

Applying Integrative Nursing Principles to Practice: An Example from Theory to Practice

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Abstract

Nursing theories aim to increase the quality of care while improving nursing practices. Integrative nursing, which constitutes the application area of holistic philosophy, is a complex health care system that evaluates the individual with his environment, supports his innate healing capacity, emphasizes the healing power of nature, advocates person-centered and relationship-based care, includes the most appropriate evidence-based healing therapies, and provides interdisciplinary cooperation. This nursing approach is described as “a way of being-knowing-doing” that improves the health and well-being of the individual, family, and society through care and therapeutic relationships. Integrative nursing, whose main framework is formed by 6 principles, can be considered as an application theory based on previous theories. Applying integrative nursing principles into practice and planning nursing care according to these principles can present quality care and provide a theory-based care. In this review, it is aimed to explain how to use integrative nursing principles in the clinic/field, their compatibility with other theories and models, the interventions that can be applied, and what can be done in the measurement of results.

Keywords: Evidence-based nursing, holistic health, integrative nursing, nursing care, nursing theory

Introduction

Nursing theories guide nursing education, practice, and research. Theories enable nurses to gain analytical thinking skills and the ability to set and develop goals in nursing functions. Since theories are abstract, it is important for nursing practitioners to explain them with concrete indicators.^{1,2} Practice theories are more concrete in this respect and form a framework for care by giving direction to nursing practice.³ Integrative nursing theory (IHT), which consists of 6 principles, is a practice theory based on previous theories.^{4,5} The principles of IHT provide practical and clear guidance that can shape and guide care in clinical settings or in the field. Using integrative nursing principles in the planning, implementation, and evaluation stages of nursing care can be considered as a cumulative reflection of all theories in practice.

Integrative nursing theory, which was first published in 2014, is defined as the application area of holistic philosophy. Integrative nursing theory (IHT) is also compatible with historical nursing values, beliefs, theoretical perspective, and complex systems science as a metatheoretical perspective.⁶ Integrative nursing that improves the health and well-being of the individual, family, and community through care and therapeutic relationships is explained as a “way of being-knowing and doing.”⁴ The principles of IHT can be taken as a guide in promoting the health and well-being of individuals, families, and communities. Nurses who plan care in line with the principles of IHT are integrative nurses.^{4,5}

Integrative nurses provide a complex health care service that addresses the needs of not only the individual but also the society and nations, evaluates the individual with his/her environment, supports his/her inner and unique healing capacity, includes the most appropriate curative therapies in his care, and provides interdisciplinary cooperation.^{1,2,6} Integrative nursing creates a framework for holistic care that considers the individual as a whole with his/her environment supports the innate healing power of the individual, provides person-centered and relationship-based care, and focuses on

This review was presented as an oral presentation at the “Third International Integrative Nursing Symposium” held in Galway, Ireland, on 22–24 May 2019.

Cite this article as: Gözüm S, Ilgaz A. Applying integrative nursing principles to practice: An example from theory to practice. *J Educ Res Nurs.* 2022;19(3):362-370.

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Received: August 7, 2020
Accepted: April 24, 2021



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improving the health and well-being of the caregivers as well as the individuals it serves.⁵

In the literature, there are few reviews about the use of integrative nursing principles in the clinic,^{5,7} and no sources explaining the theoretical basis, compatibility with other theories/models, interventions that can be applied according to the principles, and care outcomes could not be found. In this review, it is aimed to show how IHT and its principles, which is a new application theory, can be used in planning care and evaluating its results. In this narrative review, it is explained how the IHT, whose main frame is drawn with 6 principles, will be used in the clinic/field, the compatibility of each principle with other theories, what kind of interventions can be applied, and what can be done in the measurement of the results.

Theoretical Basis

Theories are rational, intellectual, and guide in revealing the facts.^{8,9} With theories, it is possible for nurses to gain analytical thinking skills and the ability to set and develop goals in nursing functions. In addition, it may be possible for nurses to guide practice, education and research functions, and to perceive nursing roles and practices with theories.¹⁰ Theories provide a framework for understanding nursing knowledge and the nature of nursing, while guiding education, practice and research by revealing the relationship between concepts and gaining insight.¹¹

Theories play an important role in linking knowledge and practice.¹⁸ Nursing theories are classified as metatheory from the most abstract to the least abstract, grand theory, intermediate theory, and practice theory. Integrative nursing can be thought of as a practice theory. The practice theories can guide practice, often limited to a population and field of application. The propositions of theories should be defined, and also their aims and consequences should be explainable and testable.³

