



Mind Body Spirit - The Whole News

RNAO-CTNIG Newsletter

Volume 23, Issue 2 Summer/Fall 2023

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When One Nurse

by Donna Cardillo

When **one nurse** stands up for themselves, they stand up for all nurses.

When **one nurse** advocates for themselves, they are advocating for all of us.

When **one nurse** stands in the spotlight for their work, that spotlight shines on all nurses.

When **one nurse** struggles, we all struggle.

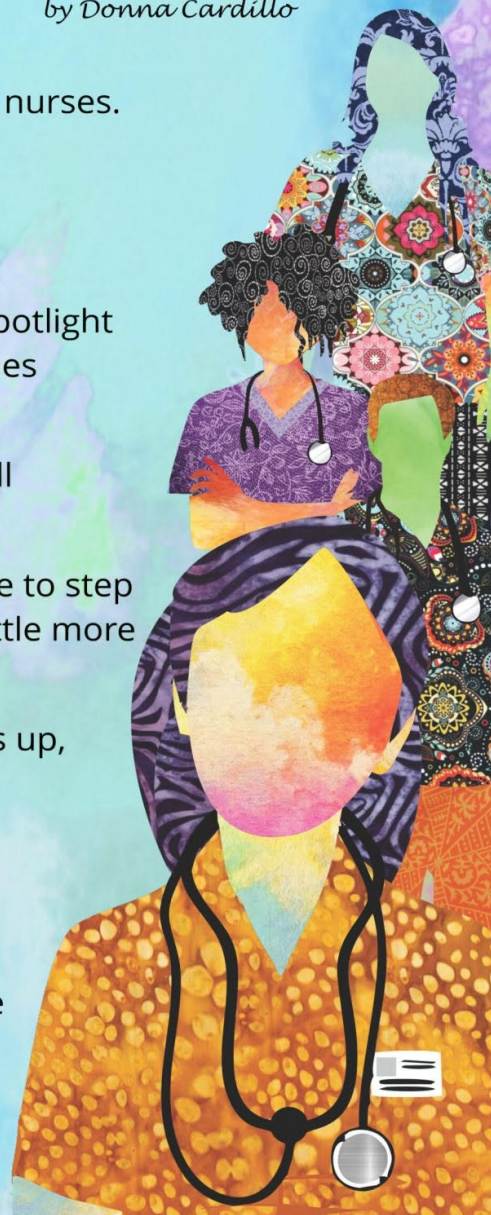
When **one nurse** has the courage to step forward and lead, we all gain a little more courage.

When **one nurse** lifts themselves up, we all rise with them.

When **one nurse** empowers themselves, they empower all nurses.

When **one nurse** works to create a better future, they are creating that future for all of us.

© Donna Cardillo www.donnacardillo.com



A Few Words from the President



Jessica Burford
CTNIG
President

Happy Summer! I hope you have found time or plan to connect with yourself and your loved ones this summer.

For me, this means time in nature, on, in or near the water. I take time to slow down and be present with my senses. I also integrate art therapy into my life and share it with friends and family. Photography is something that incorporates mindfulness as I explore nature. Connecting with animals and the environment around me: feeling the wind through my hair, the scents of summer flowers, moss and rocks beneath my feet, the call of the loons in my ears, and my eyes dancing with bird wings and the colours of sunrises and sunsets. These nature moments around me allow me to connect with the best of what's in me and feel grounded and whole. This practice allows me to show up as my best self, both at work and at home. As nurses, we are blessed and challenged to have the opportunity to care for people and families through some of life's best and most difficult moments. I learned early on about protecting and promoting my energy. As a nurse leader, I focus on supporting my nursing teams holistically, facilitating their ability to practice at their best. We need to treat ourselves, our fellow nurses, and our patients and families with the same mindful care that celebrates the entire person.

I am grateful to continue as your CTNIG president for the upcoming term. 2023 has been filled with wonderful opportunities to connect with our CTNIG members and other nurses intrigued by learning more about complementary therapies. I enjoyed representing CTNIG at Queen's Park Day in March, where I had the opportunity to meet with many bright and caring RNAO members advocating for our profession. A big thank you to Elaine for sharing her skills by hosting the "Points of You" webinar in May as part of our Nursing Week celebrations this year and to our team members who ran our booth at the AGM in June. I would like to take the opportunity to thank our current CTNIG executive- the passion, energy and care you bring to our group makes each interaction positive and meaningful- thank you!! While I'm at it, another huge thank you needs to be given to our Newsletter team, you're amazing! Please send in your stories and pictures about how you CT to be included in our next newsletter.

I would also like to invite anyone interested to join our executive. A question I often receive is do I need to practice CT to be a member- the answer is no. We value any energy that you might be able to offer our team, and being a CT practitioner or expert is not necessary! Interestingly, as I connect with nurses interested in CT, I have discovered that many nurses practice CT themselves and with their patients without realizing it. Using tools like putting on calming music with a patient in the ICU is CT. A healing touch on the shoulder given to a grieving family member is CT. Visualization with your Mom-to-be is CT. Meditating before scrubbing in is CT. Taking your older adult patient with memory loss on a walk to smell the flowers and reminisce is CT. That prayer you say during a code is CT. So much of the care we provide as nurses are naturally enhanced by complementary therapies. Please consider lending your expertise to our community! As we look ahead to the rest of 2023 and 2024, we would like to hear from you. We want our initiatives to be directed by our community to ensure we meet your needs; please reach out to us! As always, please continue to shine bright; your light shines the way for others.

Best,
Jessica



Mallard Duck, 2023
Courtesy of Jessica Burford,
CTNIG President

Who to Contact

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Self Care Tips

Take care of yourself like a human plant



ALWAYS STAY HYDRATED



CATCH SOME DAILY SUNSHINE



NOURISH YOURSELF WITH WHAT YOUR SOIL NEEDS



USE SUPPORT WHEN YOU NEED IT



GIVE YOURSELF SPACE TO GROW



LET GO OF THINGS THAT NO LONGER HELP YOU



REMEMBER, LIFE CAN CUT YOU DOWN, BUT YOU'LL ALWAYS GROW BACK STRONGER



KNOW THAT NOTHING IS MEANT TO BLOOM ALL THE TIME

martha brook
LONDON

Perspectives

Not giving up on complementary therapies in nursing

Hello everyone! I hope you have had some time to enjoy this summer amidst hard work. And I hope that you have had a chance to pursue your joy or passion for complementary therapies (CT) in some way. We have had many challenges in nursing in Ontario, many of which stemming from nursing shortages. And the rate of nurses leaving the field continues to be at a high rate. I am not going to go into any detail, or try to analyze the reasons behind these issues, but I can tell you from my own experience, that how we can survive these harsh elements stands on one thing more than any other, and that is self-care.

