

Dear, HMA Committee and the ANA,

I would like to suggest you change holistic health back to wholistic health throughout the Faith Community Nursing Scope and Standards document (line 222, holistic health does not correctly describe the practice of Faith Community Nursing. The use of the descriptor wholistic to describe Faith Community Nursing is correct. The term wholistic was used/developed by Granger Westberg to describe the practice.

I did a conceptual analysis of wholistic health care and a summary of the history of the term (wholistic) which I am attaching and would ask each member on the committee to please read it before using the term holistic repetitively throughout our scope and in my opinion, making a grievous mistake. The use of the term holistic will confused the public even more about what is Faith Community Nursing and what FCN do. Yes, we will do it to ourselves again (cause confusion) by changing the descriptor of health and the type of care FCN provide from wholistic to holistic.

**There are differences between holistic and wholistic health care. The correct descriptor for the work of faith community nurses is *wholistic*.**

### **Use of Descriptor *Wholistic* by Granger Westberg**

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*Scope and Standards of Practice: Faith Community Nursing* (ANA & HMA, 2012) states that the roots of the practice guide the use of the descriptor *wholistic health care*.

“Rev. Dr. Granger Westberg used the term wholistic health to define a whole or completely integrated approach to health and health care that integrates the physical and spiritual aspects of the whole person. The principles of wholistic health arose from the understanding that humans strive for wholeness in their relationship to their God or higher power, their families, the society, and the environment in which they live. Based on its historic meaning, wholistic is the preferred spelling when referring to the health care provided by faith community nurses” (p. 7).

In Tubesing, Holinger, Westberg and Lighter (1977), Westberg defined wholistic health care as:

“... the metaphysical affirmation of body, mind, and spirit integrated in a whole, independent of and greater than the sum of its parts. In practice, wholistic health care means actively searching with a patient all dimensions of his/her life (physical, emotional, intellectual, spiritual, interpersonal) for causes and symptoms of disease, then creatively exploring these same modalities for treatment strategies to restore or maintain health” (p. 219).

Westberg (1961), in *When Minister and Doctor Meet*, used the term *wholistic health care* to describe his work. His editor at Harper and Row advised him that he had spelled wholistic wrong. He wrote them, “Please let me spell it with a w. It will make it easier for people to understand the concept of wholeness.” They agreed to it (Westberg, J., 2015, p. 127).

Jane Westberg writes in her book, *Gentle Rebel: The Life and Work of Granger Westberg* (2015) that Granger's work took into account the whole person in providing personalized care, which was comprehensive in nature and embraced the notion of self-responsibility, health promotion, and health education and emphasized prevention medicine (p. 199). He stated that traditional health care and wholistic health care were very similar. The difference is the intentional emphasis on prevention health and spiritual care. He stated, "... we are not ashamed to speak about God. We believe that Christ is the great physician" (p. 214).

### **Westberg on "Holistic" Health Care versus "Wholistic" Health Care**

Westberg was concerned with the error others made in describing the work as "holistic" instead of "wholistic." He stated "while we [wholistic care providers] believe in much of their [holistic care providers] basic philosophy, our method of practice is more traditional ... We must meet them [patients] first where they feel comfortable and then introduce them to methods of treatment that deal with more than just the physical dimension" (Westberg, J., 2015, p. 203).

In *Granger Westberg Verbatim: A Vision for Faith and Health* (Peterson, 1982), Westberg writes, "There is great ferment on the West Coast around the general subject of holistic medicine. I salute them for their willingness to test new ways to get to the cause and cure of illness. However, a number of people are confused by the similarity of our names. I have tried very hard to keep our project within the fold of traditional American medicine and religion. I have regularly conferred with officers or staff at the American Medical Association, the Association of American Medical Colleges, and bishops and officers of mainline Christian churches. They have all encouraged our innovative programs as long as we keep within reasonable limits" (p. 43).

Just like faith community nursing, holistic nursing is recognized by the American Nurses Association as a specialty nursing practice with a defined scope and standards of practice (Dossey & Keegan, 2012, p. 62). A holistic nurse acts to heal the whole person and integrates complementary and alternative approaches into clinical practice. Trained in both fields, holistic nurses serve as a bridge between conventional healing and complementary and alternative healing practices. They specialize in one or more methods of healing, such as acupuncture, chiropractic, or energetic healing and work in a variety of settings (p. 67).

## **Comparing Holistic Nursing and Faith Community Nursing**

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There are similarities and differences between holistic nursing and faith community nursing.

### **Similarities**

- Faith community nursing and holistic nursing are recognized by the ANA as specialty nursing practices.
- Faith community nurses and holistic nurses are registered nurses and operate under the legal authority of each state's Nurse Practice Act and policies.
- They are both guided by the nursing scope and standards of practice.

- They are each guided by their individualized specialty scope and standards of practice.
- They both use the term *whole person* to describe the work they do.
- They both have specialized knowledge and training.

## Differences

- Holistic nurses have specialized knowledge of complementary and alternative healing practices.
- Holistic nurses provide alternative methods of healing, such as acupuncture, chiropractic, energetic healing and others.
- Holistic nurses work in a variety of settings.
- Faith community nurses have specialized knowledge in the intentional care of the spirit as part of the process of promoting wholistic health and preventing or minimizing illness.
- Faith community nurses provide intentional spiritual care, participate in spiritual leadership and practices, and integrate health and faith.
- Faith community nurses work in or with a faith community and often mobilize volunteers to assist in caring for others.
- Faith community nurses routinely coordinate, implement, and sustain ongoing activities such as support groups.
- Faith community nurses routinely utilize and apply survey results.
- Faith community nurses are both multidisciplinary and interdisciplinary in resourcing and referring.
- Essential attributes of faith community nursing and wholistic health care are faith (spiritual) integrating, health promoting, disease managing, coordinating, empowering, and accessing health care.

## References

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