Integrative Nursing Theory

Integrative nursing theory advocates a healthcare approach that evaluates the individual, family, and society as a whole with their environment and relationships and proposes to use all healing and therapeutic methods in health care. In this respect, the individual should be considered as a whole (body, mind, and spirit)/a system in care. The understanding of IHT started with Florence Nightingale, who stated that it is necessary to take advantage of the healing effect of the environment in order to optimize the patient. In the essence of nursing, the focus is on the individual as a whole/system while giving care.⁴

Integrative nursing principles provide a framework in which nurses can form the basis of both their language and behavior.^{5,12} The principles of integrative nursing, with its main lines, include considering the individual as a whole with his/her environment, supporting the individual's natural healing power, exhibiting an individual-centered and relationship-based approach, incorporating all evidence-based therapies into care, and improving the health and well-being of caregivers as well as care recipients.⁵ In the principles of IHT, it is aimed to improve beyond treating deteriorated health.

Metatheoretical Perspective of Integrative Nursing and Complex Systems

Integrative nursing theory is aligned with complex systems science as a metatheoretical perspective.⁴ Metatheoretical perspective is a thinking approach that uses old knowledge, honors theorists,

provides new ways of care, reveals the experiences of nurses about human health that they have known for years, and reflects this to healthcare systems.¹³ A complex systems approach has been adopted in the development of the principles of IHT.⁴

Nursing has historically been based on an integrative approach to health care.⁵ Integrative nursing theory from a metatheoretical perspective is compatible with nursing values in history.^{4,5,14} Likewise, complex systems science is not a single theory. It encompasses multiple theoretical frameworks, is alive, modifiable, and adaptable to any discipline. Complex systems science describes how the system interacts with the environment and how a part causes an overall behavior.^{4,5} The complex systems approach advocates encouraging healthcare professionals to be innovative, interpretive, and thought-provoking while supporting interdisciplinary collaboration and practice. This system teaches how situations with multiple interactions can adapt to changing conditions. In order for health professionals to provide health care safely, the complex interactions, relationships, and complex systems in health care should be understood.¹⁵ According to the science of complex systems, integrative nurses should consider the time of the intervention, the readiness of the system to implement the intervention, and the adaptation of the system to it.

Basic Principles and Concepts of Integrative Nursing

Integrative nursing theory consists of 6 principles. In order to understand integrative nursing, it is necessary to know the principles that form the basis of nursing practice and the concepts in the principles. Integrative nursing principles form the "concept" part of the conceptual-theoretical-empirical (CTE) scheme (Table 1). The basic principles and concepts of integrative nursing, its theoretical structure, its compatibility with other theories, the interventions that can be applied, and the experimental indicators as care results are presented subsequently (Figure 1).

Principle Human Beings are Whole Systems Inseparable from and Influenced by Environments

In the first principle of IHT, it is stated that human is a set of systems (body, mind, and spirit). Humans are dynamic, individual, and complex systems against constantly changing situations. Whole systems are defined as a care approach that sees the individual as a whole and responds to the individual's needs, treating/improving all aspects such as mental health or psychosocial needs and physical symptoms.^{4,16,17} In addition, the environment is an important part of human health. According to this principle, human should be considered together with his environment. Environment is defined as the physical and social features that people live in. While giving care to the individual, it is necessary to evaluate the physical, emotional, social, and spiritual environment and to correct the negativities in the individual's environment.^{18,19}

Many nurse theorists have mentioned the importance of the concept of environment. Florence Nightingale sees the environment as the capacity to protect, cure, and reduce the death rate from diseases, the development of the organism, and all external conditions that affect life. In her environmental theory, physical, psychological and social environmental elements are in interaction, and a change or malfunction in one affects other environmental elements.²⁰ Martha Rogers argued in the unitary human being theory that human and environmental energy fields are inseparable and multidimensional.

Table 1. Conceptual Structure of Integrative Nursing, Basic Concepts in Nursing, and Theories/Models Related to Integrative Nursing Principles

