

# Minnesota State University Moorhead

## NURS 354: Integrative Nursing

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 0

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course focuses on core concepts and principles of integrative nursing care to optimize health and well-being of self, persons, organizations, and communities. Integrative nursing interventions, integrative therapies, and applications are examined to manage a variety of common symptoms, promote health, and create optimal healing environments across care settings and populations. Students evaluate evidence, theoretical principles, and strategies related to integrative therapies to implement appropriate approaches to clinical practice and self-care. In the course, students experience practical applications to enhance well-being. Finally, global perspectives related to integrative nursing are explored.

**B. COURSE EFFECTIVE DATES:** 01/01/2019 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Foundations of Integrative Nursing
2. Optimizing well-being
3. Integrative Therapies and Modalities
4. Symptoms Management and Integrative Nursing
5. Integrative Nursing Applications
6. Global Perspectives and Integrative Nursing

### D. LEARNING OUTCOMES (General)

1. Apply the core concepts and principles of integrative nursing care.
2. Examine applications of integrative nursing for creating optimal healing environments across care settings and patient populations.
3. Explain ways that integrative nursing is advancing well-being of self, persons, organizations, and communities.
4. Explore integrative therapies or modalities commonly used in practice.
5. Determine evidence-based, integrative nursing interventions and therapies to manage common symptoms and promote health.
6. Formulate strategies for implementing appropriate integrative approaches in clinical practice and self-care.
7. Discuss global perspectives related to integrative nursing.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

## **G. SPECIAL INFORMATION**

None noted