

AMERICAN HOLISTIC NURSES CREDENTIALING CORPORATION



ADVANCED PRACTICE HOLISTIC NURSE (APHN) CORE ESSENTIALS AND COMPETENCIES

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AHNCC APHN CORE COMPETENCIES, Updated 4/2/2025
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BACKGROUND: ADVANCED PRACTICE HOLISTIC NURSE (APHN) CORE ESSENTIALS AND COMPETENCIES

A. Purpose of an Outline of Essential Knowledge

The Core Essentials for a Certification Program provides a general overview or framework of the knowledge, skills, behaviors, and attitudes needed for national certification in a specific role or specialty in professional nursing. The Core Essentials and Competencies presented here are for the Advanced Practice Holistic Nurse (APHN-BC©) Certification Program.

B. Derivation of knowledge, skills, behaviors, and attitudes

Nursing practice is based on Standards of care (ANA, 2021); the competencies associated with each Standard specify the knowledge, skills, behaviors, and attitudes necessary to perform professionally (Appendix A). Core Values provide a context for implementation of the competencies. Thus, the Standards of Nursing provide the overall framework for professional nursing practice, and competencies *specify knowledge, skills, behaviors, and/or attitudes* needed for the practice as a professional nurse, and core values provide a *context* for nursing practice.

The Standards are identified by the profession; the competencies are derived from the literature and interviews of expert (role or specialty) practitioners; and the core values are defined by the specialty. Competencies are prioritized and validated by a practice analysis study (PAS) or role-delineation study (RDS). Relations among the Standards, Competencies, and Core Values are mapped and validated by practicing members of the specialty.

C. Structure of the Core Essentials Outline and identified Holistic Nurse (APHN) Competencies

the Advanced Practice Holistic Nurse (APHN-BC©) Certification examination is based on the *competencies (which specify or operationalize the Standards), and are mapped within the context of the five (5) Core Values:*

- Holistic Philosophy, Theories, Ethics
- Holistic Nurse Self-Reflection, Self-Development, and Self-Care
- Holistic Caring Process
- Holistic Communication, Therapeutic Relationships, Healing Environments, and Cultural Care
- Holistic Education and Research

The competencies were derived through an extensive review of the literature, and the Standards are drawn from the *Holistic Nursing: Scope and Standards of Practice*. (2019) 3rd edition. Silver Spring, MD-ANA and AHNA. Each competency shown below in Appendix A is organized within the context of the ANA standards of practice and within the AHNA Holistic Nursing Core Values.

D. The Advanced Practice Holistic Nurse (APHN-BC©) Board Certification Examination

The Core Competencies Outline, found in Appendix A, provides study guidelines for the Advanced Practice Holistic Nurse (APHN-BC©) certification candidate. A Preliminary Blueprint for the APHN-BC© examination is provided in Appendix B. The Blueprint, which provides the certification candidate information about the focus of the examination, was derived from the mapping of the competencies according to the AHNA Core Values and statistical findings of the most current RDS. The Blueprint is always adjusted according to the results of the most recent PAS or RDS.

