The Future of (Integrative) Nursing 2025: Panel and Wrap-up

Integrative Healthcare Symposium
February 25, 2016

Presenters:
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Deborah McElligott, DNP, ANP-BC, AHN-BC, HWNC-BC, CDE
Lori Knutson, RN, BSN, HNB-BC

Moderator:
John Weeks
Objectives: Participants Will Be Able To

• Evaluate how the volume-to-value movement can open opportunities for integrative nurses

• Describe emerging roles for nurse coaches and nurse nutritionists in clinics and communities

• Explain how nurses as researchers and system leader can leverage change toward health outcomes.

Disclosure: I have no conflicts of interest. I do have multiple alignments of interest, volunteer roles and limited consulting with not-for-profit organizations on pain related issues.
The Future of Nursing
RWJF’ The Future of Nursing (2010)
Non-Nurse Perspective on What It Has Meant

- Breaking the MD hegemony
- Opening to leadership of other professions
- Requirement of Interprofessionalism
- Global Forum on Innovation of Health Professional Education
Health Professionals in the 21st Century Need to Be “Change Agents”

<table>
<thead>
<tr>
<th>Type of Learning</th>
<th>Objectives</th>
<th>Outcome</th>
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<tbody>
<tr>
<td>Flexner/1910</td>
<td>Information, skills</td>
<td>Experts</td>
</tr>
<tr>
<td>Post WWII-1950</td>
<td>Socialization, values</td>
<td>Professionals</td>
</tr>
<tr>
<td>Today/2010</td>
<td><strong>Leadership attributes</strong></td>
<td>Change agents</td>
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Lori Knutson, RN, BSN, HNB-BC
System Leadership

The deep changes necessary to accelerate progress against society's most intractable problems require a unique type of leader—the system leader, a person who catalyzes collective leadership.

Leading *through* Systems

Moving in one side and out of the other side (an opening, channel, or location). Stepping boldly through the doorway.
Complexity Leadership Model

Intrapreneurial Leadership

Administrative Leadership

Adaptive System

Adaptive Leadership

Productive Tension

Entrepreneurial System

Generative Leadership

There are three core capabilities that system leaders develop in order to foster collective leadership

1. The first is the ability to see the larger system.

2. The second capability involves fostering reflection and more generative conversations.

3. The third capability centers on shifting the collective focus from reactive problem solving to co-creating the future.
Monique Class, MS, APRM, BC
Nutrigenomics

In the course of a day, food enters one’s mouth approximately 200 times as a bite, a taste, or a sip.

We eat around several thousand pounds of food in a year.

Each time we eat, we are ingesting information, either healthful or not-so-healthful messages, that are delivered to each individual cell.

What you eat matters!
Habitual Nature of Food Choices

Neurons that fire together
Wire together!
The Power of Connection

Sociogenomics
Risk for Chronic Disease-Related Mortality

- Physical Inactivity: 1.23
- Alcohol (> 6 drinks/day): 1.31
- Smoking (> 15 cigarettes/day): 1.52
- High Social Stress: 1.65

Adapted from Holt-Lunstad et al., 2010
The Emerging Field of Human Social Genomics

George M. Slavich and Steven W. Cole

Abstract

Although we generally experience our bodies as being biologically stable across time and situations, an emerging field of research is demonstrating that external social conditions, especially our subjective perceptions of those conditions, can influence our most basic internal biological processes—namely, the expression of our genes. This research on human social genomics has begun to identify the types of genes that are subject to social-environmental regulation, the neural and molecular mechanisms that mediate the effects of social processes on gene expression, and the genetic polymorphisms that moderate individual differences in genomic sensitivity to social context. The molecular models resulting from this research provide new opportunities for understanding how social and genetic factors interact to shape complex behavioral phenotypes and susceptibility to disease. This research also sheds new light on the evolution of the human genome and challenges the fundamental belief that our molecular makeup is relatively stable and impermeable to social-environmental influences.

