



Dimension 5: Holism/Holistic

Virtual Workshop
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Learning Objectives

- Define the term holism
- Discuss the mentoring relationship
- Examine the Social Determinants of Health Tool
- Review tips for providing feedback
- Discuss conflict resolution

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What is Holism?

Holism is a concept that recognizes all things of creation including people and their environment are connected, and through these relationships, harmony, and balance is sought.

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Mentoring Relationship

Faculty mentor role:

Environment

Connections

Social determinants of health

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Social Determinants of Health Tool

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Campaign for Action

In the past year has the following happened to you?	Did not Happen	Not at all stressful	A Little Stressful	Somewhat Stressful	Quite Stressful	Extremely Stressful
	0	1	2	3	4	5

Death of someone close to you

Living in a neighborhood with high crime, drugs, and fighting

Not getting a work-related promotion due to race

Friend or family member is seriously ill

Unsure you can pay rent, utilities, and buy food

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Social Determinants of Health Tool

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In the past year has the following happened to you?	Did not Happen	Not at all stressful	A Little Stressful	Somewhat Stressful	Quite Stressful	Extremely Stressful
	0	1	2	3	4	5

Unable to afford necessities for your children

Being ill/having a health condition of your own

Living in overcrowded housing

Trying to make ends meet

Family member(s) or friend(s) with personal/financial problems

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Tips for Giving Feedback

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Foster growth and support with learning

Assists in achieving desired learning goals

Timing of feedback

Provide ideas or information that the mentee can use to develop his/her own solution, when the mentee asks for your input

State your advice and feedback in the first person singular

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Resolving Differences Constructively

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To Successfully Manage Conflict You Need To Be Able To:

Develop a supportive environment

Clearly understand what you want to happen

Explicitly express why you feel there is conflict

Listen openly and accurately to feedback

Discuss the issues (use facts rather than opinions)

Stay solution-focused

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Resolving Differences Constructively

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Steps for Managing Conflict:

Take time to reflect before addressing conflict. Conflicts do not have to be resolved in the moment, especially if there are emotions involved.

Write down what you think area(s) of conflict are and why you think these are area(s) of conflict. Be clear and specific.

Prepare for conversation. Set a supportive climate.

Be prepared to listen. Use active listening techniques: paraphrasing, clarifying, questions, etc.

Be prepared to move forward in a healthy, positive way.