



Doctorate Program  
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026801



## Holistic and Community-Based Care

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# Objectives.

**At the end of this discussion, each candidate should be able to:**

## **Holistic care :**

- Explain the concept of holistic care
- Discuss the original Theories of Holistic Care
- Discuss the Characteristics of Holistic Care
- Identify the concept of Patient-Centered Care
- Explain the Characteristics of Patient-Centered Care
- Discuss Importance of Holistic Care

# Objectives.

**At the end of this discussion, each candidate should be able to:**

- Interpret Components of Holistic Care
- Identify the key principles of holistic healthcare
- Explain the concept Holistic Care in Nursing Practice
- Discuss the Characteristics of Holistic Nurses
- Recognize The Role and Responsibilities of Nurses in Holistic Care
- Discuss the educational preparation of psychiatric nurses to equip them with skills of wholistic care

## Objectives cont.,

- Community-based care :
  - Discuss concept of Community-based care.
  - Identify key Principles of Community-based Care
  - Explain Importance and Benefits of Community-based Care
  - Discuss concept of Community mental health nursing
  - Explain Roles and responsibilities of nurse in Community-based care.

# Objectives cont.,

- **Community-based care :**

- Interpret Key aspects of community mental health nursing
- Analyze the Community Mental Health Nursing Models
- Discuss major Challenges in Community-Based Care
- Discuss the social Determinants of Health
- Explain Lifestyle Factors Affecting Health
- Identify concept of Institutionalization and Deinstitutionalization

# Outlines.

## Holistic care :

- Definition of holistic care
- Characteristics of Holistic Care
- Definition of Patient-Centered Care
- Characteristics of Patient-Centered Care
- Importance of Holistic Care
- Components of Holistic Care
- Principles of Holistic Care

# Outlines.

## Holistic care :

- Holistic Care in Nursing Practice
- The Role and Responsibilities of Nurses in Holistic Care
- Characteristics of Holistic Nurses
- The original theories of holistic care
- Educational preparation of psychiatric nurses to equip them with skills of wholistic care

# Outlines cont.,

## Community-based care :

- Definition of Community-based care.
- Principles of Community-based Care
- Importance and Benefits of Community-based Care
- Community mental health nursing
- Roles and responsibilities of nurse in Community-based care.
- Key aspects of community mental health nursing
- Where can community mental health nurses work

# Outlines cont.,

## Community-based care :

- Community Mental Health Nursing Models
  - Recovery Model
  - Public Health Model
  - Ecological Model
  - Social Model
- Challenges in Community-Based Care
- Social Determinants of Health
- Lifestyle Factors Affecting Health
- Institutionalization and Deinstitutionalization

# Introduction

- Modern healthcare has shifted from a disease-centered approach toward a **person-centered and holistic approach** that recognizes the complex interaction between physical, psychological, social, and spiritual aspects of health. Traditional healthcare models primarily focused on diagnosing and treating physical symptoms; however, contemporary nursing practice emphasizes the importance of understanding the patient as a **whole person within a broader social and environmental context**.

# Introduction

- Holistic care has therefore become an essential component of modern nursing practice. It aims to promote healing, well-being, and quality of life by addressing the multidimensional needs of individuals rather than focusing solely on illness or medical condition

## Introduction cont.,

- In parallel with the development of holistic healthcare, mental health services have increasingly shifted from **institutional-based care toward community-based care**. This transformation reflects a growing recognition that individuals with mental health conditions benefit from receiving care within their own communities, where they can maintain social relationships, independence, and participation in daily life.

# Meaning of Holistic Care

- The term “**holistic**” was first introduced by a philosopher in the **1920s**. It originates from the Greek word “**holos**,” which means “**whole**” or “**entire**.” The concept was initially used in the natural sciences to describe the idea that systems—such as ecosystems or environments—should be understood as complete and interconnected wholes rather than as separate individual parts.

# Meaning of Holistic Care

- Over time, this perspective was adopted by many other disciplines, including **medicine, psychology, and nursing**. In healthcare, the holistic perspective emphasizes that a person's health cannot be fully understood by examining only the physical symptoms of disease.
- Instead, a holistic approach considers the **entire individual**, recognizing that different aspects of health are interconnected and influence each other.

# Meaning of Holistic Care

- Holistic care refers to **treating the patient as a whole person rather than focusing only on the disease.**

It considers multiple dimensions of human health:

- Physical dimension
- Psychological dimension
- Social dimension
- Spiritual dimension
- In this approach, the patient is seen as **an integrated being composed of body, mind, and spirit within a social and cultural environment.**

# Definition of Holistic Care

- Holistic care is an approach in healthcare that considers a person's life as a whole rather than focusing solely on **physical symptoms**. This means addressing **mental and physical health, spiritual care, and emotional well-being** in equal measure. Nurses provide holistic care by integrating traditional nursing practices with alternative therapies, ensuring patient-centred care that is tailored to individual needs and preferences.(Frisch& Rabinowitsch,2019).

# Definition of Holistic Care in Nursing

- Holistic care in nursing is based on the **philosophy of humanism and holism**, which emphasizes that the **whole person is greater than the sum of individual parts** such as body, mind, and spirit. (Demirsoy, 2017).

## Definition of Holistic Care in Nursing cont.,

- A comprehensive nursing approach that addresses the physical, psychological, emotional, social, and spiritual needs of patients through a collaborative relationship between nurse and patient in order to promote healing and well-being.(Yıldız & Çiftçi, 2025).

# Definition of Holistic Care in Nursing cont.,

- Holistic care is a nursing approach that **recognizes the patient as a whole person** and considers the **interdependence between biological, psychological, social, and spiritual dimensions of health.**
- Healthcare providers who practice holistic care view patients **within the context of their environment**, acknowledging that individuals are composed of body, mind, and spirit.(Ambushe, Awoke, Demissie& Tekalign, 2023)

# Holistic Care in Nursing Practice

- Effective and compassionate health care starts with understanding the patient beyond their ailments or condition. Nurses who practice holistic nursing care can achieve better patient outcomes by treating the individual as a whole—not just their symptoms. (Dossey, Keegan, Barrere, & Helming 2015).

# Holistic Care in Nursing Practice

- Holistic nursing is an integrated way of thinking, reflecting and practicing that considers each aspect of a patient's health throughout their treatment. Ultimately, a holistic approach helps nurses continue to be compassionate as they treat individuals and not just conditions. Many nurses think of holistic care as a way of life and as part of their professional identity, no matter which [nursing career pathway](#) they choose. (Sassen, 2023).