APPENDIX A: AHNCC ADVANCED PRACTICE HOLISTIC NURSE CORE COMPETENCIES

ADVANCED PRACTICE HOLISTIC NURSING COMPETENCIES ARE EMBEDDED WITHIN AHNA STANDARDS OF CARE	CORE VALUES
Please note that the Basic Competencies of Holistic Nursing are subsumed within the standards for Advanced Practice Holistic Nursing practice.	
1. ASSESSMENT: The Advanced Practice Holistic registered nurse collects comprehensive data pertinent to the healthcare consumer's health and or the situation. The Advanced Practice Holistic Nurse:	
1. Partners with clients to explore and validate their story, affirm their intuitive insights, and find meaning embedded in their statements, symbolic language expressed in dreams, images, symbols, sensations, rituals, and prayers; as part of the client's experience.	CV 1 Holistic Philosophies, Theories, and Ethics
2. Assesses, interprets, and synthesizes multiple sources of knowledge, scientific evidence, and humanistic and holistic nursing theories to understand the client's needs/problems/concerns and the context and complexity of their lived experience.	CV 1 Holistic Philosophies, Theories, and Ethics /CV 3 Holistic Caring Process
3. Assesses effects of relationships and interactions among individuals, significant others, family, community, and social systems on the client's health and well-being.	CV 3 Holistic Caring Process
4. Assesses client's sense-of-coherence.	CV 3 Holistic Caring Process
5. Uses aesthetics interpretation as a source for data collection and assessment.	CV 1 Holistic Philosophies, Theories, and Ethics / and CV 3 Holistic Caring Process
6. Uses one's experiential knowing as a source for data collection and assessment.	CV 1 Holistic Philosophies, Theories, and Ethics / and CV 3 Holistic Caring Process
7. Uses advanced assessments, knowledge, and skills to maintain, enhance, or improve health conditions and facilitate growth and development.	CV 3 Holistic Caring Process
8. Assesses for and initiates diagnostic tests and procedures relevant to the healthcare consumer's needs and current status.	CV 3 Holistic Caring Process
2. DIAGNOSIS: The Advanced Practice Holistic registered nurse analyzes assessment data to determine the actual or potential diagnosis or the issues expressed as challenges/problems/needs. The Advanced Practice Holistic Nurse:	
9. Formulates initial nursing diagnoses based on client's needs/situation/problems that are derived from complex data obtained during the interview, assessment, and diagnostic procedures.	CV 3 Holistic Caring Process
10. Synthesizes complex aggregate data/information, best evidence and communication technologies to identify and analyze diagnostic patterns and variances within client's life context and organizational systems.	CV 3 Holistic Caring Process

11. Differentiates clinical findings within normal and/or abnormal variations.	CV 3 Holistic Caring Process
3. OUTCOMES IDENTIFICATION: The Advanced Practice Holistic registered nurse identifies expected outcomes for a plan individualized to the healthcare consumer or the situation. (The holistic nurse values the evolution and the process of healing as it unfolds. Unfolding outcomes may not be immediately evident, due to the nonlinear nature of the healing process, so both expected and unexpected or anticipated and evolving and emerging outcomes are considered. The Advanced Practice Holistic Nurse:	
12. Partners with client and facilitates other inter-professional healthcare providers to formulate culturally sensitive patient outcomes, consistent with the diagnoses, client's perceived needs and quality of life, individualized life patterns/processes, ethical concerns, circumstances, and resources, for consistency and continuity of care.	CV 1 Holistic Philosophies, Theories, and Ethics /CV 3 Holistic Caring Process
13. Documents holistic, inter-professional outcomes, derived from the nursing diagnoses, with realistic time frames in a secure, ethical, and retrievable manner.	CV 1 Holistic Philosophies, Theories, and Ethics / and CV 3 Holistic Caring Process
14. Differentiates outcomes that require system-level interventions from the graduate prepared holistic nurse.	CV 3 Holistic Caring Process
4. PLANNING: The Advanced Practice Holistic registered nurse develops a plan that prescribes strategies and alternatives to attain expected outcomes. The Advanced Practice Holistic Nurse:	
15. Uses expertise, advanced knowledge of psychoneuroimmunology, physiology, and anatomy, evidence-informed knowledge, therapeutic interventions, complementary and integrative health approaches, nursing diagnoses, ongoing assessment strategies, and standards of care that reflect the client's experiences, current evidence, including data, research, literature and expert-practice based knowledge when developing plan of care.	
16. Uses linguistic and symbolic language to explore possible strategies, including but not limited to, word associations, dreams, journaling, and storytelling, with the client.	CV 3 Holistic Caring Process
17. Selects or designs, in partnership with the client, innovative nursing practices and plans of care, including a synthesis of the client's values, beliefs, preferences, and choices regarding nursing, medical and complementary/integrative approaches, that meet the individual(s) multifaceted holistic complex needs.	CV 1 Holistic Philosophies, Theories, and Ethics / and CV 3 Holistic Caring Process
18. Evaluates self-care and personal resources needed to facilitate and support the planning process on an ongoing basis.	CV 2 Holistic Nurse Self-Reflection, Self-Development, and Self-Care / CV 3 Holistic Caring Process
19. Uses <i>prescriptive authority</i> and diagnostic strategies, pharmacological agents and treatments, procedures, nutritional supplements, herbal and homeopathic remedies, referrals, interventions, and therapies according to client's clinical indicators/results of their diagnostic and laboratory tests, that are aligned with state and federal laws and regulations, when creating a plan of care.	CV 3 Holistic Caring Process

