. V., & Latham, C. L. (2017). Holistic Care of Hemodialysis Access in Patients with Kidney Failure. *Nephrology nursing journal : journal of the American Nephrology Nurses' Association*, 44(4), 327–332.

Cumbie S. A. (2001). The integration of mind-body-soul and the practice of humanistic nursing. *Holistic nursing practice*, 15(3), 56–62. <https://doi.org/10.1097/00004650-200104000-00010>

Dossey, B. M., Keegan, L., & Guzzetta, C. E. (2005). *Holistic nursing: A handbook for practice*. Sudbury, Mass: Jones and Bartlett.

Elo, S., & Kyngäs, H. (2008). *The qualitative content analysis process*. *Journal of advanced nursing*, 62 1, 107-15 Retrieved from <https://academic.csuohio.edu/kneuendorf/c63309/ArticlesFromClassMembers/Amy.pdf>

Fawcett, J., & Desanto-Madeya, S. (2013). *Contemporary Nursing Knowledge: Analysis and evaluation of nursing models and theories*. books.google.fi. F.A. Davis. Retrieved from books.google.fi

Foley, A., & Davis, A.H. (2017). A Guide to Concept Analysis. *Clinical Nurse Specialist*, 31, 70–73. Retrieved from [https://libguides.wilmu.edu/ld.php?content\\_id=50204947](https://libguides.wilmu.edu/ld.php?content_id=50204947)

Jasemi, M., Valizadeh, L., Zamanzadeh, V., & Keogh, B. (2017). A Concept Analysis of Holistic Care by Hybrid Model. *Indian journal of palliative care*, 23(1), 71–80. Retrieved from: <https://doi.org/10.4103/0973-1075.197960>

Jeanwatsoncaringscience (2020) Jean Watson: Caring Science Retrieved from: <https://jeanwatsoncaringscience.weebly.com/assumptions.html>

Kolcaba, R (March, 1997) The primary holisms in nursing; *Journal of Advanced Nursing* · DOI: 10.1046/j.1365-2648.1997.1997025290.x · Retrieved from: <https://www.researchgate.net/publication/14167063>

McEvoy L, Duffy A, (2008) Holistic practice – A concept analysis; *Nurse Education in Practice* 8, 412–419 Retrieved from: <https://doi.org/10.1016/j.nepr.2008.02.002>

McElligott, D. (2010). Healing: The Journey From Concept to Nursing Practice. *Journal of Holistic Nursing*, 28(4), 251–259. <https://doi.org/10.1177/0898010110376321>

McMillan E, Stanga N, Van Sell Sharon L., (2018) Holism: A concept analysis; *International Journal of Nursing & Clinical Practices*, 5: 282 Retrieved from: <https://doi.org/10.15344/2394-4978/2018/282>

Monareng, L.V., 2012, ‘Spiritual nursing care: A concept analysis’, *Curationis* 35(1), Art. #28,9pages. Retrieved from <http://dx.doi.org/10.4102/curationis.v35i1.28>

NursingTheory (2020) *Watson’s Philosophy and Science of Caring*; Nursing Theory Retrieved from: <https://nursing-theory.org/theories-and-models/watson-philosophy-and-science-of-caring.php#:~:text=Watson%20believed%20that%20holistic%20health,esthetic%20and%20ethical%20human%20transactions.%E2%80%9D>

Owen M.J, & Holmes C.A(1993) “Holism” in the discourse of nursing. *Journal of Advanced Nursing* 18; 1688-1695 <https://doi.org/10.1046/j.1365-2648.1993.18111688.x>

Wadensten, B., Carlsson, M., (2003). *Nursing theory views on how to support the process of aging*. Journal of Advanced Nursing 42 (2), 118–124 . DOI: 10.1046/j.1365-2648.2003.02594.x.

Walker LO, Avant KC (2011) *Strategies for theory construction in nursing* (5th edition). Upper Saddle River, NJ: Prentice Hall.