# Holistic Care in Nursing Practice

- Holistic nursing treatments include a multitude of best practices that humanize patients and treat them with dignity.
- These include making eye contact, using their name, asking how they are feeling and teaching them how to take responsibility for their own care. Nurses can also help patients relax in stressful situations by reassuring them and explaining what is happening in terms that patients can understand. (Thornton, 2019).

# Holistic Care in Nursing Practice

- **The AHNA provided a list of additional practices as examples of holistic nursing care, including**
- Nutrition
- Exercise and movement
- Humor, laughter and play
- Meditation
- Mindfulness
- Cognitive-behavioral therapy
- Some items on the list are more common than others, such as nutrition, exercise, movement and mindfulness.
- The AHNA also referenced energy therapies, expressive art, reflexology and practices of traditional indigenous healers, which are considered complementary and alternative medicine in nursing.

# Holistic Care in Nursing Practice

- Nursing procedures within holistic nursing practice integrate both evidence-based practice and alternative therapies. Many nurses are now incorporating complementary and alternative therapies into their care plans, such as:
- - **Massage Therapy** – Helps reduce pain, improve circulation, and relieve stress.
- - **Aromatherapy** – Uses essential oils to promote relaxation and mental well-being.
- - **Deep Breathing Exercises** – Supports stress reduction and enhances lung function.
- - **Meditation and Mindfulness** – Encourages emotional balance and resilience.
- - **Acupuncture and Reflexology** – Offers relief from chronic pain and enhances overall well-being.

# Holistic Care in Nursing Practice

- These alternative therapies are particularly beneficial for cancer patients, elderly residents, and those with chronic conditions, offering comfort and symptom management without relying solely on conventional medicine.

# Original Theories of Holistic Care

- Holistic care in nursing is grounded in several foundational theories that emphasize treating the **whole person rather than only the disease**. These theories originate from nursing science, humanistic philosophy, and systems theory.

## 1. Florence Nightingale's Environmental Theory

- Florence Nightingale is considered the **founder of modern nursing** and one of the earliest contributors to the holistic approach in healthcare.
- **Main Idea**
- Health is influenced not only by disease but also by the **patient's environment**.

# Original Theories of Holistic Care Cont.,

- **Key Environmental Factors**

- clean air
- clean water
- proper sanitation
- light and ventilation
- quiet and rest
- nutrition

- **Holistic Contribution**

- Nightingale emphasized that healing occurs when the **physical environment supports the natural healing process of the body.**
- Thus, she viewed the patient as a **whole person interacting with the environment,** which became the foundation of holistic nursing.

# Original Theories of Holistic Care Cont.,

## 2-Martha Rogers' Science of Unitary Human Beings (1970)

- Martha Rogers developed a theory that strongly supports the holistic perspective.
- **Main Idea**
- Human beings are **unitary energy fields** that interact continuously with the environment.
- **Key Concepts**
- Human field
- Environmental field
- Energy exchange
- Pattern
- Openness

# Original Theories of Holistic Care Cont.,

- **Holistic Contribution**
- Health is seen as the **harmonious interaction between the person and the environment.**
- Therefore, nursing interventions should support balance in the person's:
  - physical
  - emotional
  - spiritual
  - environmental dimensions

# Original Theories of Holistic Care Cont.,

## 3-Jean Watson's Theory of Human Caring (1979)

- Jean Watson introduced one of the most influential holistic nursing theories.
- **Main Idea**
- Nursing is a **human science of caring**, not only a technical medical practice.

# Original Theories of Holistic Care Cont.,

- **Key Elements**

- Watson proposed **Carative Factors (later called Caritas Processes)** including:
- practicing loving-kindness
- developing helping–trust relationships
- promoting emotional expression
- providing supportive environments
- attending to spiritual needs

- **Holistic Contribution**

- Watson emphasizes that healing occurs when **mind, body, and spirit are treated together** through a caring relationship between nurse and patient

# Original Theories of Holistic Care Cont.,

## 4-Betty Neuman Systems Model (1972)

- Betty Neuman's model views the patient as an **open system interacting with internal and external stressors.**
- **Main Idea**
- Health is influenced by stressors that affect the individual's stability.
- **Five Variables of the Person**
- Neuman identified five dimensions:
  - Physiological
  - Psychological
  - Sociocultural
  - Developmental
  - Spiritual
- **Holistic Contribution**
- Nursing care must address **all five dimensions simultaneously**, making the Neuman model inherently holistic

# Original Theories of Holistic Care Cont.,

## 5-George Engel's Biopsychosocial Model (1977)

- This model was developed in medicine but strongly influenced holistic healthcare.
- **Main Idea**
- Health and illness result from the interaction of:
  - biological factors
  - psychological factors
  - social factors
- **Holistic Contribution**
- This model challenged the traditional **biomedical model**, which focused only on physical disease.
- It introduced the idea that **mental, emotional, and social conditions affect health outcome**

# Original Theories of Holistic Care Cont.,

## 6-Humanistic Psychology (Maslow & Rogers)

- Holistic care was also influenced by **humanistic psychology**.
- **Abraham Maslow – Hierarchy of Needs**
- Maslow proposed that human well-being depends on fulfilling several levels of needs:
- Physiological needs
- Safety
- Love and belonging
- Esteem
- Self-actualization
- **Holistic Contribution**
- Health professionals must consider **all human needs**, not just physical illness.

# Original Theories of Holistic Care Cont.,

## **7-Interpersonal Relations Theory By Hildegard E. Peplau**

- Peplau's theory focuses on the therapeutic relationship between the nurse and the patient.
- It views nursing as an interpersonal and therapeutic process that promotes the patient's growth, healing, and well-being.
- The central idea of the theory is that: The nurse–patient relationship is the foundation of effective nursing care, especially in psychiatric and mental health settings.