Many of our health care settings behave as though CT do not exist, and if once in a while, one of us is courageous enough to push for inclusion of any type of CT, it is often pushed down the agenda for the sake of other "higher priority" items. It is almost as if the trend in our health-care system is in denying its own claim to be holistic, and inclusive of mind, body and spirit approach to care. So when promoting an evidence-based CT which is beneficial to the health and well-being of staff and/or patients becomes a battle, it can become hard to decide how to approach the situation. Should we fight for what is supposed to bring people peace? We can forgo the challenges, and justify giving up: "let someone else worry about it;" "I cannot risk losing my job over this;" or "The system isn't ready for it." All of these

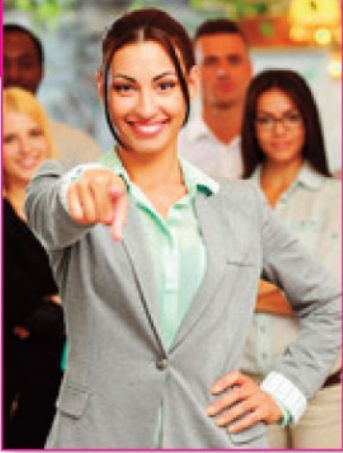
are legitimate, because we need to gauge the energy it takes to fight for what is right. We could ask ourselves, if we are unable to promote CT in our work, how can we stay true to our cause? I find we can actually spend too much energy fighting for a healthy workplace in nursing, that we might forget to take care of ourselves in the process, or lose passion for nursing altogether. And we simply cannot keep moving forward on empty tanks. So that is why I think we have to make sure we keep CT alive where we can, starting from self care. Then, pursue promoting a health care that is integrative and promotes true holistic approach. If we are getting worn out trying to make a change in a work environment that is resistant to change, stepping back and reflecting on where CT starts with is a good practice. Looking inside again to remember why CT matters so much, and refocus on our self-healing is the first and best way to survive a culture in which selflessness is glorified as the best approach to the work of service. I think to practice true self-love is the most radical complementary therapy of our current times, and the best way we can equip ourselves to be of service to anyone else, including our patients/clients. So...

Take good care!

in Nursing,

Farnaz HF Michalski, RN MN CHTP





Calling all CTNIG members...

Interested in getting more involved with the CTNIG?

Be part of the executive board!

CTNIG's vision is to have Complementary Therapies (CT) recognized, incorporated and integrated into nursing and health care in Ontario.

To support this vision and make the CTNIG a strong and viable interest group, we need our members to take on leadership roles. Currently there are a number of executive positions that need to be filled:

- **Research Executive Network Officer**
- **Communication Executive Network Officer**
- **Membership Executive Network Officer**
- **Education Executive Network Officer**
- **Student Executive Network Officer (undergraduate nursing student)**

No previous executive experience is necessary as you will be mentored by the members of the current executive and work as part of a team. It is not essential to practice a CT, nor to be an expert, only to have an interest in CT as part of holistic nursing practice. What a wonderful way to learn more about CT and serve the nursing community and public at the same time.

Candidates must be members in good standing with the RNAO and the CTNIG and agree to serve for a two year term.

If you are able to volunteer a couple of hours a month to make the CTNIG successful and relevant, please consider being part of the executive. Your service will be valued and much appreciated.

To view descriptions of the executive roles go to:

https://myrnao.ca/sites/default/files/attached_files/ENO%20Roles.pdf

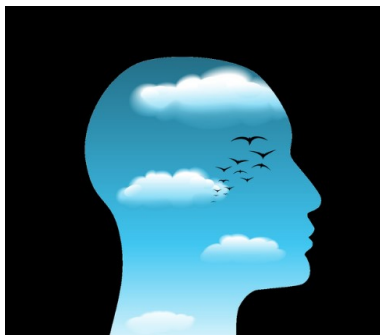
For more information or to nominate yourself or another CTNIG member contact:

Darka Neill *RNAO-CTNIG Consulting Editor*
416 239-9083 or darka_neill@dalesfordrd.com

Meditation

A 12-Minute Meditation to Train Moment-to-Moment Awareness by Kimberly Brown

From Mindful - April 11, 2023



Calm

To subscribe go to: [mindful.org](https://www.mindful.org)

When we train our awareness of what's arising, both internally and externally, we increase our capacity to act with wisdom, no matter what life throws at us.

Wisdom arises out of our mind's capacity to be aware—which is not the same as thinking. Wisdom allows us to know what is happening in each moment and respond appropriately, with our words, with our actions, with our thoughts. Sometimes responding appropriately

means not doing anything at all, simply meeting each moment as it comes. Wisdom is a moment-to-moment awareness of what's arising internally and externally. It begins with developing concentration, which allows us to let go of our thoughts and our plans and be in this moment.

In this practice, we'll begin with concentration, and then we'll move to what is traditionally called mindfulness meditation, where we simply notice what's arising without clinging or pushing away. And then finally, just for two minutes, we'll let go of all the techniques and just rest in our awareness.

To listen to the meditation go to: <https://www.mindful.org/a-guided-meditation-to-train-moment-to-moment-awareness/>

Recipes

Healthy Summer Drink ~ Virgin Banana Piña Colada ~ By EatingWell

Ripe bananas get blended with fresh pineapple and coconut milk for a refreshing beverage.

Ingredients

2 very ripe bananas
1 cup diced fresh pineapple, plus 4 wedges for garnish
1 cup pineapple juice
1/2 cup "lite" coconut milk, (see Tip)
3 cups ice cubes

Directions

Puree bananas, diced pineapple, pineapple juice, coconut milk and ice in a blender.
Serve in a festive glass. Divide among 4 glasses.
Garnish with pineapple wedges.

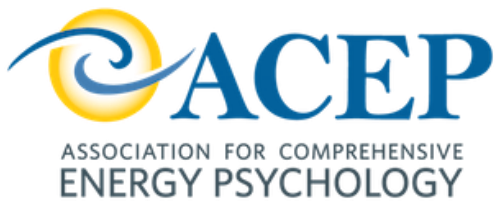
Tip: Refrigerate leftover coconut milk for up to 1 week or freeze for up to 2 months. It will appear separated when thawed; simply mix until smooth.

