

NURS-3300: HOLISTIC NURSING

Cuyahoga Community College

Viewing: NURS-3300 : Holistic Nursing

Board of Trustees:

October 2025

Academic Term:

Fall 2026

Subject Code

NURS - Nursing

Course Number:

3300

Title:

Holistic Nursing

Catalog Description:

Focuses on providing patient-centered, holistic care that respects cultural, psychological, and spiritual needs. Learners will experience an in-depth understanding of holistic nursing principles, theories, and practices by exploring key topics such as therapeutic communication, advocacy for vulnerable populations, self-care strategies, and culturally competent care.

Credit Hour(s):

3

Lecture Hour(s):

3

Requisites

Prerequisite and Corequisite

NURS-3100 Transition to Professional Nursing Practice.

Outcomes

Course Outcome(s):

Appraise theories, philosophical foundations, and current trends in holistic nursing care.

Objective(s):

1. Illustrate physical, emotional, and spiritual considerations involved in providing person-centered care.
2. Integrate the principles of holistic nursing into the practice setting.
3. Apply the theoretical underpinnings of transpersonal caring to inform clinical practice, research, education, and policy.
4. Differentiate between health and wellness to promote optimal patient outcomes.

Course Outcome(s):

Apply modalities of holistic care to address the physical, emotional, spiritual, and social aspects of individuals and families.

Objective(s):

1. Analyze the physical, physiological, and psychological stressors and their role as stimulus for disease.
2. Evaluate the nurse's role in identifying indicators of stress in a client.
3. Explain the physical and psychological manifestations of stress in the body.
4. Construct nursing interventions incorporating trauma-informed concepts.
5. Investigate legal, ethical, emotional, spiritual, and practical concerns with emotional and spiritual distress.
6. Explain social factors that influence grief and loss responses relating to the five stages of grief.

7. Appraise methods for handling anger, abuse, and violence in clinical settings
8. Assess the long-term mental health and psychological developmental outcomes associated with adverse childhood experiences.

Course Outcome(s):

Identify changes needed in health care to promote holistic principles of health, wellness, well-being, and healing.

Objective(s):

1. Analyze factors that contribute to organizational stress and increased staff turnover in acute care settings.
2. Generalize current healthcare legislation, regulations, and policies that affect population health.
3. Propose changes to the current health care system that would promote health, wellness, and healing.
4. Determine whether bias affects health care outcomes in diverse populations.
5. Debate whether policies of social stratification in the United States have reinforced structural inequities.
6. Summarize the role of the nurse in addressing structural inequities.

Course Outcome(s):

Analyze common elements of spirituality and belief systems of varied populations and the impact on health care decision making.

Objective(s):

1. Validate the importance of cultural and ethnic variances in the United States and the impact on patient care.
2. Illustrate differences between ethnicity, nationality, culture, and heritage.

Course Outcome(s):

Incorporate holistic communication, therapeutic healing, and integrative health concepts into nursing practice.

Objective(s):

1. Analyze human transactions to bring about effective nursing interventions and assist in conflict resolution.
2. Examine how various aspects of holistic communication are implemented in healthcare settings.

Course Outcome(s):

Demonstrate effective communication skills that facilitate therapeutic relationships with patients, colleagues, and decision-making bodies.

Objective(s):

1. Formulate foundational concepts to the development of holistic communication and cognitive strategies that influence the stress system toward resilience and well-being.
2. Integrate awareness of tone of voice, body language, nonverbal cues, preconceived notions, and information to guide the therapeutic relationship.

Course Outcome(s):

Identify cultural practices having the potential to impact the development and implementation of holistic nursing care plans.

Objective(s):

1. Investigate the impact of cultural influences and beliefs on decision making in healthcare.
2. Compare and contrast the cultural practices of varied groups in the United States.

Course Outcome(s):

Utilize principles of contemplative practice, self-development, and cognitive restructuring to support various patient populations.

Objective(s):

1. Assess the effects of current health care policies on consumers and nursing practice.
2. Identify demographic trends, health challenges, health barriers, and specific needs of selected vulnerable populations.
3. Assemble strategies for implementing preventative interventions tailored to vulnerable populations.
4. Explore the impact of our external environment on health and well-being.
5. Identify measures for reducing environmental imprint.

Course Outcome(s):

In collaboration with the client and healthcare team, create, implement, and evaluate the effectiveness of the holistic care plan.

Objective(s):

1. Construct a plan to improve health outcomes that promotes equity for individuals.
 2. Develop a plan that holistically advocates for creating and maintaining healthy communities.
 3. Assess the health of personal, workplace and living environments when considering evidence-based interventions.
 4. Recommend evidence-based interventions that facilitate healing for patients and healthcare systems through holistic nursing practices.
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Methods of Evaluation:

1. Quizzes
2. Discussion Board post
3. Reflective Writing paper

Course Content Outline:

1. Health & Illness
 - a. Health and Illness Spectrums
 - b. Models of Health & Illness
 - c. Patient-Centered Care
 - d. The Theory of Integral Nursing
 - e. Holistic Health Interventions
 - f. Complementary and Alternative Approaches in Healthcare
 - g. Systemic Complications of Stress
 - h. Physical and Mental Adaptation to Stress
 - i. The Effect of Organizational Stress on Healthcare Workers
 - j. Managing Stress Through Self-Care Techniques
2. The Nurse
 - a. Concepts of Grief & Loss
 - b. Trauma-Informed Care
 - c. Maladaptive Behaviors
 - d. Adverse Childhood Experiences
 - e. Effective Nurse-Patient Communication
 - f. Barriers to Communication
 - g. The Professional Nurse-Patient Relationship
 - h. Maintaining Boundaries in the Nurse-Patient Relationship
3. The Person
 - a. Cultural Influences on Health Beliefs
 - b. Culturally & Linguistically Appropriate Nursing Care
 - c. Developing Cultural Humility
 - d. The Theory of Nurse Advocacy
 - e. Social Planning & Policy Change
 - f. Enhancing Primary Prevention
 - g. Activism at the National Level
 - h. Priorities in Public Health & Community-Based Care
4. The Environment