# Original Theories of Holistic Care Cont.,

- **Main Idea of the Theory**
- Peplau believed that:
- **Nursing is a therapeutic, interpersonal process that helps patients understand their problems and grow psychologically.**

So: The nurse is not just giving care  
But helping the patient:

- understand feelings
- solve problems
- develop coping skills

# Original Theories of Holistic Care Cont.,

- **Phases of Nurse–Patient Relationship**
- Peplau divided the relationship into **4 phases**:
- **1. Orientation Phase**
- This is the **first contact** between nurse and patient.
- patient feels anxious or uncertain
- nurse introduces herself
- problem is identified
- Goal:  
Build **trust and understanding**

# Original Theories of Holistic Care Cont.,

## 2. Identification Phase

The patient begins to:

- express feelings
- identify problems
- respond to the nurse
- The nurse helps the patient:
- understand the situation
- feel supported

# Original Theories of Holistic Care Cont.,

## **3. Exploitation Phase**

- The patient uses available resources:
- therapy
- support
- services
- The nurse:
- guides
- supports
- encourages independence

# Original Theories of Holistic Care Cont.,

- **4. Resolution Phase**
- The relationship ends when:
  - goals are achieved
  - patient becomes independent
  - Patient no longer depends on nurse
- **Roles of the Nurse** Peplau said the nurse has multiple roles:
  - **Teacher** → explains and educates
  - **Counselor** → supports emotionally
  - **Leader** → guides decisions
  - **Resource person** → provides information
  - **Surrogate** → sometimes represents important figures
  - **Technical expert** → provides care

# Original Theories of Holistic Care Cont.,

- Peplau's theory strongly supports **Holistic Care** because:
- **1. Focus on the Whole Person**
- The theory addresses:
  - emotional needs
  - psychological state
  - social relationships
  - Not just physical illness
- **2. Emotional and Psychological Care**
- Holistic care includes mental and emotional support

Peplau focuses heavily on:

- feelings
- anxiety
- communication

# Original Theories of Holistic Care Cont.,

- **3. Therapeutic Relationship**

Holistic care depends on:

- Trust
- Empathy
- communication
- This is exactly the core of Peplau's theory

- **4. Patient Participation**

- Holistic care = patient-centered

Peplau encourages:

- patient involvement
- shared understanding
- active participation

# Original Theories of Holistic Care Cont.,

## 5. Growth and Self-Awareness

Holistic care aims for:

- personal growth
- self-awareness
- Peplau:  
helps patient understand themselves and develop coping skill

# Patient-Centered Care

- Patient-centered care is closely related to holistic care and is sometimes used interchangeably with it in healthcare literature.
- **Definition**
- Patient-centered care is a healthcare approach that focuses on **respecting and responding to patients' individual needs, values, preferences, and expectations.**
- It emphasizes that patients should be treated as **unique individuals rather than as cases or diseases.**

# Patient-Centered Care

## Characteristics of Patient-Centered Care

- **Respect for patients' values and preferences**  
Healthcare providers acknowledge patients' beliefs, values, and personal choices.
- **Responsiveness to patient needs**  
Care is tailored to meet the specific needs and expectations of each patient.
- **Focus on emotional support and physical comfort**  
The model emphasizes addressing both emotional and physical aspects of care.

# Patient-Centered Care

## Characteristics of Patient-Centered Care

- **Involvement of family and social support systems**  
Communication with patients' families and social networks is considered important.
- **Biopsychosocial perspective**  
Healthcare providers consider biological, psychological, and social aspects of the patient.
- **Therapeutic partnership**  
Patient-centered care promotes collaboration between healthcare providers and patients.
- **Improved patient satisfaction and healthcare outcomes**  
This approach enhances the quality of care and patient recovery

# Characteristics of Holistic Care in Nursing

## Characteristics of Holistic Care in Nursing

- **Recognition of the patient as a whole person**  
Nurses consider the interconnected physical, emotional, social, and spiritual aspects of patients.
- **Integration of multiple care approaches**  
Holistic care may include medical treatment, communication, education, self-care promotion, and complementary therapies.
- **Encouragement of patient self-care and responsibility**  
Patients are encouraged to participate actively in their care and develop self-regulation and personal growth.

# Characteristics of Holistic Care in Nursing

## Characteristics of Holistic Care in Nursing

- **Therapeutic nurse–patient relationship**  
The relationship is based on openness, equality, and mutual respect between nurses and patients.
- **Focus on harmony and balance**  
Health is considered a balance between the physical, psychological, social, and spiritual dimensions.
- **Promotion of dignity and personal development**  
Holistic care supports hope, self-esteem, independence, and well-being.
- **Improvement of overall health and quality of life**  
The aim is not only to treat illness but to restore harmony and improve the patient's life experience

# Importance of Holistic Care

- **Importance of Holistic Care**
- Holistic care plays a significant role in improving healthcare outcomes.
- **Benefits for patients**
- Increased patient satisfaction
- Better understanding of illness
- Improved coping ability
- Improved quality of life
- Faster recovery

# Importance of Holistic Care

- **Benefits for healthcare systems**
- Shorter hospitalization periods
- Reduced treatment costs
- Improved quality of healthcare services
- Holistic care addresses **not only biological illness but also emotional and social disturbances caused by disease**

# The Benefits of Holistic Healthcare

## Benefits of Holistic Healthcare

Holistic healthcare provides many benefits by addressing the **physical, mental, emotional, social, and spiritual needs of patients.**

- **1. Improving Physical Health**
- Holistic care supports both acute and chronic conditions by combining conventional medicine with complementary therapies such as massage, breathing exercises, and yoga to enhance patient recovery.
- **2. Supporting Mental Well-Being**
- Holistic care recognises the importance of psychological health and uses stress-reduction techniques such as meditation, mindfulness, and therapeutic activities to improve mental health.

# The Benefits of Holistic Healthcare

- **3. Providing Spiritual Support**
  - Spiritual care helps patients explore their beliefs, find comfort in faith, and receive emotional support, which improves resilience and satisfaction with care.
- **4. Creating a Supportive Environment**
  - Holistic nursing promotes compassionate care and strong relationships between healthcare providers and patients, ensuring respect and dignity.

# The Benefits of Holistic Healthcare

- **5. Encouraging Self-Care and Prevention**
- Holistic healthcare educates patients about healthy lifestyles, including proper nutrition, exercise, and stress management, to prevent illness and promote long-term health.
- **6. Integrating Alternative Therapies**
- Complementary treatments such as acupuncture, herbal medicine, reflexology are used alongside conventional medicine to improve overall well-being.
- **7. Increasing Patient Satisfaction**
- Patient-centred care encourages patient participation in treatment decisions, improving trust and satisfaction.

# The Benefits of Holistic Healthcare

- **8. Reducing Healthcare Costs**
  - Preventive strategies and non-invasive therapies reduce reliance on expensive treatments and hospital visits.
- **9. Supporting Emotional Health**
  - Holistic care provides emotional support through counselling, therapy groups, and social engagement, helping patients cope with illness.
- **10. Individualised Patient Care**
  - Care plans are tailored to each patient's preferences, beliefs, and medical conditions.