Nutrition Facts

Serving Size 1 pina colada
Calories 130
Total Carbohydrate 28g
Dietary Fiber 2g
Total Sugars 18g
Protein 2g
Total Fat 2g
Saturated Fat 2g
Vitamin A 65IU
Vitamin C 31mg
Folate 31mcg
Sodium 12mg
Calcium 18mg
Iron 1mg
Magnesium 29mg
Potassium 338mg



Educational Opportunities



5 Ways Sound Can Be an Agent for Healing

Renée LaFountain, LMHC • Aug 07, 2023

If you are interested in learning more about the use of sound as an agent of healing and positive change, click on any of the embedded links below.

Plus... sound healing is usually part of the International Energy Psychology Conference.

Save the date: May 30 - June 3, 2024 | Wigwam Resort near Phoenix, AZ.

Registration opens in January/February 2024

Sound as an agent for healing was one theme that was woven through the 2023 ACEP conference. From presentations by five different sound and music practitioners to inspiring, humorous songs sprinkled throughout by conference minstrel [David Roth](#), conference attendees were treated to a first-hand experience of the powerful energy of sound. Here are five highlights about the power of sound healing:

Greg Carpenter: Incorporating Sound Therapy to Enhance Your Work

Greg Carpenter is a licensed marriage and family therapist, sound therapist and performance coach. His pre-conference intensive focused on providing practitioners with simple sound therapy tools to incorporate into their existing clinical practices. Greg teaches that sound therapy can be used to address core issues. He says that sound healing works by helping to remove blocks, release attachments, and restore energetic balance.

Attendees of his intensive had the opportunity to wrap up their day of learning with a relaxing group sound meditation/bath.

Amikaeyla Gaston: Music as Medicine

Amikaeyla Gaston is a speaker, performer, educator, author and founder of the International Cultural Arts & Healing Sciences Institute. Her dynamic, inspiring presentation about her work using music to bring healing to the hurt and scared left many attendees in tears. Amikaeyla spoke and sang with reverberating power. She shared her own story about her near-death experience that led her to understand how profoundly healing music can be.

Amikaeyla described the advocacy work she does worldwide at the request of the US State Department and United Nations. In that work, she uses music to bring healing and enable the creation of solutions in areas torn apart by war and systemic barriers. Amikaeyla closed out the session leading the group in a resounding rendition of her



beautiful song, "Lovely Day."

Jonathan Goldman: The Science & Practice of Sound Healing

Jonathan Goldman is an author, musician, and teacher. In addition, he is the director of the Sound Healers Association, and president of Spirit Music, Inc. Jonathan is an international authority and pioneer in sound healing and harmonics. During his informative presentation, Jonathan explained the science behind his primary assertion that "frequency + intent = healing." He led attendees through several sound healing exercises, including a basic level practice of conscious humming. You can learn more about the power of humming in *The Humming Effect*, which he co-authored with his wife, Andi Goldman. In addition, attendees learned

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about the numerous positive effects of practicing sound healing techniques. These benefits include: decreased stress levels, increased immune function, improved sleep quality, and increased production of “feel good” neurochemicals, and many others.

Charleene Closshey: The Science Behind the Art of Sound

Charleene Closshey is a classically trained musician, award-winning composer, and author. In her Quantum Talk, Charleene discussed the latest research about the positive impacts of sound on the body. In addition, she shared simple tools that even non-musicians can integrate into their clinical work. Attendees experienced the relaxing and uplifting effects of crystal singing bowls and Sanskrit mantra firsthand. Charleene also had a booth in the conference exhibit hall. Here, fortunate participants had the opportunity to listen to excerpts from her most recent recording, “Aligned.” Utilizing her well-developed intuition, Charleene chose the perfect tracks for the listener’s deepest benefit.

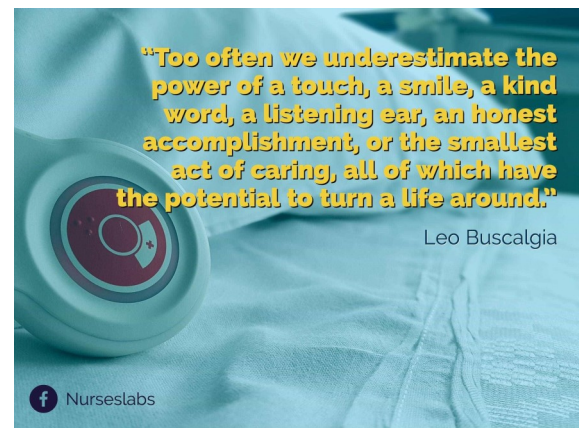
Nora Nur Nalcini: Transforming Traumatic Experience With ATFT

Nora Nur Nalcini is a spiritual healer and coach, founder of Novis Imprints and creator of the Acuvibrational Tuning Fork Technique (ATFT). Her presentation included information about the effects of different frequencies on the human energy field. Attendees also learned the five phases of ATFT, and best practices in applying ATFT. Nora developed ATFT with the goal of assisting individuals to transform traumatic experiences and facilitate empowering change. She teaches that ATFT accomplishes this through activation of our innate healing capacities.

Author

Renée LaFountain is a licensed mental health counselor (LMHC), living and working in Massachusetts. She is the director of clinical teams and a staff therapist at Bay State Counseling and Wellness Center, with a passion for serving individuals who are the helpers and “deep feelers” of the world. Renée is a member of the ACEP Communications Committee and is a provider for Unite for HER.

Inspiration Corner



4-7-8 Breathing Technique

THE 4-7-8 TECHNIQUE

The 4-7-8 breathing pattern is a technique where a person focuses on taking long, deep breaths in and out. This rhythmic breathing is a core part of many meditation and inspired by the long tradition of yoga practices (the pranayama practice of breath regulation) as it promotes relaxation.

Deep, rhythmic breathing may have multiple benefits, such as:

- reducing anxiety
- helping a person get to sleep
- managing cravings
- reducing anger responses

Before starting the breathing pattern, find a comfortable sitting position with your feet on the floor and place the tip of the tongue on the tissue right behind the top front teeth.

- begin by emptying your lungs of air
- breathe in quietly through the nose for 4 seconds
- hold the breath for a count of 7 seconds
- exhale forcefully through the mouth, pursing the lips, and making a “whoosh” sound for 8 seconds
- repeat the cycle 3 more times then stop
- do this twice a day

A person may feel lightheaded after doing this for the first few times. To be safe, try this technique when sitting or lying down to prevent dizziness or falls.