- a. Levels of Care in the US Healthcare System
- b. Structure & Organization of Healthcare Delivery
- c. The High Cost of Healthcare
- d. Physical Barriers to Care
- e. Advocacy for Healthcare Access
- f. Nightingale's Environmental Theory
- g. Climate Change and Environmental Hazards
- h. Advocacy for Environmental Health

Religious Accommodation

Before reviewing the course schedule, students should carefully review the following religious accommodation policy and other required instructional policies:

Religious Accommodation:

Students seeking an accommodation for absences permitted under Ohio's Testing Your Faith Act must provide the instructor with written notice of the specific dates for which the student requires an accommodation and must do so not later than fourteen (14) days after the first day of instruction. Please submit requests for accommodations at this link: <https://portal2.tri-c.edu/ReligiousAccommodation/ReligiousAccommodationForm>. Students with questions about their religious accommodations under Ohio's Testing Your Faith Act may contact the College's Office of General Counsel and Legal Services by phone at 216.987.4856 or via email at legal@tri-c.edu.

Other Required Instructional Policies:

<https://www.tri-c.edu/student-resources/curriculum/documents/syllabus-part-b.pdf>

Weekly Schedule

	Topics
Week 1	Holistic Nursing Theory & Person-Centered Care
Week 2	Holistic Nursing Theory & Person-Centered Care
Week 3	Stress Response & Strategies to Promote Well-Being
Week 4	Stress Response & Strategies to Promote Well-Being
Week 5	Holistic Responses to Grief, Loss, and Trauma
Week 6	Holistic Responses to Grief, Loss, and Trauma
Week 7	Holistic Communication & Relationships
Week 8	Holistic Communication & Relationships
Week 9	Transcultural Engagement
Week 10	Transcultural Engagement
Week 11	Advocacy for Vulnerable Populations
Week 12	Advocacy for Vulnerable Populations
Week 13	Advocacy for Healthcare Equity
Week 14	Advocacy for Healthcare Equity
Week 15	Holistic Living Environment
Week 16	Finals

The Course Schedule is subject to change due to pedagogical needs, instructor discretion, parts of term, and unexpected events.

Required/Recommended Readings

Selected Chapters from the following texts:

- Brown, Draper, & Moore, Fundamentals of Nursing
- Puchkors, Saunders, & Sharp, Psychiatric-Mental Health Nursing
- Bowen, Carey, Palozie, & Reinholdt, Medical-Surgical Nursing

- Ernstmeyer & Christman, Nursing Management & Professional Concepts
- Web Articles
 - Watson's Caring Science & Human Caring Theory (<https://www.watsoncaringscience.org/about-wcsi/jean-bio/caring-science-theory/>)
 - Holistic Terms Defined (<https://softchalkcloud.com/lesson/serve/sjZDqUW8b0Q3gu/html>)
 - The Theory of Integral Nursing (https://downloads.lww.com/wolterskluwer_vitalstream_com/journal_library/ans_01619268_2008_31_1_E52.pdf)
- Keppler – Nursing Central

Resources for the Instructor

Breitkreutz, S., & Leibold, N. *Holistic Nursing and Healing Environments*. Nanza Publications: St. Paul, MN. , 2023.

Bowen, C., Carey, N., Palozie, K., & Reinholdt, M. *Medical-Surgical Nursing*. Openstax: Houston, TX, 2024. <https://openstax.org/details/books/medical-surgical-nursing>

Brown, C., Draper, L., & Moore, H. *Fundamentals of Nursing*. Openstax: Houston, TX, 2024. <https://openstax.org/books/fundamentals-nursing/pages/1-introduction>

Ernstmeyer, K., & Christman, E. (Eds.). *Open RN Nursing Fundamentals, 2e by Chippewa Valley Technical College is licensed under CC BY 4.0.* 2024.

Ernstmeyer, K., & Christman, E. (Eds.). *Nursing management and professional concepts 2e.* Open RN - WisTech Open, 2024. <https://wtcs.pressbooks.pub/nursingmpc/>

Lapum, J. *Introduction to Communication in Nursing*. 2024. <https://www.merlot.org/merlot/viewMaterial.htm?id=773469051>

Ochs, J., Roper, S., & Schwartz, S. *Population Health for Nurses*. Openstax: Houston, TX, 2024. <https://openstax.org/books/population-health/pages/1-introduction>

Puchkors, R., Saunders, J., Sharp, D. *Psychiatric-Mental Health Nursing*. Openstax: Houston, TX, 2024. <https://openstax.org/books/psychiatric-mental-health/pages/1-introduction>

Additional Resources for the Instructor

Howe, D., Dozier, A., & Dickenson, S. (2022). *Healthcare in the United States: Navigating the Basics of a Complex System*. University of North Georgia Press: Albany, NY. <https://open.umn.edu/opentextbooks/textbooks/healthcare-in-the-united-states-navigating-the-basics-of-a-complex-system>

Lapum, J. (2020). *Introduction to Communication in Nursing*. Creative Commons. <https://pressbooks.library.torontomu.ca/communicationnursing/front-matter/introduction/>
<https://www.aacnnursing.org/Portals/0/PDFs/Publications/Essentials-2021.pdf>

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