Walker LO, Avant KC, (2005) *Strategies for theory construction in nursing*. 4th ed. New Jersey: Publisher Pearson/Prentice Hall

Xyrichis, A., & Ream, E. (2008). *Teamwork: a concept analysis*. *Journal of Advanced Nursing*, 61(2), 232 - 241. <https://doi.org/10.1111/j.1365-2648.2007.04496.x>

Zamanzadeh, V., Jasemi, M., Valizadeh, L., Keogh, B., & Taleghani, F. (2015). *Effective factors in providing holistic care: a qualitative study*. *Indian journal of palliative care*, 21(2), 214–224. <https://doi.org/10.4103/0973-1075.156506>

# 10 Appendices

## Appendix 1: Data Collection of Studies Included for Content Analysis

| Item | Title  | Author/s and Year                        | Findings   |
|------|--|--|--|
| 1    | Holistic practice – A concept analysis                   | McEvoy & Duffy (2008)                    | Holistic nursing is the core in demonstrating self-empowerment towards the improvement of quality of life and adapting to changes, thus aiding in the facilitation of providing individualised patient care. As a result, holistic nursing practice accepts the entirety of a person along with strengthening the nurse/patient relationship that results in wholeness, harmony and healing. |
| 2    | Healing: The journey from concept to nursing practice    | McElligott (2010)                        | Healing expresses and represents a holistic perspective in ways of uniting all fragments of the system and treating it as a whole. The journey involves transformation with unpredictability in positive and/or negative instances, thus, accentuating self-care and awareness in both nurses and patients.  |
| 3    | Choosing a Holistic Care Approach for the Elderly (2011) | Bamfo & Hagin (2011)                     | Provision of holistic nursing towards elderlies depended on the caregivers (registered nurse, practical nurse) perspective, knowledge and attitude on comprehension of holistic nursing care. Though, one theme emerged, as it was the outcome of similarity in providing care for all caregivers: dignity and respect was given along with care until the end.                              |
| 4    | Spiritual nursing care: A concept analysis               | Monareng, L.V., (2012)                   | Nursing was deemed as a profession that solely focuses on following rules, protocols and giving basic care. The study demonstrated no respect and concern towards patients in providing holistic nursing care due to ignorance and/or inability to recognize the spiritual or symbolic needs of patients.  |
| 5    | Holistic nursing care: theories and perspectives         | Papathanasiou, Sklavou, Kourkouta (2013) | Holistic nursing care binds and completes all conventional approaches, thus contributing to health promotion towards increasing levels of both physical- and mental well-being and functionality.  |
| 6    | Students'  | Boswell, C., Cannon, S. B., & Miller, J. | The study showed the need for  |

|   |   |  |  |
|---|---|--|--|
|   | Perceptions of Holistic Nursing Care. Nursing Education Perspectives (National League for Nursing), 34(5), 329–333. | (2013)   | more knowledge regarding the understanding of holistic nursing and the concepts that lie with it in providing health care. One similarity found was the perception of the students' spirituality and religion that is, 'interconnected'. However, all students showed knowledge deficits and feelings of doubt in using their interpretation of holistic nursing care in practice.   |
| 7 | Effective factors in providing holistic care: a qualitative study   | Zamanzadeh, V., Jasemi, M., Valizadeh, L., Keogh, B., & Taleghani, F. (2015) | There are three major factors associated with the provision of holistic care: educational system, working environment and motivational factors (personality traits, experience, beliefs and principles). These factors were found inadequate to rely on in providing holistic care in Iran. Thus, found vital and reliable in other countries although more attention was shed on motivational factors in different countries where similar studies were done. |
| 8 | Holism: A concept analysis  | McMillan E, Stanga N, Van Sell Sharon L., (2018)                             | Holism is within and in-depth of the fundamentals of nursing and practice. It is including the whole, rather than the divided parts in which if there is a disease – a person is perceived as more than just their disease. As a result, implementing holistic nursing in practice demands understanding and knowledge of the concept of holism.   |