Keeping the ratio is more important than the total number of seconds that the pattern lasts. A person who cannot hold their breath for long may try a shorter pattern instead, by

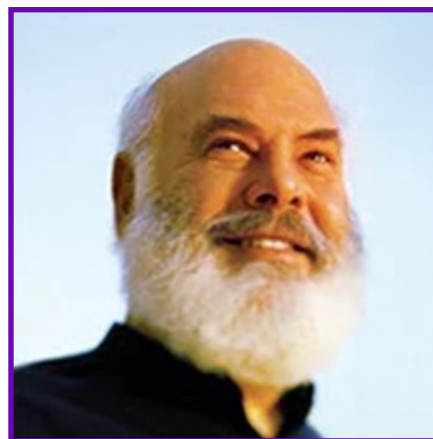
- breathing in through the nose for 2 seconds
- holding the breath for a count of 3.5 seconds
- exhaling through the mouth for 4 seconds

As long as a person maintains the correct ratio, benefits may be noticed after several days or weeks of doing 4-7-8 breathing consistently two times a day.

Although clinical research is still evolving to support these claims about 4-7-8 breathing or other breathing techniques, there are encouraging common trends when considering specific cardio-respiratory and central nervous system parameters on the one side, and positive psychological/behavioral outcomes on the other. There are many anecdotal reports from satisfied users and a long tradition of use.

(See:How Breath-Control Can Change Your Life: A Systematic Review on Psycho-Physiological Correlates of Slow Breathing Front Hum Neuroscience. 2018; 12: 353: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6137615/>)

The most common uses of 4-7-8 breathing are for reducing stress and anxiety. With frequent use, it reportedly becomes more effective in helping a person manage their stress levels.



[Watch a video of Dr. Weil demonstrating the 4-7-8 Breath.](#)

For further explanation by Dr Weil go to: <https://www.drweil.com/videos-features/videos/the-4-7-8-breath-health-benefits-demonstration/>

CTNIG Booth at RNAO AGM



settings and for self-care. It was especially encouraging and gratifying to see the interest and enthusiasm coming from the nursing student attendees.

I look forward to having a presence at next year's RNAO AGM.

It was so nice to be present in person at the 2023 RNAO AGM. The CTNIG booth at this year's AGM was the best one in the Exhibit Hall (as usual). Many RNs and nursing students stopped by expressing interest in Complementary Therapies (CT) as well as commenting on their own personal and professional experiences of CT.

We had number of handouts that attendees were able to take with them as references including our newsletter, CTNIG information pamphlets, breathing exercise and self-care tips, and pens.

Many thanks to Crystal Hepburn for helping in setting up the booth and helping out when she wasn't acting as a consultation rep at the AGM. Also thanks to Elaine Pipher who pitched in with fielding inquiries.

Having a booth at the RNAO AGM is a great way to highlight and bring about awareness on how to integrate CT within a holistic approach into nursing and healthcare. Also great to talk with individual nurses as to how they can incorporate CT into a wide range of practice



Report by
Darka Neill

Research

1. Acceptance and use of complementary and alternative medicine among medical specialists: a 15-year systematic review and data synthesis

Phutrakool, P., Pongpirul, K. ~ Syst Rev 11, 10 (2022).

Abstract

Background

Complementary and Alternative Medicine (CAM) has gained popularity among the general population, but its acceptance and use among medical specialists have been inconclusive. This systematic review aimed to identify relevant studies and synthesize survey data on the acceptance and use of CAM among medical specialists.

Methods

We conducted a systematic literature search in PubMed and Scopus databases for the acceptance and use of CAM among medical specialists. Each article was assessed by two screeners. Only survey studies relevant to the acceptance and use of CAM among medical specialists were reviewed. The pooled prevalence estimates were calculated using random-effects meta-analyses. This review followed both PRISMA and SWiM guidelines.

Results

Of 5628 articles published between 2002 and 2017, 25 fulfilled the selection criteria. Ten medical specialties were included: Internal Medicine (11 studies), Pediatrics (6 studies), Obstetrics and Gynecology (6 studies), Anesthesiology (4 studies), Surgery (3 studies), Family Medicine (3 studies), Physical Medicine and Rehabilitation (3 studies), Psychiatry and Neurology (2 studies), Otolaryngology (1 study), and Neurological Surgery (1 study). The overall acceptance of CAM was 52% (95%CI, 42–62%). Family Medicine reported the highest acceptance, followed by Psychiatry and Neurology, Neurological Surgery, Obstetrics and Gynecology, Pediatrics, Anesthesiology, Physical Medicine and Rehabilitation, Internal Medicine, and Surgery. The overall use of CAM was 45% (95% CI, 37–54%). The highest use of CAM was by the

Obstetrics and Gynecology, followed by Family Medicine, Psychiatry and Neurology, Pediatrics, Otolaryngology, Anesthesiology, Internal Medicine, Physical Medicine and Rehabilitation, and Surgery. Based on the studies, meta-regression showed no statistically significant difference across geographic regions, economic levels of the country, or sampling methods.

Conclusion

Acceptance and use of CAM varied across medical specialists. CAM was accepted and used the most by Family Medicine but the least by Surgery. Findings from this systematic review could be useful for strategic harmonization of CAM and conventional medicine practice.

To view full article go to: <https://doi.org/10.1186/s13643-021-01882-4>

2. Complementary and Alternative Medicine Use in Canada and the United States.

McFarland B, Bigelow D, Zani B, Newsom J, Kaplan M. ~Am J Public Health. 2002 Oct;92(10):1616-8.

Use of complementary and alternative medicine (CAM) has stimulated discussion in both Canada^{1–4} and the United States^{5–12} on topics such as who might benefit from CAM insurance coverage and the role of CAM as a substitute for use of conventional medical treatment vs a supplement to such treatment. In the United States, members of racial or ethnic minority groups are less likely to use CAM than are White people, and elevated income is a strong predictor of CAM use.^{5,6,8} In the United States (unlike in Canada), race and ethnicity are related closely to health insurance status.¹³ In both Canada⁴ and the United States,^{5,6,8} CAM use appears higher in western regions than in other areas. In Canada, western provinces are much more likely than those in the east to cover CAM in their health programs.¹ In the United States, some 42 states mandate coverage of chiropractic care in private insurance,⁹ whereas federal legislation mandates coverage for all people older than 65 years

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(in the Medicare program) as well as for individuals whose health insurance is provided by large employers regulated under the Employee Retirement Income Security Act.¹⁴

This study examined relationships between race, geography, and conventional medical care and the use of acupuncture, chiropractic, homeopathy/naturopathy, and massage therapy.