# The Benefits of Holistic Health care

- **11. Involving Family in Care**

- Family participation strengthens emotional support and improves communication between patients and healthcare providers.

- **12. Improving Quality of Life in Palliative Care**

- Holistic care helps terminally ill patients by addressing physical symptoms as well as psychological and spiritual needs.

- **13. Strengthening Social Connections**

- Encouraging social interaction and community activities helps reduce loneliness and isolation.

# The Benefits of Holistic Healthcare

- **14. Managing Chronic Diseases**
  - Holistic strategies such as lifestyle changes, diet, exercise, and stress management help patients control chronic conditions.
- **15. Using Technology to Support Care**
  - Digital tools and telemedicine help healthcare providers monitor patient health and support holistic care approaches.

# Components of Holistic Care

- **Core Components of Holistic Care**
- The study identified three major domains of holistic care.
- **1. Clinical (Physical) Care**

This includes traditional nursing interventions such as:

- pain management
- performing tests
- medication administration
- wound care
- patient education.
- These actions address the **physical needs of patients.**

# Components of Holistic Care

## 2. Spiritual Care

Spiritual care includes:

- emotional support
- empathy
- respecting patients' beliefs
- encouraging spiritual practices such as prayer.
- This dimension helps patients cope with illness and maintain hope.

# Components of Holistic Care

## 3. Social Care

Social care involves:

- addressing patients' social conditions
- respecting cultural backgrounds
- providing financial support resources
- referring patients to social services.

# Characteristics of Holistic Care

- **Characteristics of Holistic Care**

- Holistic care has several key characteristics that distinguish it from traditional medical care.

## 1. Whole-Person Approach

- Holistic care focuses on the **entire person**, not just the illness.  
Healthcare providers assess physical, emotional, psychological, social, and spiritual needs.

## 2. Individualized Care

- Every patient is unique, so care plans are tailored according to the patient's:
  - beliefs
  - preferences
  - culture
  - personal values

## 3. Patient Participation

- Patients are encouraged to take an **active role in their healthcare decisions**.

# Characteristics of Holistic Care

## 4. Interdisciplinary Collaboration

- Holistic care often involves collaboration between multiple professionals such as:
- nurses
- physicians
- psychologists
- social workers
- therapists

## 5. Focus on Prevention and Health Promotion

- Holistic care emphasizes:
- healthy lifestyle
- disease prevention
- early intervention

## 6. Therapeutic Relationship

- A strong **nurse-patient relationship** based on trust, empathy, and communication is essential.

# Characteristics of Holistic Nurses

## 1. Strong Communication Skills

Holistic nurses:

- listen carefully to patients
- show empathy
- respect patients' dignity
- consider cultural backgrounds.
- Good communication helps nurses identify patients' real needs.

# Characteristics of Holistic Nurses

## 2. Professional Commitment

- Holistic nurses feel responsible for addressing patients' needs.
- They often experience guilt if they cannot provide adequate care due to workload or institutional barriers.

## 3. Ethical and Religious Values

- Many nurses reported that ethical and religious beliefs motivate them to provide holistic care.

These beliefs strengthen:

- compassion
- responsibility
- commitment to patient well-being.

# Principles of Holistic Care

- **1. Patient-Centered Care**
  - Healthcare decisions are based on the **individual needs, preferences, and values** of the patient.
- **2. Integration of Multiple Health Dimensions**
  - Holistic care integrates:
    - Physical health
    - Mental health
    - Social well-being
    - Spiritual needs

# Principles of Holistic Care Cont.,

- **3. Prevention and Health Promotion**
- Focuses on **preventing disease and promoting healthy lifestyles**, not only treating illness.
- **4. Collaboration and Interdisciplinary Care**
- Holistic care requires cooperation among:
  - Nurses
  - Physicians
  - Psychologists
  - Social workers
  - Community health workers

# Responsibilities of Holistic Nurses

- Holistic nursing requires healthcare professionals to adopt a person-centred approach that prioritises the whole person rather than just their illness. Nurses play a crucial role in this by ensuring that care in nursing includes emotional support, mental well-being strategies, and spiritual aspects alongside physical treatments.

# Responsibilities of Holistic Nurses

- **Responsibilities of a Holistic Nurse**
- Holistic care in nursing comes with several responsibilities due to its wide scope. Everyone has different needs, so nurses need to be familiar with each facet of wellness, such as the physical, emotional and spiritual needs of their patients. Holistic nursing care can happen in several ways, according to Indeed.

# Responsibilities of Holistic Nurses

- **Mental health:** Understanding how mental health affects all other aspects of health and encouraging the pursuit of mental health through meditating, maintaining social connections and practicing creative pursuits.
- **Emotional health:** Developing emotional connections with patients and treating all patients with dignity regardless of their emotional state.

# Responsibilities of Holistic Nurses

- **Spiritual health:** Learning about a patient's religious and spiritual beliefs and customs, and helping the patient maintain their practices while in their care.
- **Physical health:** Helping patients heal and condition their physical bodies. This could include traditional western medicine and complementary and alternative medicine in nursing.

# **Educational Preparation of Psychiatric Nurses to Equip Them with Skills of Holistic Care**

- **Educational Preparation of Psychiatric Nurses to Equip Them with Skills of Holistic Care**
- The provision of holistic care in psychiatric nursing requires comprehensive educational preparation that equips nurses with the knowledge, attitudes, and practical skills necessary to address the biological, psychological, social, and spiritual needs of individuals with mental disorders.
- Psychiatric nurses must be trained not only in clinical and pharmacological management but also in communication, psychosocial interventions, and patient-centered care approaches.

# **Educational Preparation of Psychiatric Nurses to Equip Them with Skills of Holistic Care**

- Educational preparation begins at the undergraduate level, where nursing curricula should include courses that emphasize holistic health concepts, mental health promotion, therapeutic communication, and psychosocial assessment. These courses help nursing students understand that mental health care extends beyond symptom management and involves addressing the emotional, social, and spiritual aspects of the patient's life.

# Educational Preparation of Psychiatric Nurses to Equip Them with Skills of Holistic Care

- The educational preparation of psychiatric nurses plays a critical role in enabling them to deliver holistic care. Through comprehensive training in therapeutic communication, recovery-oriented care, cultural competence, and community mental health practice, nurses become better equipped to address the complex and multidimensional needs of individuals with mental disorders.