5. IMPLEMENTATION: The Advanced Practice Holistic registered nurse implements the identified plan (Sometimes the plan is not directed to clinical care but administrative, educational, or other foci). The Advanced Practice Holistic Nurse:	
20. Applies standards, principles, theories, Core Values and translates evidence into practice when identifying and utilizing methods, tools, and outcome measures, as they relate to implementation of the plan and holistic nursing practice.	CV 1 Holistic Philosophies, Theories, and Ethics/ CV 3 Holistic Caring Process
21. Collaborates with nurses and the inter-professional team to integrate systems, organizations, and community resources for optimal implementation of the holistic plan.	CV 3 Holistic Caring Process
22. Leads and maintains an ongoing dynamic holistic caring process to ensure consistent and ongoing effective implementation of the holistic plan of care.	CV 1 Holistic Philosophies, Theories, and Ethics / and CV 3 Holistic Caring Process
23. Proposes tests/procedures to the healthcare team, as indicated by client's condition/needs/situation.	CV 3 Holistic Caring Process
24. Leads and facilitates staff and colleagues in developing and maintaining competency in the holistic caring processes.	CV 1 Holistic Philosophies, Theories, and Ethics /CV3 Holistic Caring Process
25. Documents referrals, including provisions for continuity of holistic care, in a secure and retrievable manner.	CV 3 Holistic Caring Process
26. <i>Prescribes</i> traditional and complementary/integrative evidence-based treatments, therapies, procedures and approaches that are compatible with the client's worldview, beliefs, choices, values, and cultural preferences.	CV 3 Holistic Caring Process
27. Prescribes agents that are aligned with the client's resources for obtaining the agents, storing them, and administering them.	CV 3 Holistic Caring Process
28. Synthesizes multiple sources of knowledge/information, including client self-knowledge when recommending holistic or integrative interventions.	CV 3 Holistic Caring Process
29. Provides client with information about cost benefits, contraindications, possible interactions, and expected outcomes of planned treatment (including but not limited to pharmacologic agents, laboratory tests, diagnostic procedures, etc.) and integrative options.	CV 3 Holistic Caring Process
30. Documents collaborative discussions with client(s) and other healthcare providers including holistic plan changes, communications, and rationale in a secure and retrievable manner.	CV 3 Holistic Caring Process
31. Documents referrals, including provisions for transition and continuity of holistic care in a secure and retrievable manner.	CV 3 Holistic Caring Process
5a. COORDINATION OF CARE: The Advanced Practice Holistic registered nurse coordinates care delivery. The Advanced Practice Holistic Nurse:	