Discussion

Despite notable differences between Canada and the United States,^{17–19} these countries seem rather similar with regard to CAM use. The racial/ethnic disparity in CAM use that has been found in the United States^{5,6,8} also is seen in Canada. The striking geographic differences in CAM use across Canada were also found in the United States. Whereas Canadian regional variation in CAM consumption might be explained by differences in provincial health insurance,⁴ such an explanation seems unlikely in the United States. In both countries, CAM appears to be an add-on rather than an alternative to conventional medical care.

This cross-sectional project's limitations included inability to verify service use reports and difficulty in determining causality. Many of the survey items were identical in Canada and the United States, but there were a few differences. Nonetheless, as in other aspects of medical care,^{20,21} comparisons between Canada and the United States can stimulate fruitful discussion and investigation regarding optimal provision of complementary health care services.

To view full article go to: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1447296/>

3. Complementary and Alternative Medicine-Use and Public Attitudes: 1997, 2006, and 2016.

Nadeem Esmail. Fraser Institute.

The health care world has changed considerably over the past two decades and continues to undergo significant change. Advances in medical practice and medical and pharmaceutical technologies have greatly advanced conventional medicine's ability to deal with and treat pain and disease. At the same time, the

public's knowledge about what health care can do has also grown considerably, in part the result of continually expanding access to information and knowledge via the internet. These changes led to the question of whether or not, and to what degree, Canadians' use of, and public attitudes towards, complementary and alternative medicine (such as chiropractic, naturopathic, and herbal therapies) have changed over the past two decades.

To answer this question, the Fraser Institute commissioned Compas to conduct a Canadian national survey to determine the prevalence, costs, and patterns of complementary and alternative medicine (CAM) use in 2016. This paper is part of a series of survey reports on the use of and public attitudes towards CAM published by the Fraser Institute. The first ever comprehensive study was undertaken in 1997, with a follow-up survey completed in 2006 (Ramsay et al, 1999; Esmail, 2007). This is only the third time a comprehensive study of the use and public attitudes towards CAM by Canadians has been undertaken.

To view full report go to: <https://www.fraserinstitute.org/sites/default/files/complementary-and-alternative-medicine-2017.pdf>

4. Music Therapy Helps Motivate Patients With Schizophrenia.

Pauline Anderson. ~ Medscape. May 26, 2023

Music therapy improves negative symptoms of schizophrenia, such as lack of motivation, reclusiveness, and isolation, a new review of the literature suggests.

Although the study had conflicting results regarding the effects of music therapy on positive symptoms of schizophrenia, such as hallucinations, delusions, and disordered thoughts, it consistently shows that music therapy improves negative symptoms, poster presenter Amy Agrawal, MD, VA Boston Healthcare System and instructor of psychiatry at Harvard Medical School, told Medscape Medical News.

To view full article go to: https://www.medscape.com/viewarticle/992478?ecd=WNL_mdpls_230530_mscpedit_nurs_etid5478202&uac=454438PT&spon=24&impID=5478202

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5. The Amazing Things We Can Learn From Hospital Clowns.

Joe Kita. ~ Medscape. May 05, 2023

In the hospital is a girl of 5 or 6 named Cindi.

Dr. Graves enters her room. He's very busy.

Cindi is afraid that she'll get sicker.

Then a clown appears with Winnie the Pooh stickers!

Cindi smiles. Her red-nosed friend puts a finger to her lips.

She's telling Cindi, "Be quiet, I'm going to do a trick."

She sneaks behind Dr. Graves and puts a sticker on his shoe.

He's so intent on Cindi, he has no clue!

Cindi starts giggling.

Dr. Graves says, "Stop jiggling."

The examination ends.

Dr. Graves looks grim.

But as he turns to leave and continue his rounds,

Cindi hears "Excuse me, sir!" coming from the clown.

"I'm not sure how to say this, but I think it's best I tell you,

Dr. Graves, you've got Pooh on your shoe!"



"The kid was in stitches," recalls Mollypenny, a clown at the Children's Hospital of Eastern Ontario -- commonly called CHEO -- in Ottawa, Canada. "And when the doctor realized what was going on, he started laughing too. I never thought he had a sense of humor, but he left that sticker on his shoe the entire day."

This is just one of many heart-warming stories from the 21-year career of Ruth Cull, aka Mollypenny. (She officially retired last month, having passed the ceremonial rubber chicken -- literally -- to her successor, Zedd.) Originally an operating room nurse, she traded her stethoscope and scrubs for a banana phone and blue wig because "clowning makes a bigger difference," she said.

That's no joke: Growing evidence reveals that hospital clowns, also called medical clowns, therapeutic clowns, or clown doctors, can be incredibly valuable in clinical care. In one study published this year, researchers at Tel Aviv University and the Israel Center for Medical Simulation identified 40 skills used by hospital clowns. They concluded that these clowns "help patients, their parents, the medical team, and the achievement of therapeutic goals. In fact, through various communication skills, clowns enable patients to overcome crises and move towards healing."

Among the skills the study called out:

Distraction: Mollypenny's Pooh stickers illustrate this. "Diverting a patient's attention from a negative emotion" or situation changes the atmosphere, the researchers explained. It "breaks the [patient's] cycle of negativity," even when it's something as small as making a serious doctor laugh. Mollypenny calls this "distraction medicine."

Anchoring: Clowns look for objects in a patient's room that can be used as icebreakers to make a connection. Mollypenny once noticed a bottle of pink nail polish on a child's nightstand and suggested they paint her dad's toenails while he was napping in an adjacent bed. He woke up before they could do it, but whenever Mollypenny saw the child on the ward, she'd whisper "Code Pink" to make her laugh. That bottle of polish became their private joke, and

(Continued on page 15)

they bonded over it, helping the child feel less alone.

Empowerment: Patients can feel powerless. Clowns help restore a sense of control and autonomy by providing them with choices. "The first question we ask is, 'Can we come in?'" said Zachary Steel, program director for the University of Southern California's Comic+Care, which trains medical clowns. "If the patient says no, we go away. That's not happening with doctors and nurses.

Empowerment is at the center of our work."

Empathy: While hospitals provide care, the pace and atmosphere can often suck the warmth out of the word. While medical personnel are pressed for time, clowns don't have a schedule. While doctors and nurses do most of the talking, clowns excel at listening. While hospitals are designed to move patients along, clowns try to be fully present. Amid everything a patient is going through, clowns provide understanding. One way they do this is by using the first-person plural. By acknowledging patient emotions without judgment and including themselves in their experience ("We're in this together, and we'll get through it!"), clowns provide validation, support, and relief.

