

Innovative Access to Integrative Health Education: A Pilot Project

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Background

In keeping with the philosophy of holism from which nursing care originated, integrative health care is an approach designed with the goal of combining the best of both conventional and complementary health care in a coordinated way in order to treat the patient as a whole. Almost **40%** of patients in the US incorporate complementary health therapies into their own health care (NCCIH, 2010). It is vital that advanced practices nurses have a foundational knowledge of those modalities.

Purpose

The purpose of this project is to enhance patient safety and satisfaction by increasing nurse practitioner knowledge of complementary and integrative approaches to health care.

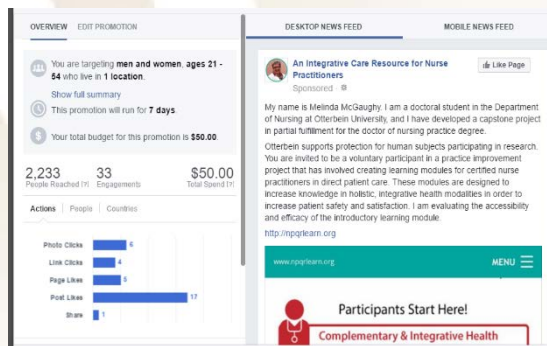
Methods

Descriptive statistics were used to determine the effectiveness of an introductory module focused on integrative health modalities in this pilot study. A descriptive survey was used to examine the demographic characteristics and evaluate NP's perceptions of the course objectives the module, the strengths and weaknesses of the module, the potential for further online modules, and a free-text area for additional comments. Access to an evidence-based learning module on an interactive learning platform (**Introduction to Holistic Nursing and Integrative Health**) on a social media site (Facebook), or through QR code was provided.

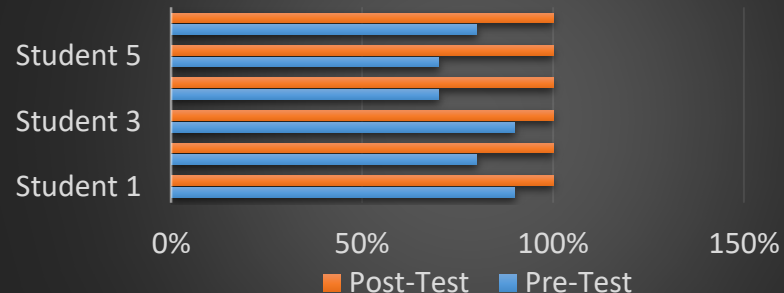


Results

There were more than 2000 exposures to the project on Facebook, and 33 interactions with the module. There were n=6 nurse practitioners that completed the pre-test, post-test, and module, and offered feedback on the survey.



Pre-Test/Post-Test Comparison



Discussion

- *It was noted from survey data that even with a small number of respondents, there were a variety of ages, specialties, practice settings, and years of practice represented.
- *Respondents were unanimous in their interest in this module and others like it.
- *The limited window of availability of the module was a limitation.

Lessons Learned

- *Learning Management Systems can be costly, complex tools that require expertise in order to develop effective learning programs.
- *Social media offers opportunities as well as challenges when using it for professional interactions.
- *Advanced practice nurses need learning programs that are sensitive to their time constraints.

Conclusion

The limited data indicated that an evidence-based learning module may serve to increase APN knowledge about integrative health approaches.

References

NCCIH. (2010). Complementary and alternative medicine: what patients 50 and older discuss with their health care providers. Retrieved from <https://nccih.nih.gov/research/statistics/2010>

Acknowledgement

Sigma Theta Tau Epsilon Chapter: Grant Support
Joy Shoemaker: Committee Chair
Deborah Shields: Community Committee Member
Karen Hughes: Committee Member
Paul Vineyard: eLearning Specialist



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