32. Integrates and synthesizes inter-professional information needed to prescribe strategies important to client's perceived wellbeing, including community support and/or modifications of surroundings.	CV 3 Holistic Caring Process
33. Assumes leadership in the organization and coordination of interprofessional holistic healthcare for integrated delivery to achieve and facilitate optimal client care that reflects the priorities of clients and their significant others.	CV 3 Holistic Caring Process
34. Coordinates system-wide data, information, and resources needed to provide necessary system and community support measures, including modifications of environments.	CV 3 Holistic Caring Process
35. Documents coordination of inter-professional holistic, person-centered care in a manner that is secure, ethical and easily retrievable and utilizes appropriate information systems.	CV 3 Holistic Caring Process
36. Refers and follows-up on clients as indicated.	CV 3 Holistic Caring Process
5b) Health teaching: The Advanced Practice Holistic registered nurse employs strategies to promote holistic health/ wellness, and a safe environment. The Advanced Practice Holistic Nurse:	
37. Synthesizes empirical evidence on risk behaviors, gender roles, learning and behavioral change theories, humanistic, motivational and translation theories, epidemiology, and other applicable theories and frameworks when designing health education information and programs.	CV 3 Holistic Caring Process
38. Develops and provides holistic health promotion materials based on theory, informed by evidence and based on cost-effectiveness research appropriate to the client's unique situation.	CV 1 Holistic Philosophies, Theories, and Ethics /CV 3 Holistic Caring Process/ and CV 5 Holistic Education/Research
39. Assists staff in developing and maintaining competency in holistic processes.	CV 3 Holistic Caring Process
40. Partners with multiple stakeholders (e.g., clients, advocates, etc.) to create holistic health documents and health policies supporting the holistic caring process.	CV 3 Holistic Caring Process
41. Provides nurses with educational programs that explain and expand holistic nursing.	CV 1 Holistic Philosophies, Theories, and Ethics / CV 3 Holistic Caring Process
42. Incorporates comparative-effectiveness recommendations when planning and implementing teaching and counseling processes informed by evidence, standards, and guidelines.	CV 3 Holistic Caring Process
43. Evaluates holistic health information acquired from various sources (e.g., books, brochures, internet, etc.) for accuracy, readability, comprehensibility, quality, and appropriateness for the individual.	CV 3 Holistic Caring Process

44. Considers and evaluates effectiveness of holistic health information provided to help people learn about themselves and their conditions or situations.	CV 3 Holistic Caring Process
45. Partners with clients in various settings to promote health and well-being, prevent illness, and provide anticipatory guidance.	CV 3 Holistic Caring Process
46. Provides inter-professional team members information on holistic principles and practices that are indicated by client's situation, worldview, and research findings.	CV 3 Holistic Caring Process
6. EVALUATION: The Advanced Practice Holistic registered nurse evaluates progress toward attainment of goals and health outcomes. The Advanced Practice Holistic Nurse:	
47. Evaluates and analyzes therapeutic effects, possible side-effects, and possible contraindications and interactions of all prescribed pharmacologic agents and treatments.	CV 3 Holistic Caring Process
48. Partners with client to evaluate the accuracy of the diagnosis, effectiveness of interventions, including therapeutic and potential adverse side effects, and interactions of pharmacological and non-pharmacological treatments, change in meaning of experience, and <i>client's expected outcomes</i> .	CV 3 Holistic Caring Process
49. Partners with client to evaluate effectiveness of holistic nursing plan and to adapt care plan as indicated by evaluation, resources, and/or situation.	CV 3 Holistic Caring Process
50. Partners with the client and other healthcare providers (when appropriate) to evaluate the accuracy of <i>the interdisciplinary</i> diagnoses, and achievement of the expected outcomes, and intervention effectiveness.	CV 3 Holistic Caring Process
51. Synthesizes results of evaluations to determine the impact of care and incorporates new knowledge and strategies to initiate change in plan of care if desired outcomes are not achieved or outcomes have changed, while recognizing and honoring the continuing holistic nature of the healing process.	CV 3 Holistic Caring Process
52. Proposes changes in healthcare processes, and/or systems using quality improvement science/ evaluation and analysis as indicated to support holistic care.	CV 1 Holistic Philosophies, Theories, and Ethics and / CV 3 Holistic Caring Process
7. ETHICS: The Advanced Practice Holistic registered nurse practices ethically. The Advanced Practice Holistic Nurse:	
53. Reflects on how they interact and practice with people from diverse backgrounds and in diverse systems and how it affects those they are working with as well as other stakeholders.	CV 1 Holistic Philosophies, Theories, and Ethics and / CV 2 Holistic Nurse Self-Reflection, Self-Development, and Self-Care