Exaggeration: It's easy to lose perspective in a hospital and adopt a woe-is-me attitude that can hamper treatment and recovery. Clowns counteract this by taking negative feelings to the extreme: "You're right! We shouldn't have to do these stupid exercises. I'll tell them we're on a general strike, and that you're never going to move again!" According to the Israeli researchers, exaggerating patient frustrations invites them to laugh and reexamine the situation from a different perspective.

Partnership: To make patients feel heard, clowns become their advocate. If a child admits she can't do any more chemotherapy, a clown might say, "I will come with you and

tell them how much it hurts. We will tell them to try it themselves!" By taking the patient's side, legitimizing the difficulty, and becoming their partner, clowns give children the strength to endure. Once, Mollypenny helped a little boy send his cancer into outer space by launching it in a balloon. "He's healthy and 25 years old now," she said.

Laughter: This is the skill for which clowns are renowned. Indeed, laughter has been scientifically shown to reduce stress hormones, increase oxygen uptake, improve immune function, raise pain thresholds, and activate areas of the brain that produce feelings of connection and joy. Most of these benefits result from the release of opioid neuropeptides and beta-endorphins. These have many feel-good effects. The act of laughing itself also physically stimulates the heart, lungs, and muscles, which reduces tension and makes breathing easier.

To view full article go to: https://www.medscape.com/viewarticle/991646?ecd=WNL_mdpls_230509_mscpedit_nurs&uac=454438PT&spon=24&impID=5412732#vp_1

REVIVING THE HEART OF NURSING

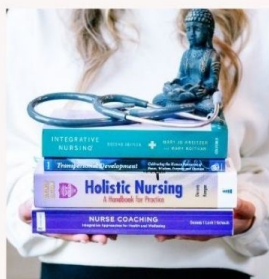
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Website

American Nurse Today

<https://www.myamericannurse.com/>

American Nurse Today is the official journal of the American Nurses Association. The website is the online portal for the print journal.

AmericanNurseToday.com is literally packed with information for nurses of all types. They publish their journal articles on the site so there are tons of detailed articles including references which is a big plus for anyone doing research on a particular topic. They also post articles by clinical specialty, and have great articles on subjects outside of clinical issues but still very important to nurses such as professional development, legal issues, ethical issues and much more.



YouTube

Resources for Holistic Nursing/
Certification & CAM

**Welcome to Canadian Holistic
Nurses Association (CHNA)
An International Chapter Member
of the American Holistic Nurses
Association (AHNA)**

[https://www.youtube.com/watch?
v=lnr3IzfHXNA](https://www.youtube.com/watch?v=lnr3IzfHXNA)

**Are the American Holistic Nurses
Credentialing
Corporation (AHNCC) and AHNA
One and the Same?**

[https://www.youtube.com/watch?
v=YqGYD3LuzNY](https://www.youtube.com/watch?v=YqGYD3LuzNY)

What Is Holistic Nursing Practice?

[https://www.youtube.com/watch?
v=pHzZz0gk0So](https://www.youtube.com/watch?v=pHzZz0gk0So)

**Certification in Holistic Nursing
Introduction**

[https://www.youtube.com/watch?
v=4ycgtptkZCk](https://www.youtube.com/watch?v=4ycgtptkZCk)

**Overview of Complementary and
Alternative Therapies**

[https://www.youtube.com/watch?
v=dgjmUhGfLkK](https://www.youtube.com/watch?v=dgjmUhGfLkK)



RNAO-CTNIG Spotlight Series

Your Story



RNAO-CTNIG is celebrating it's 20th anniversary this year and we would like to celebrate our membership as well by putting a spotlight on our members throughout this year.

We invite our RN and student nurse members to send along your stories (approximately 500-700 words) of how you became interested in Complementary Therapies (CT), either as a recipient, advocate, or practitioner.

Of interest...

- how did you become interested in CT?
- short description of the modality you use/ practice/advocate
- how do CT impact your personal or professional life (how have they benefitted you)?
- where do you practice CT (workplace, private practice, volunteer, family)?
- how did you introduce CT into your practice/ workplace?
- what qualifications/education do you need to become a practitioner of the specific modality?
- where can you access education for the specific modality?

Your stories will be featured in our Spotlight Series, newsletter and shared with our members.

Not only will we get to know our members but these stories will provide relevant information about specific CT to those who might be considering using them

- personally for self-care
- advocating for CT in nursing/healthcare
- incorporating CT into nursing practice

These stories may be especially useful to our student nurses and RNs who are new to CT to gain a better understanding of the wide range of CT and their uses.

CT of interest:

Acupressure/acupuncture	Herbology	Shamanic Healing
Aromatherapy	Hypnosis	Sound Therapy
Art Therapy	Imagery/Visualization	Therapeutic Touch
Ayurvedic Medicine	Light/Colour Therapy	Traditional Chinese Medicine
Chakra Balancing	Mindfulness/Meditation practices	Yoga
Emotional Freedom Technique	Music Therapy	and more.....
Flower Remedies	Reiki	
Healing Touch	Relaxation/Breathing Exercises	

We would really like to hear from you to make this year a memorable one!

Please contact Darka Neill for more information or with your submission.

Darka Neill RN (Non-Practising), BScN, RP, Reiki II
 RNAO-CTNIG Consulting Editor
 darka_neill@dalesfordrd.com



RNAO-CTNIG Spotlight Series

Sherry Brouzes

Healing with Feng Shui and Colour



Sherry (now retired) practiced nursing in Canada and the U.S.A. for over 25 years. During that time, she observed the intense impact the environment where we live, and work can have on an individual's health and well-being. Having the desire to learn holistic modalities to help reduce environmental stress, she studied and qualified as a Feng Shui Consultant, Feng Shui Interior Designer and Biophilic Design Consultant. Sherry is a Red Ribbon Consultant with the International Feng Shui Guild. She offers comprehensive, unique, and soulful Feng Shui Consultations for clients by integrating the Colour Mirrors system using her knowledge as a Colour Mirrors Consultant and Teacher. Feng Shui and Colour wisdom are two ancient modalities that blend well together for assisting her clients to achieve balance and by identifying the energy in their spaces and inner self to reach their full potential to live a happy life. Sherry is available for on-site Feng Shui and Colour Consultations in the Niagara area. She also offers virtual global and remote distance consultations via Zoom. She resides in the beautiful area of Niagara, Ontario with her husband and Maltese furbaby.

