

Introduction

The Primary References shown below are offered specifically to help candidates prepare to take the national AHNCC Holistic Nursing Certification Examinations. The Secondary References are offered to help candidates explore holistic nursing concepts, issues, philosophy, and related matters in greater depth. If you want to review or add to your knowledge base as you prepare for the certification examination, we suggest that you start with the Core Essentials (AHNCC, 2017), review the Holistic Nursing: Scope and Standards (ANA/AHNA, 2019), and then select from the secondary references (below) to build your expertise. Finally, the AHNCC Practice Examinations will help you test your expertise and give you experience with the AHNCC testing format. AHNCC cannot predict success on an examination. Success is dependent upon multiple factors including (but not limited to) one's ability to apply the knowledge, skills, and attitudes of holistic nursing to clinical practice, and one's test-taking abilities.

Primary References for Those Preparing for the Certification Examination

Core Essentials for Holistic Nursing (2017). www.ahncc.org. The AHNCC Core Essentials document can be found on the AHNCC website www.ahncc.org on the RESOURCES page. This free document provides a listing of the competencies which were identified through an extensive literature review and validated through a Role Delineation Study (Practice Analysis Study) undertaken by practicing Holistic Nurses. The competencies provide a basis for the certification examinations. There are two relevant sets, depending on which level of examination you are intending to take:

•Basic Holistic Nursing <http://www.ahncc.org/wp-content/uploads/2017/12/12.13.2017-HN-BASIC-CORE-ESSENTIALS.pdf>

•Advanced Holistic Nursing <http://www.ahncc.org/wp-content/uploads/2017/12/2017-ADVANCED-CORE-ESSENTIALS-DOCUMENT-Final-PDF.pdf>

American Nurses Association/ American Holistic Nurses Association (2013). *Holistic nursing: Scope and standards of practice*. 3rd ed.) Silver Spring, MD: American Nurses Association (nursebooks.org).

AHNCC Practice Examinations. www.cnetnurse.com The practice examinations offer a learning experience comparable to the testing experience. The practice examinations are based on the examination blueprint, formatted exactly as our certification examinations, and the items are drawn from our pool of items. There are practice examinations for each of the certification examinations.®.

Secondary References for Knowledge Exploration and Expansion

The secondary references offered below are not exclusive; many others not listed may be used to build one's expertise in holistic nursing.

Please note: AHNCC examination items are designed to test specific knowledge and skill competencies reflected in the Core Essentials, derived by a review of the literature, expert panel review, and a Role Delineation/Practice Analysis Study. Sample examination items that appear in the Secondary References are different. They are designed to test the reader's general knowledge of holistic nursing. While they may help the reader gain an understanding of the foundation of holistic nursing, provide opportunities for personal exploration and evaluation, they are not focused on the essential competencies required for certification, nor have they been subjected to the rigorous development process used by AHNCC for the examinations.

Aligood, M.R. & Tomey, A.M. (2017). *Nursing theorists and their work*. (9th ed.). Maryland Heights, MO: Mosby/Elsevier.

Aligood, M.R. & Tomey, A.M. (2014). *Nursing theory: Utilization and application*. (5th ed.). Maryland Heights, MO: Mosby/Elsevier.

Brinker, F. (2010). *Herbal Contraindications and Drug Interactions Plus Herbal Adjuncts with Medicines*. (4 ed.). Eclectic Medical Publications.

Burkhardt, M, and Nathaniel, A. (2013). *Ethics and issues in contemporary nursing*. (4th ed.). Stamford, CT: Engage Learning.

Dog, T., Johnson, R., Foster, S., Kiefer, D., Weil, A. (2012). *National Geographic Guide to Medicinal Herbs: The World's Most Effective Healing Plants*. (1st ed.) National Geographic Society.

Dossey, B.M., Keegan, L., Barre C., Helming, M., Shields, D., Avino, K. (Eds.). (2015). *Holistic nursing: A handbook for practice*. (7th ed.). Sudbury, MA: Jones & Bartlett.

Eliopoulos, C. (2013). *Invitation to holistic health: A guide to living a balanced life*. (3rd ed.). Sudbury, MA: Jones and Bartlett.

Erickson, H.C. (2006). *Modeling and role-modeling: A view from the client's world*. Cedar Park, TX: Unicorns Unlimited.

Fontaine, K. (2014). *Complementary and alternative therapies for nursing practice*. (4th ed.). Pearson.

Foster, S, & Johnson, R. (2006). *Desk Reference to Nature's Medicine* (1st ed.). National Geographic Society.

Healthcare, Thomson. (2007). *PDR for Herbal Medicines* (4th ed.). Thomson Reuters Publishing.

Helming, M., Barrere, C., Avino, K., Shields, D. (2013). *Core curriculum for holistic nursing*. (2nd ed.). Burlington, MA: Jones and Bartlett.

Leddy, S.K. (2006). *Integrative health promotion: Conceptual bases for nursing practice*. (2nd ed.). Sudbury, MA: Jones & Bartlett.

Libster, M.M. (2017). *The Nurse Herbalist: Integrative Insights for Holistic Practice*. Golden Apple Publications.

O'Brien, M. (2017). *Spirituality in Nursing: Standing on holy ground*. (6th ed.). Jones & Bartlett.

Puchalski, C. M. & Ferrell, B. (2010). *Making health care whole: Integrating spirituality into patient care*. West Conshohocken, PA: Templeton Press.