# Educational Preparation of Psychiatric Nurses to Equip Them with Skills of Holistic Care

- Training programs should also focus on developing **therapeutic communication skills**, which are essential for building trust and establishing effective nurse–patient relationships.
- Psychiatric nurses must be able to **actively listen, demonstrate empathy, and support patients in expressing their feelings and concerns**. Such skills enable nurses to understand the patient's experiences and provide individualized care.

# Educational Preparation of Psychiatric Nurses to Equip Them with Skills of Holistic Care

- In addition, education should incorporate **recovery-oriented practice**, which encourages patient empowerment, self-determination, and participation in treatment decisions.
- Nurses trained in recovery principles learn to support patients in setting **personal goals, enhancing coping abilities, and improving their quality of life** despite ongoing mental health challenges.

# Educational Preparation of Psychiatric Nurses to Equip Them with Skills of Holistic Care

- Psychiatric nursing education should also include **cultural competence and spiritual care training**. Since patients come from diverse cultural and religious backgrounds, nurses must develop sensitivity toward cultural values, beliefs, and practices that influence mental health and coping mechanisms. Understanding these factors allows nurses to provide care that respects the patient's identity and personal meaning systems.

# Educational Preparation of Psychiatric Nurses to Equip Them with Skills of Holistic Care

- Another important aspect of educational preparation is the development of **community mental health competencies**.
- Psychiatric nurses should be trained to work within community settings, collaborate with multidisciplinary teams, and connect patients with social support services. Community-based training helps nurses address social determinants of mental health such as poverty, unemployment, stigma, and social isolation.

# Educational Preparation of Psychiatric Nurses to Equip Them with Skills of Holistic Care

- Continuing professional education and in-service training programs are also essential to maintain and update the competencies of psychiatric nurses. Workshops, supervision sessions, and clinical mentoring programs can strengthen nurses' abilities to apply holistic care principles in practice.
- These programs often focus on areas such as crisis intervention, psychoeducation, relapse prevention, and family involvement in care.

# Educational Preparation of Psychiatric Nurses to Equip Them with Skills of Holistic Care

- Furthermore, reflective practice and self-awareness are important components of holistic nursing education.
- Psychiatric nurses must develop insight into their own **beliefs, attitudes, and emotional responses** in order to provide compassionate and unbiased care. Self-care training is also emphasized to prevent burnout and promote emotional resilience among mental health professionals.

# **Community-Based Care**

# Community-Based Care

- **Definition**
- Community-based care refers to healthcare services delivered **within the community rather than in institutional settings.**
- These services aim to support individuals while allowing them to **remain integrated within their families and communities.**

# Community-Based Care

- **Types of Community Healthcare Services**

Examples include:

- Primary healthcare centers
- Home healthcare services
- Community mental health clinics
- Rehabilitation programs
- Support groups and counseling service

# What is Community-based Care?

- Community-based care, often referred to as CBC, is a model of healthcare and social support that delivers services **within an individual's own community rather than relying solely on hospitals or institutional settings**. The approach focuses on meeting people's unique needs while empowering them to **maintain independence and quality of life**.
- Care may be provided in accessible environments such as homes, schools, or community centres, ensuring that support is delivered where people live, learn, and work.

# What is Community-based Care?

- Community-based care often encompasses education, preventive programs, and social services, thereby creating a more comprehensive support system. A central feature of this model is community involvement: local organisations, families, and health workers play an active role in identifying needs and delivering care, ensuring that services remain relevant, culturally appropriate, and sustainable.

# Principles of Community-based Care

- **Community Engagement:** Community-based care recognises that communities play an active role in shaping their own health. People are not only recipients of care but also contributors, working alongside providers to improve wellbeing.
- **Local Ownership:** Services are developed with the community's needs in mind, ensuring that care reflects local priorities and cultural contexts. This principle avoids imposing external solutions that may not align with local realities.

# Principles of Community-based Care

- **Holistic Approach:** Care is broad and integrated, covering health education, disease prevention, nutrition, sanitation, and social support. This comprehensive approach addresses the wider factors that influence health outcomes.
- **Accessibility:** Services are delivered in familiar and convenient locations such as homes, schools, and community clinics. This makes it easier for people to access care without unnecessary travel or financial burden.

# Principles of Community-based Care

- **Prevention and Early Support:** A strong emphasis is placed on preventing illness and intervening early to address health issues. By addressing health risks before they become serious, communities can maintain better long-term well-being.
- **Equity and Inclusion:** Community-based care prioritises reaching vulnerable and underserved populations. It ensures that all individuals, regardless of circumstance, can benefit from health and social services.
- **Sustainability:** By using local resources and fostering community responsibility, services are more likely to be sustained over time. This principle ensures care continues even when external support is limited.

# Importance and Benefits of Community-based Care

## 1-Improves Accessibility to Healthcare

- Community-based care makes healthcare services more accessible by delivering care in **homes, community centers, and local clinics.**
- This reduces barriers such as:
  - long travel distances
  - high costs
  - lack of transportation
- As a result, more people can receive timely healthcare services.

# Importance and Benefits of Community-based Care

## 2. Promotes Early Detection and Prevention

- One of the biggest advantages is focusing on **prevention and early intervention**.
- Healthcare providers can:
  - identify health problems early
  - provide education
  - reduce risk factors
- This helps prevent complications and reduces hospital admissions.

# Importance and Benefits of Community-based Care

## **3. Enhances Patient Independence**

- Patients receiving care in their community are able to:
- maintain their daily routines
- live independently
- stay connected with family
- This improves their confidence and overall quality of life.

## **4. Reduces Hospitalization**

- Community-based care reduces the need for long-term hospital stays by:
- managing conditions early
- providing continuous follow-up
- supporting patients at home
- This also reduces the burden on healthcare systems.

# Importance and Benefits of Community-based Care

## 5. Improves Mental Health Outcomes

- For mental health patients, staying in the community:
- reduces isolation
- decreases stigma
- improves social integration
- This leads to better psychological well-being.

## 6. Provides Holistic and Continuous Care

- Community-based care supports a **holistic approach**, addressing:
- physical health
- mental health
- social needs
- environmental factors
- Care is continuous, not limited to hospital visits.