The conceptual structure of integrative nursing	1. Human beings are inseparable from their environments	2. Human beings have the innate capacity for health and wellbeing	3. Nature has healing and restorative properties that contribute to health and wellbeing	4. Integrative nursing is person-centered and relationship-based	5. Integrative nursing is informed by evidence and uses the full range of therapeutic modalities to support/augment the healing process, moving from least intensive and invasive to more, depending on need and context	6. Integrative nursing focuses on the health and wellbeing of caregivers as well as those they serve
The basic concepts in nursing	Environment (physical, mental, social, and spiritual)	Health Immunity	Natural environment Health (Immunity-genetic)	Healthy/patient individual Nursing	Health, disease Care Holistic Healing, well-being	Nursing Health
Previous models and theories related to integrative nursing	<p>Nightingale- Environmental Theory Rogers-The Unitary Human Being Theory Watson-Human Caring Theory Orem-Self-care Deficit Nursing Theory Neuman-Systems Model Parse-Human Becoming Theory Abdellah-Twenty-one Nursing Problems Peplau-Interpersonal Relations Theory Hall-The Care, Cure, Core Theory Levine-Conservation Model King-Goal Attainment Theory Roy-Adaptation Model Leinenger-Transcultural Care Theory Fitzpatrick-Life Perspective Rhythm Model Ropar, Logan, Tierney-Activities of Daily Living Model Johnson-Behavioral System Model Paterson & Zherad- Humanistic Nursing Theory Pender-The Health Promotion Model Kolcabo- Comfort Theory WHO-Health definition</p>	<p>Nightingale- Environmental Theory Peplau- Interpersonal Relations Theory Abdellah- Twenty-one Nursing Problems Parse- Human Becoming Theory Watson- Human Caring Theory Hall- The Care, Cure, Core Theory Levine- Conservation Model Travelbee- Human-to-Human Relationship Model King- Goal Attainment Theory Orem- Self-care Deficit Nursing Theory Leinenger- Transcultural Care Theory Fitzpatrick- Life Perspective Rhythm Model Ropar, Logan, Tierney- Activities of Daily Living Model Johnson- Behavioral System Model Paterson & Zherad- Humanistic Nursing Theory Barker- Tidal Model Pender- The Health Promotion Model Kolcabo- Comfort Theory Parse- Human Becoming Theory</p>	<p>Nightingale- Environmental Theory Watson- Human Caring Theory Peplau- Interpersonal Relations Theory Henderson- Nursing Need Theory Abdellah- Twenty-one Nursing Problems Wiedenbach- The Helping Art of Clinical Nursing Orlando- Nursing Process Theory Levine- Conservation Model Travelbee- Human-to-Human Relationship Model King- Goal Attainment Theory Orem- Self-care Deficit Nursing Theory Leinenger- Transcultural Care Theory Fitzpatrick- Life Perspective Rhythm Model Ropar, Logan, Tierney- Activities of Daily Living Model Johnson- Behavioral System Model Paterson & Zherad- Humanistic Nursing Theory Barker- Tidal Model Pender- The Health Promotion Model Kolcabo- Comfort Theory Parse- Human Becoming Theory</p>	<p>Nightingale- Environmental Theory Watson- Human Caring Theory Peplau- Human Caring Theory Henderson- Nursing Need Theory Abdellah- Twenty-one Nursing Problems Hall- The Care, Cure, Core Theory Wiedenbach- The Helping Art of Clinical Nursing Orlando- Nursing Process Theory Levine- Conservation Model Travelbee- Human-to-Human Relationship Model King- Goal Attainment Theory Orem- Self-care Deficit Nursing Theory Leinenger- Transcultural Care Theory Fitzpatrick- Life Perspective Rhythm Model Ropar, Logan, Tierney- Activities of Daily Living Model Johnson- Behavioral System Model Paterson & Zherad- Humanistic Nursing Theory Barker- Tidal Model Pender- The Health Promotion Model Kolcabo- Comfort Theory Parse- Human Becoming Theory</p>	<p>Nightingale- Environmental Theory Watson- Human Caring Theory Peplau- Human Caring Theory Henderson- Nursing Need Theory Abdellah- Twenty-one Nursing Problems Hall- The Care, Cure, Core Theory Wiedenbach- The Helping Art of Clinical Nursing Orlando- Nursing Process Theory Levine- Conservation Model Travelbee- Human-to-Human Relationship Model King- Goal Attainment Theory Orem- Self-care Deficit Nursing Theory Leinenger- Transcultural Care Theory Fitzpatrick- Life Perspective Rhythm Model Ropar, Logan, Tierney- Activities of Daily Living Model Johnson- Behavioral System Model Paterson & Zherad- Humanistic Nursing Theory Barker- Tidal Model Pender- The Health Promotion Model Kolcabo- Comfort Theory Parse- Human Becoming Theory</p>	<p>Travelbee- Human-to-Human Relationship Model Rogers- The Unitary Human Being Theory Levine- Conservation Model Relations Theory Roy- Adaptation Model Kolcabo- Comfort Theory</p>