## Appendix 2: Tables for Conducted Content Analysis (individually)

| <b>Item 1: Holistic practice – A concept analysis (2008)</b> |  |  |  |
|--|--|--|--|
| <b>Code</b>  | <b>Meaning Unit</b>  | <b>Condensed Meaning of Unit</b>   | <b>Categories</b>                        |
| <b>Holistic Care</b>   | Will only be met if there is a readiness to share knowledge and surrender exclusive claims to specialist knowledge and authority; there is no such thing as unique knowledge and borrowed theories only result in enhancing nursing practice   | Sharing knowledge by learning from each other and sharing perspectives that result in the improvement of holistic care   | Nursing, Health, and Environment         |
| <b>“Holism”, “Healing” “Health”</b>                          | Holism = whole; Healing and health = to make whole – these are inter-related concepts of nursing literature  | These share the same attributes thus, application to nursing practice varies   | Person, Nursing, Health, and Environment |
| <b>Holistic nature</b>                                       | The nursing profession has traditionally viewed the person as a whole, concerned with the interrelationship of the body, mind, and spirit, promoting psychological and physiological well-being as well as fostering a socio-cultural relationship in an ever-changing economic environment of care  | Nursing has always been holistic in nature as it involves treatment of a person as a whole and is consistently associated with one’s environment and not solely its fragmented parts                               | Nursing                                  |
| <b>Holism in nursing</b>                                     | Envisioned to have two common usages: a personal view and an approach to nursing care<br>The contemporary view of “holism” in nursing where the physical, social, cultural and spiritual realms are interconnected<br>Could be argued that holism was always the approach of nursing   | Holism is a combination of interdisciplinary concepts and professionals  | Nursing                                  |
| <b>Holistic nursing</b>                                      | That state of harmony between mind, body, emotions and spirit in an ever-changing environment<br>The degree of harmony that exists between nurses and their patients is central to holistic nursing<br>The heart of holistic nursing is helping empower the patient to utilize their inner resources to improve their quality of life and adapt to changes by the disease trajectory<br>Nursing needs to be committed to the core values of caring, critical thinking, holism, nursing role development and accountability – the achievement of these five core values is essential to form the foundation to practice the art and science of nursing in a holistic manner | Holistic nursing has five important core values that are essential in understanding its concept and providing the patients with the individualised care they acquire from the nurses and health care professionals | Nursing                                  |
| <b>Holistic approach</b>                                     | The characteristics of the holistic approach to care are individual’s primary motivational force to search and find meaning in life  | One’s motivation and perseverance to adaptation is vital in the holistic approach  | Nursing and Health                       |
| <b>Holistic care</b>   | Understanding its concept, therefore, requires sensitivity and knowledge of the beliefs of the patient, in the context of his or her own lived values  | Sensitivity and awareness about ones’ beliefs can aid in the foundation of trust between nurse/patient   | Nursing, Health, Person and Environment  |

|                                  |   |   |         |
|----------------------------------|---|---|---------|
|                                  | Holistic care can result in better patient outcomes by building on a patient's inner strength and the creation of a person-centred health system. A negative consequence for the patient is an intrusion, hence holistic care must be patient-led to avoid intrusion  | relationship  |         |
| <b>Holistic nursing practice</b> | Holistic nursing care embraces the mind, body, and spirit of the patient, in a culture that supports a therapeutic nurse/patient relationship, resulting in wholeness, harmony and healing. Holistic care is patient-led and patient-focused to provide individualised care, thereby, caring for the patient as a whole person rather than its fragmented parts | Holistic nursing sets an emphasis on treating the person as a whole and the care is individualised as well as patient-centred | Nursing |

| <b>Item 2: Healing: The journey from concept to holistic practice (2010)</b> |   |  |   |
|--|---|--|---|
| <b>Code</b>  | <b>Meaning Unit</b>   | <b>Condensed Meaning of Unit</b>   | <b>Categories</b>                       |
| <b>Healing</b>   | <p>Description of healing from a healing perspective – to include “a process of bringing together all aspects of oneself, body, mind and spirit to achieve and maintain integration and balance</p> <p>The function of nursing is healing whereas the function of medicine is described as curing</p> <p>Healing is described as the blending of nurses’ “inner and outer life” resulting in “the expression of unconditional love” and feelings of safety and harmony</p> <p>Healing has embodied a holistic description throughout the centuries, often seen as a process of attaining health; includes the balance or wholeness of the body, mind and spirit as a microcosm of the universe, in constant interaction with the universe</p> <p>“Healing is an emergent process of the whole system bringing together aspects of oneself and the body-mind-emotion-spirit-environment in deeper levels of inner knowing, leading towards integration and balance”</p> <p>Healing describes a total response where the healing comes from within the person: as coherence increases within the parts of the person, the being becomes more whole</p> <p>“Healing is transformed when we consider four perspectives of reality in any moment: 1) the individual interior (personal/intentional), 2) the individual exterior (physiology/behavioural), 3) collective interior (shared/cultural), 4) collective exterior (systems/structure).”</p> <p>Healing helps one to “bridge the gap between loss and self-discovery”,</p> | <p>A process of bringing unity to all aspects of an individual and a process to reinstate the body mind and soul is described as healing.</p> <p>Also, four perspectives are highlighted as an individual is going through a transformation – a personal, subjective yet unpredictable thus sets a common ground for bringing all the aspects of oneself</p> | Nursing, Person, Health and Environment |

