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**Nursing**

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*AHNCC Advanced Holistic Nurse - Board Certified*

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### Question: 1

Which of the following best describes the ethical principles guiding holistic nursing practice?

- A. Uniformity, conformity, and standardization
- B. Hierarchy, authority, and obedience
- C. Autonomy, beneficence, and non-maleficence
- D. Efficiency, productivity, and cost-effectiveness

Answer: C

Explanation: The ethical principles guiding holistic nursing practice are autonomy, beneficence, and non-maleficence. Holistic nurses respect patients' autonomy and right to make informed decisions about their care. They aim to promote the well-being and best interests of patients (beneficence) while avoiding harm (non-maleficence). These ethical principles align with the holistic philosophy of nursing, emphasizing a patient-centered approach that considers the whole person and respects their individuality and dignity.

### Question: 2

Which of the following is a focus of holistic nursing interventions?

- A. Enhancing overall well-being
- B. Promoting disease-centered care
- C. Treating symptoms in isolation
- D. Minimizing patient involvement in decision-making

Answer: A

Explanation: Enhancing overall well-being is a focus of holistic nursing interventions. Holistic nursing aims to address the whole person rather than just treating isolated symptoms or diseases. It recognizes that optimal health involves physical, emotional, mental, and spiritual well-being. Holistic nursing interventions are designed to promote healing, restore balance, and enhance the overall quality of life for individuals and communities.

### **Question: 3**

Which of the following is NOT a principle of holistic nursing?

- A. Non-judgmental acceptance
- B. Integration of mind, body, and spirit
- C. Focus on disease management
- D. Promotion of self-care

Answer: C

Explanation: The principle of holistic nursing does not focus on disease management. Holistic nursing emphasizes the integration of mind, body, and spirit in providing care, promoting self-care practices, and maintaining a non-judgmental acceptance of individuals and their unique experiences. The holistic approach recognizes the interconnectedness of all aspects of a person's being and seeks to address their physical, emotional, mental, and spiritual needs.

### **Question: 4**

Which of the following is a potential benefit of incorporating holistic nursing into healthcare?

- A. Increased reliance on pharmaceutical interventions

- B. Limited focus on the physical aspects of health
- C. Decreased emphasis on patient-centered care
- D. Enhanced patient satisfaction and well-being

Answer: D

Explanation: Enhanced patient satisfaction and well-being are potential benefits of incorporating holistic nursing into healthcare. Holistic nursing recognizes the importance of addressing the physical, emotional, mental, and spiritual aspects of health. By providing holistic care, nurses can promote a more comprehensive and patient-centered approach, leading to improved patient satisfaction and overall well-being. It acknowledges the interconnectedness of various factors influencing health and seeks to address them holistically.

**Question: 5**

Which of the following is a principle of self-care in holistic nursing?

- A. Neglecting personal well-being to prioritize patient care
- B. Relying solely on external sources for healing
- C. Ignoring one's own emotions and needs
- D. Cultivating self-awareness and self-compassion

Answer: D

Explanation: Cultivating self-awareness and self-compassion is a principle of self-care in holistic nursing. Holistic nurses recognize the importance of caring for themselves in order to provide optimal care to others. Cultivating self-awareness involves being attuned to one's own physical, emotional, mental, and spiritual needs, while self-compassion involves treating oneself with kindness and understanding. By practicing self-care, nurses can maintain their well-being and prevent burnout.

### Question: 6

Which of the following is a core principle of therapeutic communication in holistic nursing?

- A. Maintaining emotional distance from the patient
- B. Using technical jargon to convey information
- C. Focusing solely on the patient's physical symptoms
- D. Providing unconditional positive regard

Answer: D

Explanation: Providing unconditional positive regard is a core principle of therapeutic communication in holistic nursing. Unconditional positive regard means showing acceptance, empathy, and non-judgment toward the patient, creating a safe and supportive environment for their healing process. It involves actively listening, validating the patient's feelings, and respecting their unique experiences and perspectives.

### Question: 7

Which of the following is an example of a holistic nursing intervention to promote stress reduction?

- A. Administering sedative medications
- B. Increasing workloads and responsibilities
- C. Encouraging regular exercise and physical activity
- D. Minimizing social interactions and support

Answer: C

Explanation: Encouraging regular exercise and physical activity is an example



of a holistic nursing intervention to promote stress reduction. Holistic nursing recognizes the mind-body connection and the impact of physical activity on overall well-being. Regular exercise has been shown to reduce stress, improve mood, and enhance resilience. By promoting physical activity, nurses can support stress reduction and contribute to a holistic approach to care.

### **Question: 8**

Which of the following holistic nursing theorists looked at health as expanding consciousness?

- A. Dorothea Orem
- B. Madeleine Leininger
- C. Margaret Newman
- D. Rosemary Rizzo Parse

Answer: C

Explanation: Margaret Newman is the holistic nursing theorist who proposed the theory of health as expanding consciousness. According to Newman, health is not merely the absence of disease, but rather a dynamic process of becoming more aware and conscious of oneself and the environment. She emphasized the importance of nurses facilitating the expansion of an individual's consciousness and promoting their well-being through transformative experiences.

### **Question: 9**

Which of the following is a key component of the holistic assessment process?

- A. Gathering only physical health data
- B. Assessing the individual's emotional well-being
- C. Focusing solely on the presenting symptoms

D. Relying on laboratory test results

Answer: B

Explanation: Assessing the individual's emotional well-being is a key component of the holistic assessment process. Holistic nursing recognizes that emotional well-being is interconnected with physical, mental, and spiritual health. By assessing the individual's emotional state, nurses can gain a comprehensive understanding of their overall well-being and provide appropriate care interventions to promote healing and balance.

**Question: 10**

Which of the following is an example of a complementary therapy commonly used in holistic nursing?

- A. Antibiotic therapy
- B. Acupuncture
- C. Chemotherapy
- D. Radiation therapy

Answer: B

Explanation: Acupuncture is an example of a complementary therapy commonly used in holistic nursing. Complementary therapies are non-conventional approaches used alongside conventional medical treatments to promote healing and well-being. Acupuncture involves the insertion of thin needles into specific points on the body to stimulate energy flow and restore balance. It is often used to alleviate pain, reduce stress, and promote relaxation.

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