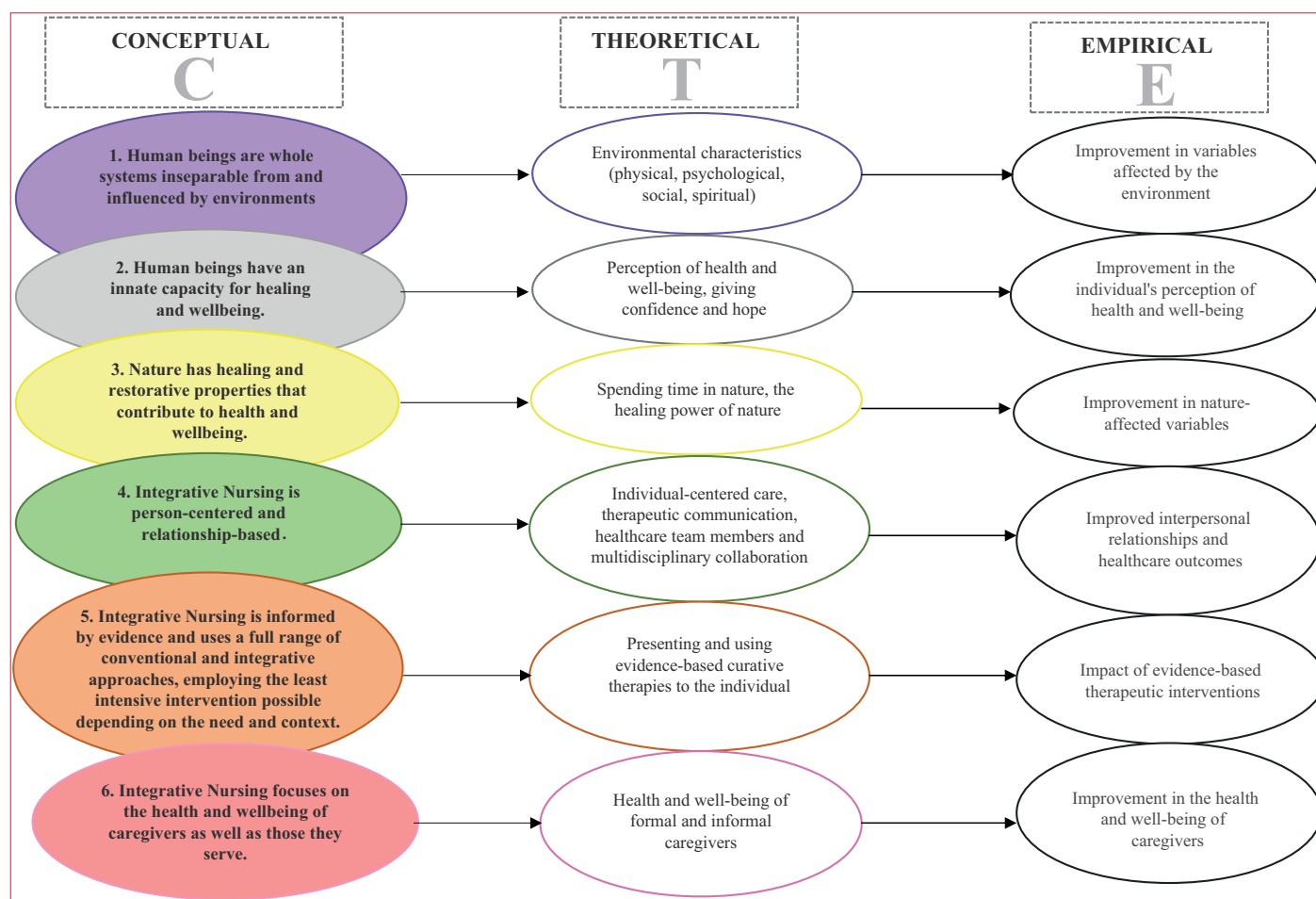


Figure 1. Conceptual-theoretical-empirical framework of integrative nursing principles.

According to Rogers, unitary human and the environment are energy fields that are in constant interaction, and humans cannot be separated from their environment. Each human domain has been expanded to include its own specific environmental domains.²¹ In Watson's theory of human care, the importance of creating a supportive, protective, and corrective environment physically, mentally, socially, and spiritually is mentioned. In addition in this theory, it is stated that it is important to create a spiritual environment by helping individuals to meet their basic needs such as religious activities while protecting human dignity and integrity.^{22,23} In Orem's self-care deficit nursing theory, the concept of environment was also discussed, and it was stated that human and the environment together form a functional whole/system.³ In Orem's theory, it is stated that the individual adapts her needs to the pressures of the environment and develops and uses various technologies to control the environment to meet her needs.⁸ In Neuman's systems model, it is stated that the human being is a whole with her environment, a system function in harmony with the patient's environment, an open system. In this model, the individual ensures and maintains a varying degree of harmony and balance between the external environment (everything outside the individual) and the internal environment (physiological, psychological, socio-cultural, and developmental

variables).⁹ And many more theorists (Parse, Abdellah, Peplau, Hall, Levine, etc.) talked about the impact of the environment on human health (Table 1).