|                          |   |   |                            |
|--------------------------|---|---|----------------------------|
|                          | <p>embracing individuals as an energy field connected with the energy fields of all humans and the world</p> <p>Healing is a restoration of wholeness, creating harmony between the body, mind and soul</p> <p>Healing is a positive, subjective, unpredictable process involving a transformation to a new sense of wholeness, spiritual transcendence and reinterpretation of life</p> <p>Healing is the personal experience of transcending suffering and transforming to a wholeness resulting in serenity, interconnectedness and a new sense of meaning</p> |   |                            |
| <b>Spirituality</b>      | <p>“Driving force in healing,” facilitating the interconnectedness and unifying all of the love. Focusing on spirituality and healing helps in the understanding of the “wholeness of the human existence.”</p> <p>It is the discovery of meaning, harmony and reconciliation and transcendence within</p> <p>Includes thoughts, feelings, experiences, and behaviours generated from a sacred search involving a connection with a force greater than the self and the belief that meaning and purpose are “valid aspects of the universe”</p>                   | Spirituality is not solely about beliefs thus comprehending the whole sum of a person | Nursing and Person         |
| <b>Holistic medicine</b> | Holds healing as the art of medicine and offers definitions and standards in healing research   | Healing as a part of the ‘process’ of holistic medicine                               | Nursing, Person and Health |

| <b>Item 3: Choosing a holistic care approach for the elderly (2011)</b> |  |   |                   |
|---|--|---|-------------------|
| <b>Code</b>   | <b>Meaning Unit</b>  | <b>Condensed Meaning of Unit</b>  | <b>Categories</b> |
| <b>Holistic care</b>  | <p>The purpose of holistic care is to enable a person to achieve and maintain a condition of well being in which self-healing competence of body, mind and spirit can advance easily. They recognized attentive or empathic presence or relation as the seal of holistic caring</p> <p>Crossing of boundaries between personal and professional phases of the relationship between the nurse and the elderly was commonplace – the relational aspects of the nurse-patient relationship held the greatest significance for both the elderly and the nurse. This gap, the nurses claimed, they always bridge to provide holistic care to the elderly.</p> <p>The development of a nurse-patient connection from the patients’ perception is seen as a dynamic process involving six inter-related phrases: reaching out, removing</p> | <p>Empowering the patients are essential in holistic care as it is a way for one to retain, maintain and consistently have confidence in ones’ wholeness</p> <p>The nurse/patient relationship is more than just diagnosis, treatment, and complying for better life quality, thus is built from a dynamic relationship that results in the entirety of holistic care</p> | Nursing           |

|                              |  |   |         |
|------------------------------|--|---|---------|
|                              | the masks of anonymity, truthfulness, reaching a level of unity and true negotiation of care   |   |         |
| <b>Holistic nursing care</b> | Holistic nursing care focuses on healing the whole person through the unity of body, mind, emotion, spirit and environment. Being of the uttermost essential than ensuring patients can maintain their hygiene; being aware and understanding the spiritual nature of patient care, should not be unnoticed. Providing holistic care would enforce the development of new skills and competence.<br>Caring for a patient holistically to them means caring with a view toward healing the whole person and this involves body, mind and spirit | The focus on the wholeness – all the parts of the system as one mind, body, spirit; being there and with the patients and a path with a perspective towards healing | Nursing |
| <b>Holistic health</b>       | Holistic health seeks to help people reach and maintain a state of wellbeing in which self-healing capabilities of body, mind and soul can proceed unhindered  | The goal of holistic health should be continuous and beneficial for individuals   | Health  |