# Importance and Benefits of Community-based Care

## 7. Supports Families and Caregivers

- Families play an important role in patient care.
- Community-based care:
  - involves families in treatment
  - provides education and support
  - improves long-term outcomes

## 8. Cost-Effective Healthcare

- Providing care in the community is generally more **cost-effective** than hospital-based care.
- It reduces:
  - hospital admissions
  - emergency visits
  - long-term institutional care costs

# Community mental health nursing

- Mental health nursing is a specialized field of nursing focused on caring for individuals with mental illnesses or distress across various settings.
- **Hospital** mental health nurses provide acute care in inpatient units like psychiatric wards. In contrast, **community mental health nursing** focuses on providing **care and support within the community through home visits and local clinics**, aiming to promote mental health, prevent illness, and help patients integrate back into their daily lives after being discharged.

# Community mental health nursing

- Community mental health nurses – also known as community psychiatric nurses – play a vital role in delivering healthcare outside of hospital settings. When working in this rewarding yet challenging position, it's important to have a mix of clinical and interpersonal skills and **be a great communicator with a high degree of empathy, patience and personal resilience.**

# Community mental health nursing

## Community mental health nursing

- **Work setting:** Patients' homes, community centers, outpatient departments, and GP surgeries.
- **Focus:** Promoting mental health, preventing illness, and providing long-term support in the patient's usual environment.
- **Patient population:** A wide range of individuals with conditions from anxiety and depression to severe and persistent mental illnesses who are living in the community.

# Community mental health nursing

## **Key responsibilities:**

- Conducting risk assessments.
- Helping patients and families manage medication and navigate the healthcare system.
- Building strong relationships and providing psychological and practical support.
- Connecting patients with therapeutic activities and community resources.
- Monitoring patient progress and providing continuity of care, especially for those recently discharged from a hospital.

# Community mental health nursing

**As a community mental health nurse, your daily roles and responsibilities can include:**

- Making sure clients are taking their medicines correctly
- Aggression reduction
- Conducting risk assessments and helping to keep people and their families safe
- Ensuring legal compliance
- Helping patients and their families deal with the stigma around mental health
- Helping patients navigate their way through the health system
- Helping patients talk about their problems and access therapeutic activities

# Community mental health nursing

- Keeping good records, including reviewing and monitoring care plans
- Liaising with other healthcare professionals
- Offering practical advice and educating people about their condition
- Reporting back on a patient's progress at case conferences
- Reviewing/assessing, planning, monitoring, and responding to a patient's clinical care needs
- Suicide prevention
- Visiting patients in their homes

# Key aspects of community mental health nursing

- **Holistic care:** Nurses address the mental, emotional, and physical needs of clients across all age groups, from children to the elderly.
- **Community-based services:** Care is delivered in community settings like GP surgeries, community mental health centers, and patients' homes.
- **Diverse roles:** Nurses act as practitioners, counselors, educators, consultants, and case managers.

# Key aspects of community mental health nursing

- **Variety of interventions:** Services include counseling, medication management, therapeutic support, and helping clients build life skills to function independently.
- **Prevention focus:** It utilizes primary, secondary, and tertiary prevention strategies to promote overall community mental health.
- **Specialized populations:** Nurses may specialize in working with specific groups, such as those with substance misuse issues, homeless individuals, or ex-offenders.

# Community Mental Health Nursing Models

- Community mental health nursing is based on several theoretical models that guide nurses in understanding mental illness, planning care, and supporting individuals within their families and communities. These models help nurses move away from the old institutional approach and focus more on prevention, recovery, environment, and social support

# Community Mental Health Nursing Models

- **Recovery Model**
- **Public Health Model**
- **Ecological Model**
- **Social Mode**

# Community Mental Health Nursing Models

- **Recovery Model in Community Mental Health Nursing**
- The **Recovery Model** is considered one of the most important models used in **community mental health nursing**. It focuses on a **patient-centered approach** that places the individual at the center of treatment and care.
- The model aims to improve the quality of services provided to people with mental disorders by supporting their **participation in treatment decisions, rehabilitation, and reintegration into society**.
- Community mental health centers rely heavily on nurses, who represent about **one-fourth of the workforce**, making them essential in implementing recovery-oriented care.

# Recovery Model

## Definition of the Recovery Model

- Recovery is described as:
- A **deep personal process of change** in an individual's attitudes, values, feelings, goals, skills, and roles that allows the person to live a meaningful and hopeful life despite mental illness.
- Recovery does not necessarily mean the **complete disappearance of symptoms**, but rather the ability of the individual to **live a productive and satisfying life while managing the illness**.

# Recovery Model

Recovery is therefore considered:

- a **personal journey**
- a **dynamic process**
- **non-linear**, meaning individuals may move forward or backward during recovery.

# Recovery Model

## Recovery Model in Community Mental Health Nursing

- **Historical Development of the Recovery Model**
- The Recovery Model began to develop in the **1980s** when self-help groups of people with mental illness challenged the traditional belief that psychiatric disorders were incurable.
- Instead of focusing only on symptom reduction, these groups emphasized:
  - hope
  - autonomy
  - empowerment
  - social participation.
- By the **1990s**, mental health systems started shifting from symptom control toward improving:
  - quality of life
  - independence
  - social functioning.

# Recovery Model Cont.,

## Core Elements of the Recovery Model

- Although there is no single universally agreed list, several important elements have been identified.
- **1. Hope**
- Hope is considered the **central element of recovery**.  
It represents the belief that improvement and change are possible despite mental illness.
- Hope motivates individuals to set goals and continue their recovery journey.
- **2. Self-Determination**
- Individuals have the right to make decisions about:
  - treatment
  - lifestyle
  - personal goals.
- This principle encourages patients to **actively participate in their recovery process**.

# Recovery Model Cont.,

## 3. Meaning and Purpose in Life

- Recovery encourages individuals to find **meaning and purpose in life**, even while living with mental illness.
- This may include:
  - spiritual beliefs
  - personal goals
  - social roles
  - relationships.

## 4. Awareness and Personal Insight

- Recovery involves developing awareness about:
  - the illness
  - personal strengths
  - coping abilities.
- This awareness helps individuals manage their symptoms and improve resilience.

# Recovery Model Cont.,

## 5. Social Interaction and Support

- Recovery is supported by interaction with:
- family
- friends
- mental health professionals
- community members.
- These relationships help individuals achieve goals and maintain motivation.

# Recovery Model Cont.,

## Characteristics of the Recovery Process

- Recovery is described as a **multidimensional and dynamic process**.
- Important characteristics include:
  - It is **individualized** and unique for each person.
  - It does not follow a **fixed linear sequence**.
  - It involves continuous interaction between the **individual and society**.
  - It focuses on **improving quality of life**, not just reducing symptoms.

