Commitment Statement by the American Holistic Nurses Association (AHNA) to the NAM Action Collaborative on Clinician Well-Being and Resilience

AHNA was founded in 1980 with the “vision of a nursing profession and healthcare system that nurtured the nurturers by focusing on ‘wellness’ rather than illness”. Self-care is a value that AHNA strives to cultivate in advocacy, research and education, and practice. Promoting professional satisfaction and mental resilience among nurses is a necessary step in reducing injury and patient care effects from Burnout. A systems approach to Burnout necessitates two-fold interventions: education of the at-risk clinician, and simultaneous clinician support throughout organizations.

**AHNA is dedicated to elevating awareness of moral distress and Burnout within healthcare systems, and endorsing effective modalities for self-care to improve clinician well-being and resilience via:**

1. **Advocacy for Healthier Workplaces:** Embracing opportunities for self-care in the workplace fosters stress management and resilience. AHNA provides two annual practice grants to institutions focused on initiating and integrating self-care activities for Nurses. **Research:** AHNA awards a yearly grant for nursing research demonstrating the advancement of holistic nursing / self-care practices.

2. **Strengthening and Empowering Nurses:** The first step in building resilience is recognition you are valued. AHNA mobilizes resources for self-care by offering convenient education to nurses in their own backyard! Regional Conferences by AHNA have provided Self-Care day long continuing education for nurses since 2015:

   - 2015: Fort Wayne IN, Washington DC
   - 2016: Techny IL, Mesa AZ, Charlotte NC
   - 2017: Edmond OK, Rochester MN, Augusta GA, Columbus OH, Madison CT
   - 2018: Las Vegas NV, Denver CO, Crestwood KY, Jacksonville FL, Troutdale OR, Poulsbo WA, Pompano Beach FL
   - 2019: Irvine CA, Cleveland OH, New York NY, Spring City PA, New Orleans LA, Mt Kisco NY
   - 2020: Savannah GA

3. **Fostering Awareness:** AHNA acknowledges that to enable healing of others, clinicians must undertake healing within themselves. The COVID-19 pandemic has driven moral distress and burnout to an unparalleled high. AHNA takes a multi-facet approach:

   - Distribution of a COVID-19 biweekly newsletter featuring clinical guidance, research, epidemiological reports, solutions to workforce shortages, and advocacy for equitable healthcare within vulnerable populations.
   - Providing self-care webinars for stress management, guidance in modalities for resilience, and incorporating foci from Healthy Nurse Healthy Nation.
   - Directing on-going projects to facilitate establishment of the crisis intervention tool, Code Lavender, within healthcare institutions.

4. **Resilience Outreach:** Consistent healthy coping skills nurture resilience. AHNA was the first national specialty nursing organization to provide stress management resources for all frontline workers. Committed to the global effort to lift up nurses and clinicians, AHNA provides the following resources in self-care modalities to members and non-members alike:

   - **Compassionate Listening Circles:** facilitated sessions to listen and share among nurses.
   - **Self-Care Strategies:** guidance translated into Italian as well.
   - **Resilience:** educational document production supporting holistic modalities such as Tapping, Guided Imagery, Centering, and Breathwork. These are available in nine languages and are an on-going series. They have been distributed internationally.

Fostering improvements in clinician well-being, results in decreased staff turn-over, and safer, more compassionate patient care. **AHNA is pleased to join the NAM Action Collaborative in active efforts to enrich clinician resiliency and well-being.**