#### Item 4: 'Spiritual nursing care: A concept analysis (2012)

| Code                          | Meaning Unit   | Condensed Meaning of Unit  | Categories |
|-------------------------------|--|--|------------|
| <b>Spiritual nursing care</b> | Defined as a process that begins from a perspective of being with the patient in love and dialogue, which may emerge into therapeutically oriented interventions that take the direction from the patient's religious or spiritual reality. Some definitions depict spiritual nursing care as holistic care, which enables the recipients of care to search for meaning and purpose; Also defined as 'that care that is embodied in the nurse's respect for patient's dignity, display of unconditional acceptance and love, honest nurse-patient relationship, and the fostering of hope and peace' | The connection between nurse/patient relationship is far merely than just one belief and perspective rather still see the patient as their unique self and treat them with respect and dignity | Nursing    |
| <b>Holistic nursing</b>       | Providing holistic patient care is attending to all the dimensions of patient care with equal significance.  | Provision of multidimensional care with regards to matching the individual with all senses   |            |

#### Item 5: Holistic nursing care: theories and perspectives (2013)

| Code                     | Meaning Unit   | Condensed Meaning of Unit   | Categories                      |
|--------------------------|--|---|---------------------------------|
| <b>Holistic Nursing</b>  | Aims to improve the healing of an individual as a bio-psycho-social unity  | Healing of an individual = bio-psycho-social unity                    | Nursing                         |
| <b>Holistic approach</b> | The physical and mental manifestations of a disease are now treated as a whole in the medical practice of each speciality. It refers to a more integrated (= holistic) treatment of each morbid process in a human being, who is no longer considered as merely a carbon-based life form (body). | Treatment as a whole without focusing on only the diseases or illness | Health, Person, and Environment |

Integrated dimensions of the physical and mental manifestations of a disease are now treated as a whole

The holistic approach summarizes the psychosomatic approach of disease and expands it by putting the patient in a specific time and cultural context. It deals with his own special needs and quality of life, by respecting his convictions

Two important aspects: 1) it treats each individual as a separate entity, both in biological and social terms. 2) It is multidimensional, introducing a less simplistic view on health and disease.

These two aspects affect the nurse-patient interaction, as well as the formation of the related research questions.

Being able to differentiate between an “objective” and a “subjective” disease is important for a nurse in terms of approaching the patient, interpreting health in various people, situations and environments, and determining his/her actions to promote health and prevent diseases. Both the patient and the nurse are considered subjects. This means that they are both aware of what is important and relative to the case at hand and that they both have capabilities, alternatives, rights and freedom of choice. Therefore, the main characteristic of their relationship is equality

Summarized principles:

Each individual is capable of improving his knowledge and skills and changing his behaviour towards himself and others; People are naturally inclined towards being healthy, but are also responsible for their good health status, recovery and taking care of themselves;

A “person” belongs to himself.

Therefore, his decisions and developments rightfully belong to him, the “owner”; The main focus of the recovery efforts is the individual and not the disease or injury; The relationship between health care professionals and their patients should be one of mutual collaboration. People who provide health care intervene on behalf of the adult patient only when he asks for their help or when his health needs cannot be fully satisfied

The holistic approach embraces the total of human needs and puts them in a hierarchy by accepting a person’s individuality and the gravity he puts on each need.

An individual is in charge of his him-/herself – the right to decide and be responsible for themselves, thus a caregivers’ role is to support and encourage patients. A nurse-patient relationship with equality as one of the relationships’ characteristics

Providing health care is one part of mutual collaboration in care provider-patient relationships thus patients should be able to accomplish tasks independently until they ask for help.