# Recovery Model Cont.,

- **Modules of the Recovery Model**
- The model includes several modules that guide recovery-oriented practice.
- **Module 1 – Understanding Recovery**
- This module focuses on understanding the concept of recovery and its meaning for patients.
- **Module 2 – Developing Recovery-Oriented Practice**
- Healthcare professionals learn how to integrate personal values and experiences into care.
- **Module 3 – Self-Control**
- This module emphasizes:
  - self-management
  - peer support
  - self-care.

## Recovery Model Cont.,

- **Module 4 – Individual-Specific Support**
- Care must be individualized according to each patient's needs and circumstances.
- **Module 5 – Responsibility and Risk Sharing**
- Patients and healthcare providers share responsibility for decision-making and risk management.
- **Module 6 – Participation in Social Life**
- The model emphasizes the importance of social inclusion and participation in community life

# **Recovery Model Cont.,**

## **Measurement Tools for the Recovery Model**

- Several instruments have been developed to assess recovery.

### **1. Recovery Assessment Scale (RAS)**

- Measures personal confidence, hope, and goal orientation.

### **2. Recovery Process Inventory (RPI)**

- Assesses different aspects of the recovery process including hope and self-care.

# Recovery Model Cont.,

## **3. Stages of Recovery Instrument (STORI)**

- Measures different stages of recovery such as:
- moratorium
- awareness
- preparation
- rebuilding
- growth.

## **4. Recovery Attitudes Questionnaire (RAQ)**

- Measures attitudes and beliefs about recovery.

## **5. Recovery Style Questionnaire (RSQ)**

- Evaluates recovery styles among individuals with psychotic disorders. master 2 recovery model

# Recovery Model Cont.,

- **Application of the Recovery Model in Community Mental Health**

Community mental health centers are considered ideal settings for implementing the recovery model.

The goals include:

- regular follow-up of patients
- preventing relapse
- reducing hospitalization
- improving social functioning
- supporting rehabilitation and reintegration into society.

## Recovery Model Cont.,

- **Application of the Recovery Model in Community Mental Health**

The recovery approach emphasizes:

- patient participation in treatment
- self-determination
- anti-stigma practices
- collaborative relationships between patients and healthcare professionals.

## Recovery Model Cont.,

- **Role of Nurses in the Recovery Model**

- Psychiatric nurses play a crucial role in implementing recovery-oriented care.

Their responsibilities include:

- providing psychoeducation to patients and families
- supporting patient autonomy

## Recovery Model Cont.,

- **Role of Nurses in the Recovery Model**

- promoting hope and empowerment
- facilitating social participation
- helping patients develop coping strategies
- strengthening the therapeutic relationship.
- Nurses are also responsible for helping patients **identify strengths and resources** that support recover

# Public Health Model

## Definition

- The **Public Health Model** views mental health from a population perspective. It focuses on:
  - prevention of mental disorders
  - early identification
  - early treatment
  - reducing disability
  - promoting mental well-being in the whole community
- This model is very important in community psychiatry because it shifts the focus from “treating illness after it appears” to “preventing problems before they become severe.”

# Public Health ModelCont.,

- **Main Idea**
- Mental health problems affect not only individuals, but also families, schools, workplaces, and society.  
Therefore, nurses work not only with patients, but also with communities and risk groups.
- **Levels of Prevention**
- **A) Primary Prevention**
- Primary prevention aims to **prevent mental illness before it occurs.**
- **Focus**
- health promotion
- reducing risk factors
- strengthening protective factors

# Public Health Model Cont.,

## Nursing Interventions

- mental health education
- parenting programs
- school-based stress management
- substance abuse prevention
- suicide awareness campaigns
- domestic violence prevention
- promoting resilience and coping skills
- **Example**
- Teaching adolescents stress management and emotional regulation to reduce anxiety and depression risk.

# Public Health Model Cont.,

## B) Secondary Prevention

- Secondary prevention aims at **early detection and prompt treatment.**
- **Focus**
  - identifying mental health problems at an early stage
  - reducing severity and duration
- **Nursing Interventions**
  - screening for depression, anxiety, or substance use
  - crisis intervention
  - referral for psychiatric assessment
  - early treatment follow-up
  - identifying postpartum depression early
- **Example**
  - A nurse in a primary care clinic screens a mother for postpartum depression and refers her for support before symptoms worsen.

## Public Health Model Cont.,

- **C) Tertiary Prevention**
- Tertiary prevention aims to **reduce disability and improve functioning after the illness has already developed.**
- **Focus**
- rehabilitation
- relapse prevention
- long-term support
- improving quality of life

## Public Health Model Cont.,

- **Nursing Interventions**
- psychoeducation
- medication monitoring
- social skills training
- family education
- relapse prevention planning
- rehabilitation programs
- home visits
- **Example**
- Supporting a person with bipolar disorder to maintain treatment, recognize early warning signs, and avoid relapse.

# Public Health Model Cont.,

## **Role of the Nurse in the Public Health Model**

- The nurse works as:
- educator
- screener
- advocate
- case manager
- public health promoter
- community liaison

## Public Health Model Cont.,

- **Advantages**
- reduces burden of disease
- promotes early intervention
- cost-effective
- helps entire communities, not only individuals
- **Limitation**
- This model may sometimes focus more on population outcomes than on the personal experience of the individual.

# Ecological Model

- **Definition**
- The **Ecological Model** explains mental health as the result of interaction between the person and multiple environmental systems.
- It says that mental illness does not happen only because of internal biological or psychological factors, but also because of the person's surroundings.
- **Main Idea**
- A person is influenced by different layers of environment, from family to society.
- This model is commonly linked to Bronfenbrenner's ecological systems theory.

