Human beings are whole systems inseparable from their environments.

Human beings have the innate capacity for health and wellbeing across all dimensions (bodymindspirit).

Nature has healing and restorative properties that contribute to health and wellbeing.

Integrative nursing is patient-centered and relationship-based.

Integrative nursing is informed by evidence and uses the full range of therapeutic modalities, moving from least intensive and invasive to more, depending on need.

Integrative nursing focuses on the health and wellbeing of caregivers as well as those they serve.

Courtesy of the University of Minnesota’s Center for Spirituality & Healing
z.umn.edu/integrativeNursing
EXPLORE

Historically, nursing is deeply rooted in a tradition of caring and healing. While modern healthcare has created obstacles that often make it hard to provide holistic care, patients and their families are yearning for it. Millions of nurses around the globe are drawn to practicing person-centered, relationship-based care that incorporates the use of integrative or complementary therapies with conventional care and is focused on advancing the health and wellbeing of people, communities, and organizations.

Visit z.umn.edu/IntegrativeNursing to explore free online learning modules, interactive scenarios, and other resources.

LEARN

The University of Minnesota’s School of Nursing, in collaboration with the Center for Spirituality & Healing, offers the nation’s first Doctorate of Nursing Practice in Integrative Health and Healing. Nurses at the advance practice level in integrative health and healing are prepared to provide leadership and work within collaborative teams across a wide variety of settings, including hospitals, clinics and health centers, long-term care facilities, community health programs, schools and corporate/business environments.

Visit z.umn.edu/dnpihh to learn more.

READ

“Integrative Nursing” by Dr. Mary Jo Kreitzer and Dr. Mary Koithan was published by Oxford University Press in 2014. It is the first complete roadmap to integrative nursing, providing a step-by-step guide to assess and clinically treat conditions through a variety of combined methodologies including wellbeing, lifestyle enhancement, and nutrition.