According to the first principle, individuals are all systems that cannot be separated from their environment, which constitutes the first concept in the CTE scheme. In almost all theories, the concept of environment has been discussed and its importance has been mentioned. One of the basic concepts in the field of nursing is the environment. With this concept, the biological, physical, and social environment is discussed.²⁴ The theoretical part of the concept, which is the first principle of IHT, includes the characteristics of the environment. The physical, mental, emotional, and spiritual environment affects the health of individuals. The environment and people are in constant interaction and affect health.

According to the concept, which is the first principle of IHT, the following interventions can be made: evaluating the physical, psychosocial, and spiritual environments of the individuals in the place where they live and arranging these environments in accordance with the individual, ensuring that the physical environment that affects the health of the individual such as air, water, and the soil is healthy, providing individuals with access to healthy foods, reducing problems in

the psychosocial environment, arranging of the spiritual environment according to the individual.^{4,5,7} According to this concept, empirical indicators can be as follows:

- With the arrangements made in the physical environment, the level of independence of individuals can increase.
- With the reduction of air pollution, respiratory and cardiovascular diseases may decrease.
- Consumption of healthy foods and living away from toxic areas may reduce chronic diseases and cancer rates.
- Physical activity may increase with social areas and sports activity centers.
- With the provision of a psychosocial environment, social isolation, loneliness, depression, anxiety, etc., mental problems may decrease.
- Spiritual health can be improved by improving the spiritual environment.
- With the interventions made according to this principle, there can be an improvement in physiological and psychological parameters.

Principle Human Beings Have an Innate Capacity for Healing and Wellbeing

In the second principle of the IHT, it is stated that human beings have an innate capacity for health and well-being. In this case, health has a developing feature as a whole, and human has an innate healing capacity for health and well-being in all dimensions of body, mind, and spirit. The integrative nurse supports emerging processes, facilitating the right relationship and balance in all dimensions of the body, mind, and spirit for the development of health and well-being.⁴ Healing takes place in all physical, social, emotional, and spiritual dimensions.^{4,6} When the integrity of the skin is disrupted due to an incision, the body automatically enters the process of inflammation, cell proliferation, and finally cell repair. Individuals' minds, ideas, thoughts, and experiences help to heal. People have the capacity to heal after traumas. Kindness, compassion, care, and love shown by others are processes that support healing.⁵ For this reason, nurses should support the individual they care for physically, spiritually, and socially and activate their own healing potential.

The second principle of IHT is compatible with many previous theories. In Florence Nightingale's environmental theory, nurses must put the patient in the best possible position for healing to occur.⁴ She said that the patient's hopes and judgments about the disease should be supported.⁸ Peplau and Abdellah saw the environment as a therapeutic setting. Abdellah's nursing problems such as recognizing and identifying positive and negative expressions, emotions, and reactions, recognizing and identifying relationships between organic diseases and emotions, and creating and maintaining a therapeutic environment are related to the second principle of IHT.²⁵ According to Parse, the individual is the expert of her own life and the experiences, relationships, and hopes of the individuals are important.²⁶ In Watson's theory of human care, it was stated that there should be love, compassion, and equality toward others, and that supporting faith and hope is important in care. This theory includes being sensitive to others (developing individual spiritual practices), developing and maintaining love, allowing the individual to explain their positive and negative feelings, listening to their story, doing activities such as touching, smiling, and active listening to create a healing environment, touching body, mind, and spirit.^{22,23}

According to Hall, the patient needs motivation and energy for recovery.⁸ In addition, it is important to be sensitive and understanding toward patients, to establish good relations with them, and to be aware of their feelings and behaviors. With the motivation of the patient who can explain her own feelings, the energy required for recovery increases. In Levine's conservation model, when a threat occurs in the human environment, the organism tries to preserve its structural integrity, for example, providing skin and skeletal muscle integrity, immunity, and inflammation process. In the Travelbee human-to-human relationship model, it is important to approach patients with compassion, and the concepts of human, nurse, hope, despair, empathy, sympathy and therapeutic relationship, and communication are important.²³ In Orem's self-care deficit nursing theory, people have the power to take care of themselves and others and determine their needs. According to Orem and King, a nurse is a person who helps individuals maintain their health and cope with illness or injury. In addition, the nurse provides support for the patient to deal with their own self-care and protects her/him.^{8,27} In Roy's adaptation model, the individual's positive response to stimuli protects the integrity of the individual, ensures his/her development, and makes him/her healthy. In the case of a negative response, it causes disharmony and illness. Individuals use innate or acquired coping mechanisms and try to adapt to maintain integrity and homeostasis. Nurses also help patients cope with stimuli.^{8,23} In the mutual relationship between the patient and the nurse, it is important for the patient to feel safe and to meet their needs such as respect and love.³