**“Holism and**

A Greek word meaning all, whole entire, total

The entirety

Person, Health, Environment,

|                                    |  |   |  |
|------------------------------------|--|---|--|
| <b>Holistic”</b>                   |  |   | and Nursing                              |
| <b>Holistic Medicine</b>           | <p>Implements a multifaceted approach to the health-disease issue with human beings regarded as a whole entity and are the focus of interest and not the individual diseases</p> <p>Holistic medicine is not a different medication or treatment method, but rather a different philosophy on how to approach health.</p> <p>Holistic medicine includes both modern (medical, surgical, etc.) and alternative treatment methods.</p> <p>Holistic medicine comes to satisfy the health professionals’ scientific curiosity, by showing them the versatile potential and benefits of the so-called natural or alternative treatment, and that both their patients and their practice could benefit from that</p> | <p>Regarding human beings in the approach of health-disease issues and offers a different perspective in approaching health thus not different from modern of alternative treatments.</p> | Person and Health                        |
| <b>Basis of ‘holistic’ nursing</b> | The theoretical foundation of nursing itself is intrinsically holistic since from early on it had been made clear that patient care cannot and should not be one-dimensional.  | Holistic is the foundation of nursing and patient care is multidimensional  | Nursing                                  |
| <b>Holistic Care Theories</b>      | <p>Holistic nursing care provision was based on various theories, each focusing on specific aspects of the relationship between the person with his outside and inside world and his nurse, by respectively differentiating the concept of health. Their common ground, however, is dealing with the person as a whole being.</p> <p>The final treatment is the overall result of many factors related to a patient’s “reality”, as that is yielded by the individual components, which also include the nurse. The patient, the environment, the nurse and the health objective are all interconnected, revolving around the treatment, which is the focus</p>  | Treatment should be focused on the person as a whole being, environment, health, and nursing.   | Person, Nursing, Environment, and Health |
| <b>Holistic Care</b>               | Holistic care comes to complete the conventional approaches and to promote health to increasingly higher levels of mental and physical well being and functionality  | Holistic care is the core that combines and complete the different medical approaches in improving mental and physical health   | Person, Nursing, Environment, and Health |

**Item 6: Students’ perception of holistic nursing (2013)**

| <b>Code</b>                 | <b>Meaning Unit</b>   | <b>Condensed Meaning of Unit</b>  | <b>Categories</b>          |
|-----------------------------|---|---|----------------------------|
| <b>Holistic health care</b> | “Nurses have been taught to care for every patient according to a holistic model in which people are viewed as biological, psychological and social human beings”.                      | Sets the essential in regarding the whole of the system   | Nursing, Person and Health |
| <b>Spirituality</b>         | <p>An integral component of a person’s wholeness that carries implications throughout one’s life</p> <p>Set a foundation for individuals to grapple with aspects within their lives</p> | Spirituality shows the fundamentals of an individual in which is essential in providing holistic nursing care | Nursing and Health         |

|                      |   |   |   |
|----------------------|---|---|---|
|                      | <p>that have significance and/or result in consequences</p> <p>Spiritual nursing care strives to present a holistic approach to the delivery of health care to patients, as well as to their caregivers and families</p> <p>Optimistic emotional aspects supported by cognitive considerations that help address individual events of suffering</p> |   |   |
| <b>Holistic care</b> | The use of holistic care as a way to encompass physical, psycho-spiritual, environmental or socio-cultural contexts   | Embracing all that surrounds and makes an individual unique | Nursing, Person, Health and Environment |

| <b>Item 7: Effective factors in providing holistic care: A qualitative study (2015)</b> |   |  |                    |
|---|---|--|--------------------|
| <b>Code</b>   | <b>Meaning Unit</b>   | <b>Condensed Meaning of Unit</b>   | <b>Categories</b>  |
| <b>Holistic care</b>  | <p>Holistic care is a comprehensive model of caring which is believed to be the heart of the science of nursing. The philosophy behind holistic care is based on the idea of holism which emphasizes that for human beings the whole is greater than the sum of its parts and that mind and spirit affect the body. Holistic care is described as a behaviour that recognizes a person as a whole and acknowledges the interdependence among one's biological, social, psychological, and spiritual aspects. Holistic care includes a wide range of approaches, including medication, education, communication, self-help, and complementary treatment. Holistic care respects human dignity.</p> <p>Holistic care increases the depth of care providers' understanding of patients and their needs. Educating patients about self-care and helping them to perform their daily activities independently is part of holistic care.</p> <p>Holistic care increases self-awareness and self-confidence in patients and causes nurses to better understand the effects of an illness on a person's entire life and his/her true needs. It also improves harmony between mind, body, emotions, and spirit in an ever-changing environment.</p> <p>Holistic care is adversely affected by such factors as inadequate time, improper professional relations, incomplete reports from nurses, inadequate clinical control, unavailability of resources, poor professional and administrative perceptions, limited knowledge, and motivational and organizational factors. Given the great influence of holistic care on treatment and more effective nursing, the healthcare systems</p> | <p>Holism is one of the bases of holistic care</p> <p>The importance of both health care providers' and patients' needs are essential in holistic care as it is considered as interdependence – a healthy relationship between nurse/patient contributes to a better and effective quality of care, holistic nursing care</p> <p>Holistic care both has the adverse effects and the effective factors that play their roles in the provision of this care – either or both could be prevented and improved</p> | Nursing and Person |