54. Advocates for and leads system, organizational/institutional, community, national and global changes/policy/legislation that facilitate social equality, equity, inclusion, belonging, and justice for all people, with special attention to underserved populations, i.e., BIPOC, Veterans, Homeless, LGBTQIA+, etc.	CV 1 Holistic Philosophies, Theories, and Ethics
55. Embraces and emulates a professional ethic of caring and healing.	CV 1 Holistic Philosophies, Theories, and Ethics
56. Preserves the personal integrity of self and wholeness and dignity of others.	CV 1 Holistic Philosophies, Theories, and Ethics
57. Participates in inter-professional teams that address ethical risks, benefits, and outcomes.	CV 1 Holistic Philosophies, Theories, and Ethics
58. Contributes actively and proactively to create an ecosystem that supports well-being of all life.	CV 1 Holistic Philosophies, Theories, and Ethics and / CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
59. Uses expert knowledge and skills to influence inter-professional decision-making related to ethical holistic healthcare.	CV 1 Holistic Philosophies, Theories, and Ethics
8. CULTURALLY CONGRUENT PRACTICE: The Advanced Practice Holistic registered nurse practices in a manner that is congruent with cultural diversity and inclusion principles. The Advanced Practice Holistic Nurse:	
60. Evaluates tools, instruments and services provided to culturally diverse populations to assess appropriateness of fit and use.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
61. Advocates for and advances organizational policies, legislative action, programs, services, and practices that reflect and support respect, equity, and values of diversity and inclusion.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
62. Leads and engages consumers, key stakeholders and others in designing and promoting internal and external cross-cultural partnerships.	CV4 Holistic Communication Therapeutic Relationship /Healing Environment / Cultural Care
63. Conducts and publishes research that seeks to inquire about and increase awareness in order to improve the cultural context of the healthcare system.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care

64. Develops recruitment and retention strategies to achieve a multicultural workforce.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
9. COMMUNICATION: The Advanced Practice Holistic registered nurse communicates effectively in all areas of practice. The Advanced Practice Holistic Nurse:	
65. Creates and engages in interprofessional activities, including but not limited to, education, consultation, management, technological development or research to achieve optimal holistic health outcomes.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
66. Uses advanced knowledge and skills to promote open communication with the client and among the inter-professional team members.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
67. Uses story-telling to reframe experiences.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
68. Documents collaborative discussions (including holistic plan changes, decisions made, communications, and rationale).	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
69. Documents referrals, including provisions for continuity of holistic, person-centered care using appropriate tools, technology, and information systems.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
10. COLLABORATION: The Advanced Practice Holistic registered nurse collaborates with healthcare consumer, family, and other Advanced Practice stakeholders in the conduct of holistic nursing practice. The Advanced Practice Holistic Nurse:	
70. Makes referrals, performs follow-up as needed, and documents actions taken in an ethical, secure, and retrievable manner.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
71. Provides and enhances consultation to stakeholders by integrating and synthesizing data from multiple sources of evidence including: clinical data, theoretical frameworks, organizational structures, belief/value systems, and scientific evidence.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
72. Consults and concisely communicates with nursing colleagues and inter-professional teams to provide leadership, additional insights and potential solutions, facilitate change, contribute to role development and negotiate role responsibilities and decision-making to bring about desired changes in advanced practice holistic nursing, and/or holistic, person-centered healthcare.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care