In Neuman's systems model, the individual has a normal line of defense (coping mechanisms). Neuman states that the disease occurs with the deterioration of the homeostatic balance. It is the nurse's aim to strengthen the individual's line of defense against stressors. Rogers mentions that disease occurs when the balance between the energy field of the unitary person and the environmental energy field cannot be achieved. The nurse reorganizes the energy field in order to maintain this balance, to protect the energy field integrity, and helps to establish the balance between the individual and the environment. According to Rogers, nurses should help individuals achieve maximum well-being.^{3,23} According to Paterson and Zherad, nurses should plan and implement nursing interventions to increase the individual's potential to be better. In the Barker Tidal model, it is stated that the nurse's role is to help the patient accelerate the self-healing process. Recovery is possible. Patients have all the necessary resources for the healing process.²³

The concept included in the second principle of IHT is the innate healing capacity of individuals for their health and well-being. This principle, which overlaps with the theories of theorists, is related to the concepts of illness/health and immunity in nursing.²⁴ As stated in the CTE scheme, the theory part of the second principle of the IHT includes individuals' perception of health and well-being, their capacity to heal, and giving care to the individual with hope, trust, love, and compassion. According to this concept, the following interventions can be made: Nurses should focus on the health problems of individuals, take necessary steps to raise their hopes, respect their faith, strengthen interpersonal relationships with a sense of love and compassion, provide a healing environment and therapeutic touch, prepare an environment for individuals to share their feelings, and ensure their participation in care to reveal/strengthen their healing

capacity during care.^{5,7} According to the concept, which is the second principle of IHT, the experimental indicators can be:

- By supporting the innate healing capacity of the individual, the individual's perception of health and well-being can increase, her relations with the caregiver can be strengthened, her interpersonal communication skills increase, and her sense of self-worth increases.

Principle Nature Has Healing and Restorative Properties that Contribute to Health and Well-Being

In the third principle of IHT, the impact of nature on human health is emphasized. Nature has a feature that can improve people's health and well-being.²⁸ In a stressful situation, nature regulates blood pressure, heartbeat, and breathing. It positively affects brain activities and care.⁴ Nature strengthens family ties and neighborhood relationships, reduces crime rates and domestic violence, provides coping with pain and social communication among children, and is cost-effective for health. Having green areas in the garden or around the buildings where individuals live enables them to get to know more individuals, to have strong neighborly relations, to be helpful and supportive, and to have a stronger sense of belonging.^{29,30}

Some healthcare institutions in America, Australia, and Singapore use biophilic designs that use structures intertwined with nature to enable patients to recover faster.^{31,32} Structures designed in this way contribute to the feeling of being in the natural environment, health, and well-being of indoor patients. In the studies in the literature, it was stated that spending time in nature reduces depression, anxiety, hypertension, and affects cardiac, pulmonary, and immune functions.^{28,30,33,34}

Nurse theorists stated that nature has effects on human health. Florence Nightingale described nursing as the process of helping the effect of nature on human life and argued that it supports the therapeutic power of nature.⁴ In her view, the nurse's role is to put the patient in the best possible state so that nature takes action and allows healing to occur.³⁵ Watson talks about the importance of nature in nursing practices applied to help people with the healing environment in human care theory.³⁶

The concept in the third principle of IHT is nature and the healing and restorative feature of nature. The third principle is compatible with the basic concepts of nursing such as natural environment and health.²⁴ The theory part of this concept includes spending time in nature and the healing power of nature. Actions that can be taken according to this principle can be: spending time in nature (yoga) and outdoor activities (physical exercise, walking to the park, lake and sea, garden activities (barbecue, party with friends, chat, etc.) can be organized, open-air theatre, open-air concerts, picnic, fishing, canoeing, surfing, rafting, scuba diving, horse riding) can be done, biophilic designs can be created in the environment where individuals live (at home, health institutions, etc.).^{5,7} According to the concept, which is the third principle of the IHT, the experimental indicators can be as follows:

- There may be improvement in the variables affected by nature. For example, there may be improvement in blood pressure, heart rate, respiratory and immune system functions. Pain, stress, anxiety, and depression can be reduced. Family ties, neighborly relations, socialization may increase, sense of belonging may be strengthened, and crime rates and domestic violence may decrease.

Principle of Integrative Nursing Is Person-Centered and Relationship-Based

According to the fourth principle, integrative nursing is person-centered and relationship-based. Person-centered care is possible when the environment of the individual, family, or community is single/private/person-centered. There should be empathy, love, care, trust, honesty, compassion, and respect in the care and healing processes.