Although now retired, during my career as a nurse, I observed firsthand how patients' surroundings played a crucial role in their recovery. The physical environment directly impacted patients' well-being, including lighting, noise levels, and overall ambiance. Witnessing this throughout my career as a nurse, I saw the profound impact that the environment has on the healing process. I wanted to learn something new after retiring from nursing and a few years of traveling with my husband. I have always had a deep curiosity to explore alternative healthcare approaches. As I delved into complementary therapy, I discovered the transformative power of practices such as Feng Shui and the Colour Mirrors system. My experiences as a nurse led me to develop an interest in complementary therapy and its potential to heal our inner and outer environments. This ignited my interest in exploring holistic approaches that could enhance healing beyond traditional medical interventions. I was intrigued by the concept of harmonizing spaces for optimal energy flow, so I embarked on studying Feng Shui, an ancient Chinese practice. Through Feng Shui principles, I learned how to assess and adjust various environmental elements to promote positive energy flow and support overall well-being. While exploring complementary therapies further, I discovered the Colour Mirrors system, a powerful modality that utilizes colour psychology and spirituality for emotional healing and transformation. Recognizing that our inner emotional state is intricately connected to our physical health, this approach resonated deeply with me. Colour Mirrors uses beautiful dual-coloured bottles of oils and essences to analyze areas where an individual may have blocks or hidden potentials in their life. Colour Mirrors philosophy relates to our colour choices and how colour reveals a person's feelings in a positive or





RNAO-CTNIG Spotlight Series

Sherry Brouzes

Healing with Feng Shui and Colour



negative context. Colour is light. Light is energy. Each colour has its own vibration and message. When we choose a specific coloured bottle, it "mirrors" what we may have stored in our subconscious; it may be from a childhood trauma or painful event. For example, if an individual chooses a green-coloured bottle, the Colour Mirrors Practitioner may ask if they are having difficulty with decision-making or perhaps looking for a new house. Green represents decision-making, space and trust in the Colour Mirrors system.

Conversely, individuals may choose green if they struggle to express anger. When a specific colour is required for healing, the Practitioner will suggest the client acquires the Green Bottle with a particular message for them. The complementary colour is also assessed during a client's colour reading. The client is advised to take the Bottle home as a healing modality and have a colour therapy bath with the bottle for over 3 weeks.

The oils can also be applied to the feet, used with massage, or they can meditate with the bottle. Colour Mirrors Oils and Essences are created with prayer and intention. Each bottle has its own message and frequency. The bottles contain essential oils, flower essences, earth energies and purified water. Purified coloured water sits in the bottom fraction of the elixir, and the coloured oils are on the top. We know that water holds memory from the studies and work of Dr. Masaru Emoto. When a person bathes or applies Colour Mirrors oils, they are absorbed deeply into the skin and cells. Colour Mirrors work at the cellular level. Colour Mirrors Practitioners are trained to read and analyze the colours in the beautiful gem liked bottles of oils and essences. There are over 100 Oil Bottles and over 50 Essences in the system presently.

The Colour Mirrors Practitioners Course involves an in-depth study of 19 core colours and 8 spiritual principles, chakra balancing and more. Colour Mirrors has many mini systems. For example, a set of Chakra bottles for Chakra work, including the new 5D Chakra colours as the world evolves.

Incorporating special colours into one's daily life or therapeutic practices can create a positive shift in emotional well-being. The Colour Mirrors system allowed me to tap into this transformative potential and integrate it into my healing journey. I wrote about this in my chapter "Finding My Rainbow" in the 11 Pearls of Wisdom, a recently published book based on the Colour Mirrors system. It is available for purchase on Amazon.

As I learned more about complementary therapy, I realized that healing our inner environment is just as crucial as tending to the physical surroundings. I began cultivating greater self-awareness and emotional balance through meditation, mindfulness, and energy-healing techniques. This newfound inner harmony positively impacted my well-being and enhanced my ability to support my clients on their healing journeys.

My journey from being a nurse to embracing complementary therapy has been one of profound transformation and growth. By recognizing the significant influence of both our inner and outer environments on our overall well-being, I have gained invaluable insights into the potential of practices such as Feng Shui and the Colour Mirrors system. As I continue exploring these modalities, I am dedicated to sharing their benefits with others by teaching the Colour Mirrors Practitioner's course.

Resources to study Feng Shui: International Feng Shui Guild—<https://www.ifsguild.org/>

Resources to study Colour Mirrors www.colourmirrors.com

SherryBrouzesFengShui.net

Top 10 Nursing School Study Tips and Tricks (From ACTUAL Nurses)

By: Chaunie Brusie BSN, RN ~ nurse.org

1. Take a break when you need a break

If you're feeling like you need a break from studying and memorizing, don't fall trap to the thinking that you need to power through and keep cramming. You might think more = better, but studies have shown that taking a break can actually make you more productive.

2. Know your learning style

Many students may make it to the college level without even knowing what their unique learning style is. Some people learn best by reading, some by writing out notes in a study guide, others by listening, and still others by seeing or doing.

The important thing is that you realize that no way is the "right" way, but there is a right way that will work for you, so experiment to find out what works best for you.

Instagrammer Maddie K. explained in a post that for her, being a visual learner means that she learns best through videos and pictures instead of just reading. So, for her, watching YouTube videos about the topics she will be tested on has been a life-saver. No, really, she said it herself: "YouTube videos have literally saved my life (heading in a different way can really help)," she wrote.



3. Reward yourself

A year out of school, 26-year-old labor and delivery registered nurse Danielle Smith's biggest tip is to set rewards for studying. For example, she suggests that if you want to watch the new episode of "This is Us", you should tell yourself you must first finish your flashcards for a chapter or complete at least 25 practice questions, etc.

"Other rewards could be a date/night out, or even a treat like your favorite candy bar, but not unless you accomplish something for school first," Smith says. "This worked wonders for me!"

4. Avoid cramming for nursing exams

My biggest tip is to make sure you give yourself enough time to study all the content before your nursing exam!" advises second-year nursing student Kaylee Fenslau, 20.

"Cramming is never good. I normally like to start studying a week before my class and I always do a little bit every day no matter what. I also use a planner, so I know exactly when my assignments and tests are due! Another tip I have is to do a lot of practice questions. That's helped me immensely in knowing how to answer NCLEX questions—always make time for yourself so you don't overload yourself with the stress of the assignments and studying!"

5. Schedule that study time

Second-year BSN student Kelly Carson, 25, says that time management and prioritizing are everything. And the real key? Scheduling out a time to study—don't just leave it until you feel like it.

"Coursework is never-ending so make sure you have a place whether it's on the computer or an old fashion planner to write down your assignments for the entire semester," she notes. "Also, getting a head start at the beginning of the semester has helped me to not get behind on readings and assignments!"