# Ecological Model

## **Levels of the Ecological Environment**

- **1. Individual Level**
- Personal factors such as:
  - age
  - genetics
  - personality
  - coping skills
  - physical health

# Ecological Model

## 2. Microsystem

- Immediate environment:
- family
- school
- workplace
- close friends

## 3. Mesosystem

- The interaction between parts of the microsystem.
- Example:
- relationship between family and school
- relationship between home and workplace

# Ecological Model

## 4. Exosystem

- Indirect environments that influence the person:
- parent's workplace
- community services
- health system
- media

## 5. Macrosystem

- Broader cultural and societal influences:
- cultural values
- social norms
- laws
- economic systems
- stigma toward mental illness

# Ecological Model

- **6. Chronosystem**
- The effect of time and life transitions:
- divorce
- migration
- loss
- economic crisis
- war
- developmental changes

# Ecological Model

## **Nursing Use of the Ecological Model**

- The nurse assesses not only symptoms, but also:
- family relationships
- housing situation
- school performance
- financial stress
- social support
- neighborhood safety
- access to healthcare
- cultural beliefs

# Ecological Model

- **Example**

A teenager with anxiety may not just have an internal disorder.  
The nurse may find:

- family conflict
- school bullying
- social isolation
- academic pressure

So the intervention becomes broader:

- counseling
- family support
- school coordination
- peer support

# Ecological Model

## **Advantages**

- gives a comprehensive view
- explains why environment matters
- supports multi-level intervention
- useful in community practice

## **Limitation**

- It can be complex because many interacting factors are involved

# Social Model

- **Definition**
- The **Social Model** views mental health as strongly influenced by social, economic, and environmental conditions rather than only by medical or biological causes.
- **Main Idea**
- Mental illness may be worsened—or even partly caused—by social problems such as:
  - poverty
  - unemployment
  - discrimination
  - isolation
  - poor housing
  - violence
  - trauma
  - lack of education
  - stigma
- This model says that to improve mental health, we must also improve social conditions.

# Social Model Cont.,

## Key Concepts

### 1. Social determinants of mental health

- These are the life conditions that shape mental well-being.

### 2. Inequality and vulnerability

- People in disadvantaged situations are more vulnerable to mental illness.

### 3. Social exclusion

- Being excluded from employment, education, or community life harms mental health.

### 4. Stigma and discrimination

- Negative societal attitudes can worsen suffering and prevent people from seeking help.

## Social Model Cont.,

- **Role of the Nurse in the Social Model**

The community mental health nurse:

- advocates for patients' rights
- links patients with housing, employment, and welfare services
- fights stigma
- promotes inclusion
- supports families
- works with schools, community agencies, and NGOs
- recognizes trauma and structural disadvantage

# Social Model Cont.,

## Example

- A man with depression may not improve fully with medication alone if he is:
- unemployed
- socially isolated
- homeless
- under financial stress

The nurse may need to address:

- social support
- community resources
- job training
- housing support
- benefits access

## Social Model Cont.,

- **Advantages**
- realistic and community-oriented
- highlights social justice
- addresses root causes
- improves long-term outcomes
- **Limitation**
- It may underemphasize biological factors if applied alone

# Challenges in Community-Based Care

## Challenges in Community-Based Care

- Despite its advantages, community care faces several challenges:
- Limited healthcare resources
- Shortage of trained professionals
- Inequitable access to healthcare
- Cultural barriers
- Coordination difficulties between services
- Addressing these challenges requires **effective healthcare policies and interdisciplinary collaboration.**

# Social Determinants of Health

- Social determinants of health refer to **the conditions in which people are born, grow, live, work, and age**, which significantly influence health outcomes.
- These determinants often explain **health inequalities between populations**.
- **Major Social Determinants**
- **1. Socioeconomic Status**
- Income level affects access to:
- Healthcare services
- Nutrition
- Safe housing
- **2. Education**
- Education influences:
- Health literacy
- Employment opportunities
- Ability to make healthy decisions

# Social Determinants of Health

## **3. Employment and Working Conditions**

- Stable employment provides financial security and access to healthcare resources.

## **4. Social Support Networks**

- Strong family and community relationships improve emotional well-being and resilience.

## **5. Access to Healthcare**

- Availability of healthcare services greatly impacts prevention, diagnosis, and treatment

# Lifestyle Factors Affecting Health

## Lifestyle Factors Affecting Health

- Lifestyle choices play a critical role in determining health outcomes.
- Key lifestyle factors include:
  - Physical activity
  - Nutrition and diet
  - Smoking and substance use
  - Sleep patterns
  - Stress management
- Community health programs often focus on **educating individuals about healthy lifestyle behavior**

# Role of Nurses in Holistic and Community-Based Care

- Nurses play a central role in implementing holistic and community-based healthcare approaches.

## **Key responsibilities include:**

- Health education and promotion
- Disease prevention
- Community assessment
- Coordination of care services
- Advocacy for vulnerable populations
- Community health nurses often act as **a bridge between healthcare systems and communities.**

# Historical Background: Institutionalization vs Community Care

## **Institutionalization**

- Institutional care refers to the treatment of patients within **large hospitals or long-term care facilities**, often isolated from the community.
- Characteristics included:
  - Long-term hospitalization
  - Limited patient autonomy
  - Focus on disease management rather than prevention
  - Separation from family and social networks

Although institutions provided structured care, they often led to:

- Social isolation
- Loss of independence
- Increased stigma
- High healthcare cost

# Historical Background: Institutionalization vs Community Care

- **Deinstitutionalization**
- Beginning in the **mid-20th century**, healthcare systems began shifting toward **deinstitutionalization**, a movement aimed at reducing reliance on psychiatric hospitals and long-term institutions.
- This shift occurred due to:
  - Advances in medical and psychiatric treatments
  - Human rights movements advocating for patient dignity
  - Recognition of the negative consequences of institutionalization
  - Economic pressures on healthcare systems
- As a result, patients increasingly received care **within community settings**.

# Deinstitutionalization

- **Deinstitutionalization** :is the process of replacing long-stay [psychiatric hospitals](#) with less isolated [community mental health services](#) for those diagnosed with a [mental disorder](#) or [developmental disability](#). In the 1950s and 1960s, it led to the closure of many psychiatric hospitals, as patients were increasingly cared for at home, in [halfway houses](#), [group homes](#), and clinics, in regular hospitals, or not at all.

# Deinstitutionalization

- Deinstitutionalization works in two ways.
- **The first focuses on** reducing the population size of mental institutions by releasing patients, shortening stays, and reducing both admissions and readmission rates.
- **The second focuses on** reforming psychiatric care to reduce (or avoid encouraging) feelings of dependency, hopelessness and other behaviours that make it hard for patients to adjust to a life outside of care.

# Deinstitutionalization

- The modern deinstitutionalization movement was made possible by the discovery of [psychiatric drugs](#) in the mid-20th century, which could manage [psychotic](#) episodes and reduced the need for patients to be confined and restrained. Another major impetus was a series of socio-political movements that campaigned for patient freedom. Lastly, there were financial imperatives, with many governments also viewing it as a way to save costs.

# Deinstitutionalization

- The movement to reduce [institutionalisation](#) was met with wide acceptance in Western countries, though its effects have been the subject of many debates. Critics of the policy include defenders of the previous policies as well as those who believe the reforms did not go far enough to provide freedom to patients.

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thank  
you