Person-centered care focuses on the individual as a whole (body, mind, and spirit being whole).^{4,5,37} In the literature, person-centered care has been defined as a departure from the biomedical model. In other words, the individual has ceased to be seen as a disease that requires diagnosis and treatment; patient-focused work has been replaced by disease-focused work. While providing this individualized care, their beliefs, values, wishes and desires, and culture should be taken into account, health decisions should be shared, and empathy and holistic care should be given.^{38,39} With person-centered care, it may be possible for individuals to participate in care, to provide culture-specific care, and to increase their sense of well-being.⁴⁰

In relationship-based nursing, care is given in cooperation with other health professionals.⁴ While giving individual-centered and relationship-based care, their values, beliefs, opinions, and expectations should be given importance, cooperation with other members should be ensured and care should be given in a multidisciplinary manner. The therapeutic relationship between the individual and the nurse is necessary for the continuation of care.⁴¹ Nurses can easily apply this principle because they have a long-term and sincere relationship with the individuals they care for.

Many nurse theorists have mentioned the importance of being person-centered and relationship-based in care. Florence Nightingale aimed to bring individuals to the best position, and in this process, the physician, family members, and interpersonal relations with the patient were based. While talking to the patient, she emphasized the importance of sitting in front of her, the chosen place, and effective communication. According to Peplau, the nurse should be able to recognize events, emotions, and behaviors. According to her, nurse-patient relationship and therapeutic communication are at the center of nursing.⁸ Similar to Peplau, Travelbee states that patient-nurse relations form the basis of nursing. According to her, nurses should be able to establish therapeutic relationships. When the patient starts to trust the nurse, the stress decreases and care is continued within the framework of the therapeutic relationship.²³

According to Watson, a compassionate caring relationship is necessary in the context of learning and teaching interpersonal relationships. It is also important to believe in miraculous things that cannot be explained scientifically and to allow spiritual values. This principle allows for treatments and miraculous healings, respecting the religious values, cultural beliefs, myths, and metaphors, and inner subjective life worlds of the nurse, individuals, and families. Therefore, the relationship between the individual and health professionals is important and it is necessary to learn and respect beliefs, myths, and metaphors.^{22,23} The nursing problems identified by Abdellah include the identification and acceptance of positive and negative expressions, emotions, and reactions, the effective use of body language and verbal communication and ensuring continuity, the development of productive interpersonal relationships, and the creation of a therapeutic environment.²⁵ These identified nursing problems are

compatible with the provision of relationship-based care. Hall mentions that it is necessary to be sensitive and understanding toward patients, and that the nurse's therapeutic communication with the patient will accelerate the healing process. According to Hall, the major goal of care is to achieve interpersonal relationships that will enhance the development of the individual's core.

Wiedenbach's and Henderson's theory is goal-oriented and patient-centered. In addition, Wiedenbach states that nursing requires the ability to establish successful relationships. The theories or models of many theorists (Orlando, Levine, King, Orem, etc.) are related to the fourth principle of IHT and reveal the importance of therapeutic relationship and person-centered care in nursing care. The concept in the fourth principle of IHT is that nursing is individual-centered and relationship-based. The healthy/sick individual and nursing, which are the basic concepts of nursing, are related to this principle.²⁴ The theory part of the concept, which is the fourth principle of IHT, includes person-centered care, therapeutic communication, healthcare team members, and multidisciplinary cooperation. According to the fourth principle, the following interventions can be planned for individuals: conducting individual interviews to learn about individuals' values, beliefs, cultures, and preferences; providing care by the same nurse to ensure continuity of care if possible, listening deeply to the individual while giving care, and offering options.^{5,7} According to the concept, which is the fourth principle of IHT, the experimental indicators can be as follows:

- There may be improvement in interpersonal relationships and care outcomes. Stress and anxiety of the individual may decrease, and the desire to participate in care may increase. There may be an improvement in all care outcomes of the individual (e.g., reduction of symptoms, etc.).
- Satisfaction with nursing can increase. Violence against healthcare professionals may decrease.

Principle Integrative Nursing Is Informed by Evidence and Uses a Full Range of Conventional and Integrative Approaches, Employing the Least Intensive Intervention Possible Depending on the Need and Context

According to the fifth principle, the integrative nurse uses all integrative therapies (massage, aromatherapy, acupuncture, etc.) as well as the drugs and surgical treatments supported by western medicine while planning the care of the individual. Integrative nurses know that there are many paths to recovery. When deciding on an individual's recovery, they evaluate and discuss different types of evidence, from empirical studies to individual experience, and select the most appropriate one.⁴ Integrative nurses support the results of the individual as a whole in the healing process. In this process, they can use their own experiences in care or choose the most appropriate therapies for the individual.^{4,5}