73. Collaborates with interdisciplinary leaders to create and implement strategies, plans of care, policy/legislation and system changes that support social equality and equity in healthcare at the local, state, national and international levels.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
74. Develops practice environments that value and model holistic communication as fundamental to collaboration with others.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
11. LEADERSHIP: The Advanced Practice Holistic registered nurse demonstrates leadership in the professional practice setting and the profession. The Advanced Practice Holistic Nurse:	
75. Analyzes trending patterns of care and outcomes to contribute to improving holistic nursing practice in complex dynamic situations, systems, and organizations.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
76. Provides transformational leadership for nursing and inter-professional groups aiming to improve holistic healthcare and interprofessional collaboration.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
77. Leads initiatives, activities, programs, etc. to advance holistic nursing for nurses, patients, community and the planet.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
78. Leads and facilitates staff and/or colleagues in developing and maintaining competency in the holistic caring processes.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
79. Models expert holistic nursing practice to clients, colleagues, and inter-professional team members.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
80. Mentors nurse colleagues in the acquisition and use of holistic nursing knowledge, skills, abilities, judgement, and ways of knowing important for each phase of the caring process.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
81. Uses advanced, expert communication, knowledge, and skills to promote relationships and influence inter-professional decision-making related to holistic client care.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
82. Develops strategies to incorporate transformational leadership principles into practice.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care

83. Leads the development of continuous improvement of complex adaptive systems and processes that support and/or provide holistic care.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
84. Provides professional organizational leadership needed to expand provisions of <i>holistic nursing and patient centered-care</i> at local, state, national and international levels.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
85. Leads in strategies or changes in healthcare systems that actualize the UN Sustainable Development Goals at the local, national, and global levels.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
86. Uses evidence-informed research to create and advocate for policy changes that promote holistic nursing practice at the individual, organizational, community, state, or national level.	CV4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
12. EDUCATION: Advanced Practice Holistic registered nurse attains knowledge and competence that reflects current nursing practice. The Advanced Practice Holistic Nurse:	
87. Uses current healthcare research findings, theories, and other sources of evidence to enhance holistic practice; and to increase knowledge of professional issues and changes in national standards for practice and trends in holistic nursing and person-centered care.	CV 5 Holistic Education/Research
88. Considers and evaluates effectiveness of holistic health information provided to help people learn about themselves and their conditions or situations.	CV 5 Holistic Education/Research
89. Uses expertise and knowledge to facilitate educators to create curricula and educational programs that support and mentor nursing students in the foundation of holistic nursing.	CV 5 Holistic Education/Research
90. Provides educational programs for nurses and colleagues that explain and expand holistic nursing practice.	CV 5 Holistic Education/Research
91. Educates and disseminates holistic nursing research to practitioners and the public.	CV 5 Holistic Education/Research
92. Provides professional organizational leadership needed to expand provisions of holistic healthcare at local, state, national and international levels.	CV 5 Holistic Education/Research
13. EVIDENCE-BASED PRACTICE/RESEARCH (EBP): The Advanced Practice Holistic registered nurse integrates evidence and research findings into practice. The Advanced Practice Holistic Nurse:	
93. Advocates for and educates others about the three components of Evidence-Informed Practice.	CV 5 Holistic Education/Research

94. Provides guidance and leadership for nurse colleagues (and others as indicated); and participates in the research process to identify and prioritize research questions or inquiry, that focus on the holistic nursing paradigm, (i.e., understanding/improving health/wellness/ healing and wellbeing, spirituality, cultural beliefs and practices and whole-health.	CV 5 Holistic Education/Research
95. Critiques research projects and results to determine appropriateness for application to holistic nursing practice.	CV 5 Holistic Education/Research
96. Uses nursing theory to base and guide research projects.	CV 5 Holistic Education/Research
97. Promotes a climate of research and clinical inquiry to further holistic nursing practice.	CV 5 Holistic Education/Research
98. Uses research findings to develop policies, procedures, and practice guidelines for holistic client care.	CV 5 Holistic Education/Research
99. Initiates and promotes a program of research that supports evidence-informed holistic nursing practice and healthcare, and holistic nursing-based education.	CV 5 Holistic Education/Research
100. Provides guidance and leadership for nurse colleagues (and others as indicated) in the research process and the use of research findings in their practice.	CV 5 Holistic Education/Research
101. Utilizes and disseminates research findings, through activities, including but not limited to, presentations, publications, journal clubs, consultations, to further advance and develop the foundation and practice of holistic nursing.	CV 5 Holistic Education/Research
14. QUALITY OF PRACTICE: The Advanced Practice Holistic registered nurse contributes to quality nursing practice. The Advanced Practice Holistic Nurse:	
102. Engages in consistent introspective self-care practices that facilitate the work and development of expanding consciousness, inner knowing, compassion, appreciation, gratitude and reflective practice.	CV 1 Holistic Philosophy/Theory/ Ethics and /CV 2 Holistic Nurse Self-Reflection, Self-Development, and Self-Care
103. Identifies practice situations important for quality monitoring and research; using available benchmarks/tools to evaluate holistic nursing practice and holistic healthcare at the individual, departmental, organizational community, state, federal, and global levels.	CV 5 Holistic Education/Research
104. Develops indicators to monitor and/or standardize quality and effectiveness of holistic nursing practice.	CV 1 Holistic Philosophy/Theory/ Ethics and /CV 5 Holistic Education and Research
105. Provides leadership in designing and implementing quality improvement initiatives to enhance holistic healthcare outcomes.	CV 1 Holistic Philosophy/Theory/ Ethics