Keywords
stress, social isolation, social rejection, transcription factors, gene regulation, transcriptome, metagenomics, social epidemiology, 5-HTTLPR, RNA, DNA, interleukin-6, inflammation, disease, health

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Social Isolation and Targeted Rejection Effect Transcription
Towards A Pro-Inflammatory State
Emerging Roles For Integrative Nurses

• Functional Nutrition Coaching
• Creating Community
  • Group programs for nutrition
  • Group program for Self Regulation
  • Group programs for Detoxification
Susan Luck, RN, BS, MA, HNC, CCN, HWNC-BC
Nursing’s Legacy:
Nursing’s Leadership

“No amount of medical knowledge will lessen the accountability for nurses to do what nurses do, that is, manage the environment to promote positive life processes.”
Future of Nursing: 
*Leading Change, Advancing Health* 
(IOM & RWJF, 2010)

- practice to full extent of education & training
- achieve higher levels of education
- full partners with physicians
- workforce planning & policies
Non-Communicable Diseases: A Global Crisis
Nursing’s Role as Leader in Prevention

- Educator
- Advocate
- Coach

International Council
TOXIGENOMICS
Modern Chronic Diseases

- Lifestyle Habits
- Genetic Predisposition
- Dietary Influence
- Environmental Load

Epigenetic Effect
Environmental Influences on Health

- Social
- Cultural
- Biological
- Mind/Body

- Economic
- Genetics
- Emotional Psychological
- Work Home Community
OPTIMAL HEALING ENVIRONMENTS

Surround the individual with elements that facilitate the innate healing process.

INTERNAL
- Healing Intention
- Personal Wholeness

INTERPERSONAL
- Healing Relationships
- Healing Organizations

BEHAVIORAL
- Healthy Lifestyles
- Integrative Care

EXTERNAL
- Healing Spaces
- Ecological Resilience

MAKING HEALING AS IMPORTANT AS CURING

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A missing piece in Healthcare
Environmental Health Leadership
The American Nurses Association (ANA) in their landmark document (2007) put forth a call to action, encouraging nurses to gain a working understanding of the relationships between human health and environmental exposures and to integrate this knowledge into their practice.
ANA’s Principles of Environmental Health for Nursing Practice with Implementation Strategies
Creating Healthy Workplace Environments

Standards of Professional Nursing Practice found in *Nursing: Scope and Standards of Practice, 3rd Edition*, (Standard 17)

"The registered nurse practices in an environmentally safe and healthy manner."

How does your workplace environment support your health and wellbeing and that of your patients and co-workers?
Nurses See "The Big Picture":
Addressing Climate Change as a Social Determinant of Global Health
The goal of nursing has remained unchanged, namely to provide a safe and caring environment that promotes patient health and wellbeing.

Deborah McElligott, DNP, ANP-BC, AHN-BC, HWNC-BC, CDE
Data & Resources for Nurse Coaches

• Reviewing evidence-based data to drive self care and practice
  – Identify populations
  – Align with core values
  – Support new initiatives and care models
• Creating data through nursing research
• Collaborating with interprofessional teams
• Beyond the data to patient-centered care
Quantitative

- Focus on numbers/numeric values
- Who, what, where, when
- Match with outcomes about knowledge and comprehension (define, classify, recall, recognize)
- Allows for measurement of variables
- Uses statistical data analysis
- May be generalize to greater population with larger samples
- Easily replicated

Qualitative

- Focus on text/narrative from respondents
- Why, how
- Match with outcomes about application, analysis, synthesis, evaluate
- Seeks to explain and understand
- Ability to capture “elusive” evidence of student learning and development
Theoretical Definition: “Healing is a positive, subjective process involving transformation to new sense of wholeness, spiritual transcendence and reinterpretation of life.”

Operational Definition: “Healing is the personal experience of transcending suffering and transforming to wholeness.”

Using Research to Support & Drive Practice

A Research Timeline

Reason for Study:
Assess CNS Value
Wanted to use imagery
Pre-op GI
Wanted to do massage
Stress in nurses
RX stress in RNs
Fellow wellness

Year
1991
1994
2001
2006
2010
2013

Study
PT Ed/CTS
Use of tapes $25,000 RWJ grant
Published Cochrane Review
Use of massage position
AMMA study
Lifestyle of RNs
Holistic program for RN

Outcome
Intro to research
RN programs
Research Study & Outcome
Plant seeds
National Policy & Science Summit on Women’s CV Health

- Evaluate sex-specific epigenetic effects of environmental exposures
- Explore role of technology, social media, health coaching...for behavior modification and cv risk reduction & establish effectiveness.

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Thank you!

Questions?