The vast majority of evidence-based therapies are within the practice field of nurses. When choosing integrative therapies, nurses should prefer the least invasive intervention that minimizes the negative effects on the body, mind, and spirit of the individual. The basis of these therapies is to create a healing environment, increase awareness, increase self-care competence, and reveal their own healing capacity.^{4,5} It has been stated in the literature that therapies such as acupuncture, herbal therapies, yoga, music therapy, and aromatherapy have positive effects on the health of individuals.⁴²⁻⁴⁵

The theories of nurse theorists are also compatible with the fifth principle of IHT. Watson's theory includes knowing and applying all remedial practices in the care process.^{22,23} In this principle, it is important to reach and use information as well as problem-solving, solution seeking, and remedial practices in maintenance.^{4,5} Rogers suggested the use of complementary therapies such as massage, yoga, hypnotherapy, meditation, guided imagination, daydreaming, therapeutic touch, music, exercise, art therapy, empathic approach.^{1,21} Nightingale applied aromatherapy (lavender oil) to calm wounded soldiers during the war. Other theorists (Levine, Peplau, Roy, Kolcaba) have also suggested the use of complementary therapies.⁴⁶ It can be said that the suggestions of these theorists bring an innovative and creative approach to nursing interventions. Nurses should ensure that individuals have access to evidence-based integrative therapies.

The concept in the fifth principle of IHT is that nursing practices are evidence-based and that all therapeutic methods from the least invasive to the invasive are used in these practices. This principle is related to the basic concepts of nursing, namely care, illness/health, holistic care, recovery, and well-being.²⁴ The theory part of this concept includes the presentation of evidence-based restorative and remedial nursing therapies to the individual and their use. According to the fifth principle, interventions that can be made to individuals can be pet therapy, yoga, tai chi, music therapy, aromatherapy, guided imagery, therapeutic touch, homeopathy, reflexology, and physical activity.^{4,5,7} According to the concept, which is the fifth principle of IHT, the experimental indicators can be as follows:

- Evidence-based therapeutic interventions can have positive effects on individuals' health. These interventions can reduce symptoms (pain, nausea, vomiting, etc.). There may be improvement in physiological and psychological parameters.

Principle Integrative Nursing Focuses on the Health and Well-Being of Caregivers as Well as Those They Serve

In the sixth principle of IHT, nurses consider and support the health of caregivers as well as the individuals they care for. Healthcare professionals should participate in activities that develop body, mind, and spirit to improve their own health and well-being.⁴ Formal and informal caregivers need to make cognitive changes in attitudes, decision-making and problem-solving approaches, and clarify their values, perceptions, and expectations. Stress management and improving working conditions can reduce burnout. For this, caregivers should spare time for themselves, create friendships with which they can share their feelings, and meet their physical and emotional needs. Although nurse theorists have not focused much on this principle, Travelbee stated that nurses can help individuals, families, and society cope with the experience of illness, but it should be taken into account that the nurse is also a human being.^{3,23}

The concept in the sixth principle of IHT is the health and well-being of caregivers. This principle is related to illness/health and nursing, which are the basic concepts of nursing.²⁴ The theory part of this concept includes improving the health and well-being of health professionals and informal caregivers. According to the sixth principle, interventions that can be made to formal and informal caregivers can be gaining healthy lifestyle behaviors such as healthy eating, exercise, sleep and stress management, doing activities such as meditation, yoga, energy therapy and imagination, and journaling.^{4,5,7} According to the sixth principle, empirical indications can be as follows:

- The health and well-being of formal and informal caregivers may improve. There may be improvement in physiological and psychological parameters.
- Burnout of caregivers, stress, anxiety, depression, and absenteeism may decrease, and life satisfaction, quality of life, and job satisfaction may increase.

Conclusion

The principles of IHT are closely related to the previously explained theories of nursing and complex systems science, and it is a concrete practice theory that can guide nursing care. The principles have been a practical and clear guide that shapes and directs care in clinical settings or in the field, making it possible to provide deliberate nursing care. The results of interventions planned according to the principles of IHT can be measured by many parameters. In this article, the concepts of the principles of IHT, the theoretical part, the interventions to be made according to the principles and the experimental result indicators are explained, and a qualified and planned nursing care can be given with a theory-based planned care. It is thought that giving a nursing care based on integrative nursing will guide nurses in integrating theory with practice and in transferring theory to practice.

Peer-review: Externally peer-reviewed.

Author Contributions: Concept – S.G., A.I.; Design – S.G., A.I.; Supervision – S.G., A.I.; Resources – A.I.; Materials – A.I.; Data Collection and/or Processing – A.I.; Analysis and/or Interpretation – S.G., A.I.; Literature Search – S.G., A.I.; Writing Manuscript – S.G., A.I.; Critical Review – S.G., A.I.

Declaration of Interests: The authors declare that they have no competing interest.

Funding: This study received no funding.

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