|                         |   |   |         |
|-------------------------|---|---|---------|
|                         | <p>in many countries in recent decades have tried to promote holistic care by applying changes to the educational and administrative systems, but studies show that their efforts have been fruitless.</p> <p>Effective factors in holistic care provision: The structure of the educational system, professional environment, and motivational factors</p> |   |         |
| <b>Holistic nursing</b> | <p>In holistic nursing, all aspects of patients and their effects on the treatment process are considered and the patients' thoughts, emotions, cultures, opinions, and attitudes are factored in as contributing to recovery, happiness, and satisfaction</p> <p>Holistic nursing includes all the nursing practices that heal the whole of a person.</p>  | <p>Understanding all the dimensions of a person in providing care, resulting in healing of a person which is a part of holistic nursing</p> | Nursing |

| <b>Item 8: Holism: A concept analysis (2018)</b> |  |  |  |
|--|--|--|--|
| <b>Code</b>                                      | <b>Meaning Unit</b>  | <b>Condensed Meaning of Unit</b>   | <b>Categories</b>                        |
| <b>Holism</b>                                    | <p>Holism loosely means including the whole being, mind, body, and soul, taking into account that something is more than a sum of the parts. Consequently, a disturbance in one part of the whole system affects all the other parts of the system. One part cannot function without the whole.</p> <p>In the practice of nursing, holism is “treating of the whole person, taking into account mental and social factors, rather than just the symptoms of a disease”</p> <p>The premise of holism regards the human being as more than the sum of the parts. Understanding the individual requires looking at the total picture. Totality is the “whole set of elements that are meaningfully interrelated in such a way that the essence of each element can only be understood in its relation to the others”</p> <p>One outcome of holism is healing which can be defined in two ways: “to restore to health or soundness” and “to ease or relieve (emotional distress)”. “In the practice of healing the focus is ‘on establishing, achieving, or regaining a sense of cohesion among the parts’”. Therefore, holism and healing are one and the same. Another outcome of holism is peace. Peace is “inner contentment and serenity”</p> | <p>Holism is the basis in the understanding of the application of holistic practice in nursing</p> | Nursing, Person, Health, and Environment |
| <b>Holistic approach</b>                         | <p>A holistic approach coincides with the totality perspective since totality incites “the feeling of inability or unwillingness to break up an object into smaller objects”</p>   | <p>The holistic approach regards the wholeness of a being</p>                                      | Nursing                                  |

|                         |   |  |                             |
|-------------------------|---|--|-----------------------------|
| <b>Holistic nursing</b> | To practice holistic nursing, the APN must “develop a specific and expanded set of healing skills beyond those necessary to perform the reductionist-technological duties of most contemporary allopathic nursing practices” The APN must truly embrace CAM, complementary and alternative medicine therapies in his or her personal life to carry the concept of holism into his or her nursing practice | Holistic nursing derives from theories, concepts to models and practices that help comprehend the knowledge in application to nursing practice | Nursing, Person, and Health |
|-------------------------|---|--|-----------------------------|

