

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.**