



Integrative Health Promotion: Conceptual Bases for Nursing Practice

Susan Kun Leddy

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Integrative Health Promotion: Conceptual Bases for Nursing Practice is a comprehensive textbook that integrates the conceptual and theoretical bases of lifestyle approaches to health promotion and holistic approaches to healing. Health belief systems, models, and theories are emphasized. Additionally, the text stimulates thought and foundations for practice through the exploration of the theoretical and evidence bases for a variety of noninvasive therapeutic interventions. Cultural, legal, and ethical influences on health promotion are discussed. The text addresses the elements of healing as a goal of nursing, as contrasted with curing. Creating a helping relationship that is characterized by presence (being rather than doing), mindfulness, respect, genuineness, active listening, empathy, and the therapeutic use of self is one goal discussed within the text. Promoting community health through empowerment strategies and ecocentric approaches to global health are also presented. Integrative Health Promotion is divided into four sections and sixteen chapters. The first section discusses conceptual and theoretical frameworks for health promotion, the second section addresses illness prevention through lifestyle change, the third section includes a focus on healing approaches to health promotion, and the final section of the text includes specific noninvasive nursing practice interventions. This exciting text also focuses on activity and exercise, proposing a number of strategies to empower clients to adopt a more active lifestyle. The Chinese energy exercises of tai chi and qigong, which use breathing, mental concentration, and physical postures to facilitate the flow of energy through the body, are introduced. Stress reduction and relaxation nursing practice modalities are also discussed, such as biofeedback, self-hypnosis, meditation, and guided imagery.

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