### Appendix 3: Nursing Philosophies established by six Nursing Theorists

| Theorist             | Nursing Theory   |
|----------------------|--|
| Florence Nightingale | <p>Theory of Modern Nursing</p> <p>The theoretical work consisted of five essential components of environmental health (pure air, light, cleanliness, efficient drainage, and pure water). This theory is evidently based on the environment whereas she referred to the term as surroundings whilst relating the term with the concepts of ventilation, warmth, light, diet, cleanliness, noise and components of surroundings – on the environment, which she discusses in her work. From her previous works and from today's recent work, she sets an emphasis on the physical environment in where she believed that healthy surroundings were necessary for proper nursing care, restoration as well as maintenance of health.</p>  |
| Jean Watson          | <p>Theory of Transpersonal Caring</p> <p>The foundation of Watson's theory regarding the 'Transpersonal Caring Relationship' is expressed as a special kind of human care relationship that is "a union with another person – a regard for the whole person and their being in the world." This includes the 10 carative factors as her main concepts and transpersonal healing, transpersonal caring relationship, caring moment, caring occasion, healing modalities, caring consciousness, energy and phenomenal unitary consciousness – Watson then expanded from carative factors to Caritas, the translated carative to clinical Caritas factors that can be used to suggest more open ways for consideration. The theory presents a containment of broad ideas that address the health-illness phenomena alongside the definition of 'caring' as opposed to 'curing' is to set forth nursing knowledge as a different part of science and allocate medicine from nursing.</p> |
| Marilyn Anne Ray     | <p>Theory of Bureaucratic Caring</p> <p>States that a person or system is never independent rather they are interdependent since the system is holographic as a whole and parts are intertwined; thus, complexity and bureaucracy transform and co-create each other. The theory represents the relatedness of the system and caring factors. The hearts of the theory are theoretical processes of awareness of viewing truth or seeing good things (caring) and of communication. With the dialectic of spiritual-ethical caring that is the implicate order (the centre) concerning the structure of the surroundings of political, legal, economic, educational, physiological, social-cultural and technological that is the explicate order. Ray sets an emphasis on the requirement of knowledge and understanding of bureaucracy and the complexity of change.</p>   |
| Patricia Benner      | <p>Caring, Clinical wisdom and Ethics in Nursing Practice</p> <p>Her philosophy of nursing practice is a dynamic, emerging holistic perspective that holds and exemplifies the interrelationship of philosophy, practice, research, education and resources that her colleagues have developed. Her theory presents her studies regarding clinical nursing practice in an attempt to find out and describe the knowledge embedded in nursing practice. Her research goal is to bring knowledge and meanings embedded in skilled practice into public discourse by using exemplars taken directly from interviews and observation of clinical nurses at the different skill levels to help us understand and see a clear picture of practice. Benner was one of the first who made the distinction between practical and theoretical knowledge, and she stated that nurses have been delinquent in documenting their clinical learning.</p>   |
| Kari Martinsen       | <p>Philosophy of Caring</p> <p>Her philosophy is associated with professional judgement and narratives are paths of accounting convincingly for case conditions, situations and phenomena. Her philosophy is based on many theoretical sources that made her stance both critical and phenomenological in which, in the end, resulted in her being reluctant to provide definitions of terms since they tend to close of concepts. She avoided having terms locked up in definition rather she chooses to maintain the content of the concepts and presents them. She claims that in the field of caring, it is discernment and narrative that can clarify the empirical facts of the case in an evidentiary manner.</p>   |
| Katie Eriksson       | <p>Theory of Caritative Caring</p> <p>The theory is based on Caritas, which means 'love and charity' – in the term Caritas, eros and agape are unified, and Caritas is then by nature unconditional love. She also stated that Caritas is the fundamental motive of the caring science that additionally constitutes the motive for all caring. In other words, caring is an endeavour to mediate faith, hope and love through and by tending, playing and learning. One of her major concepts is caring culture related to the concept of environment, which is originated from such dimensions as reverence, tending, cultivating and caring.</p>  |

**Appendix 4: Defined Attributes Classified into Themes**

| <b>Classification</b> |                               |                               |  |
|-----------------------|-------------------------------|-------------------------------|--|
| <b>Themes</b>         | Fundamentals of Holistic Care | Common Properties of Holistic | Outcomes of Effective Collaborative Intervention |
| <b>Attributes</b>     | Basis of Holistic Nursing     | Holism                        | Holistic Approach                                |
|                       | Holistic Care Theories        | Holistic                      | Holistic Nursing                                 |
|                       | Holistic Care                 | Holistic nature               | Holistic Medicine                                |
|                       | Holistic Health               | Healing                       | Holistic Nursing Practice                        |
|                       | Holistic Health Care          | Health                        | Holistic Nursing Care                            |
|                       |                               | Spirituality                  |  |
|                       |                               | Spiritual nursing care        |  |