(Continued on page 21)

(Continued from page 20)

6. Diffuse oils to help increase concentration

If you need a little pick-me-up before studying, try some essential oils. Lavender, rosemary, and peppermint oils have all been studied and have been shown to increase concentration and retention.

Try diffusing the oils or dabbing a little on your wrists before sitting down to a study sesh.

7. Try the 45-15 study strategy

If you're having trouble focusing on your study sessions, try mixing things up with the 45-15 study strategy. The strategy is simple: set a timer for 45 minutes, then take a break for the next 15.

The key is really, really focusing during those 45 minutes (no social media, folks!) and then really, really taking a break. Get up, get moving, talk a walk, and then get back to it.

This strategy is a good way to prep and take advantage of the natural ebb and flow of concentration in your brain.

8. Form a study group

RN Ashley Cloutier, 31, knows that just like nurses out in the field depend on their coworkers to survive, so too do nursing students. "You develop an odd little family with your peers because you are together more than anyone else," she explains.

"Find a few people who you mesh well with and form a study group, this is what got me through nursing school. Support each other, encourage, and hold each other accountable.

We used each other to study, quiz, vent, give a different perspective and discuss how nursing school was affecting our families, therefore us as well.

People who have never experienced nursing school cannot relate to what you're going through. The stress, demands, assignments, working for free, being away from your family, and when you are home, doing nothing but read or study.

These guys will know exactly how you feel because

they are going through it, too. Nursing school is one of the hardest things I've accomplished. I couldn't have done it without my nursing crew."

9. Create a study ritual

Pay attention to how you feel when you sit down to study—are you dreading it before you even begin? Groaning internally? Exhausted just thinking about it? It may be time to reevaluate your study environment.

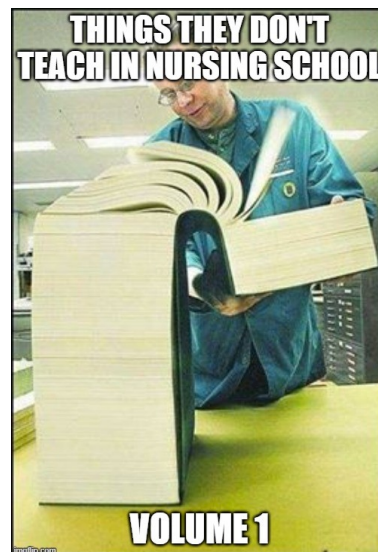
There is no reason to make study time something you absolutely hate; instead, try to set up little rituals for yourself before and while you study to make it more enjoyable. Try setting up a special corner, lighting a candle or even stashing your favorite snacks nearby for a little treat.

And on the flip side, if you're a creature of habit while studying, you could also try mixing up your environment. Get out of your house or apartment and visit a new coffee shop or deli to get some new sights and sounds while you study.

10. Prep before class

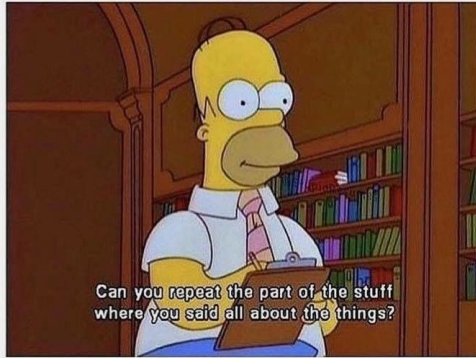
Chances are, your typical study style might look something like this: go to class, take notes, review the study material, study, take test, right?

Well, Shelby B., a second-year nursing student who runs the account [@coffeeandcareplans](#) has a different study method that I think is genius. In an Instagram post on her page, she explains how she actually reviews the course material before class so she knows exactly what to listen for during the lecture and is even more prepared to get clarity on the key points she needs more help with.

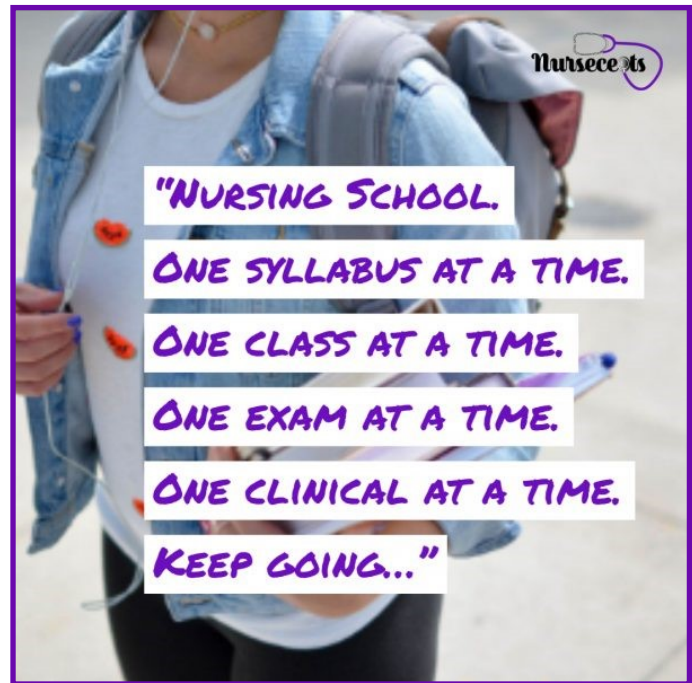


Student Corner

Listening to report for the first time as a nursing student



When its your first day at clinical rotations



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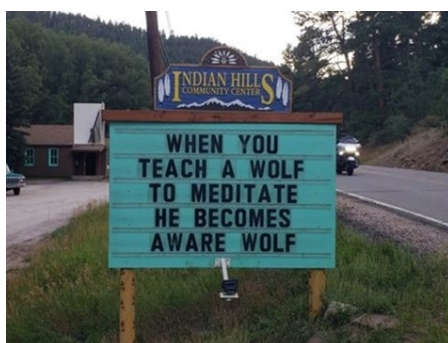
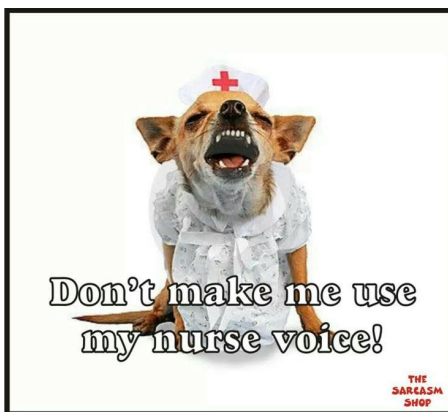
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On the Lighter Side

About a Nurse



"This needle made him faint. Maybe he would've been more comfortable if I had put some ink in it."



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