106. Oversees the data collection process to monitor quality and effectiveness of holistic nursing practice.	CV 1 Holistic Philosophy/Theory/ Ethics and /CV 5 Holistic Education and Research
107. Incorporates the results of research and quality improvement activities to initiate changes in holistic nursing practice and in the healthcare delivery system.	CV 1 Holistic Philosophy/Theory/ Ethics and /CV 5 Holistic Education and Research
108. Analyzes quality-review data to formulate recommendations for improving holistic nursing practice and support system-level decision making.	CV 5 Holistic Education and Research
109. Develops and standardizes Holistic Nursing guidelines, protocols, and practice.	CV 1 Holistic Philosophy/Theory/ Ethics
110. Promotes expertise in Holistic Nursing practice to assure quality of care to clients.	CV 1 Holistic Philosophy/Theory/ Ethics
111. Uses quality improvement strategies and inquiry to develop evidence-informed practice.	CV 1 Holistic Philosophy/Theory/ Ethics and /CV 5 Holistic Education and Research
112. Uses evidence-informed research to create and advocate for policy changes that promote holistic nursing practice at the individual, organizational, community, state, or national level.	CV 1 Holistic Philosophy/Theory/ Ethics and /CV 5 Holistic Education and Research
15. PROFESSIONAL PRACTICE EVALUATION: The Advanced Practice Holistic registered nurse evaluates one's own and other's nursing practice. The Advanced Practice Holistic Nurse:	
113. Engages in formal feedback processes with nursing colleagues to evaluate one's own holistic practice, knowledge, and skills as they relate to current professional practice standards and guidelines, relevant statutes, laws, regulations, and rules.	CV 2 Holistic Nurse Self-Reflection, Self-Development, and Self-Care
114. Seeks and utilizes formal inter-professional processes to evaluate own holistic practice, knowledge, and skills in respect to current professional practice standards, rules, regulations, and laws.	CV 2 Holistic Nurse Self-Reflection, Self-Development, and Self-Care
115. Engages in inter-professional processes to evaluate holistic patient care and organizational issues, given current professional practice standards and guidelines.	CV 2 Holistic Nurse Self-Reflection, Self-Development, and Self-Care
116. Synthesizes results of evaluation findings to determine the impact of care and proposes changes in healthcare processes, delivery, and/or systems.	CV 2 Holistic Nurse Self-Reflection, Self-Development, and Self-Care
117. Critically examines integrative practices indicated in any treatment plan for their efficacy, safety, and appropriateness based on client's needs and plan of care.	CV 2 Holistic Nurse Self-Reflection, Self-Development, and Self-Care
16. RESOURCE UTILIZATION: The Advanced Practice Holistic registered nurse utilizes appropriate resources to plan, provide, and sustain evidence-based nursing services that are holistic, safe, effective, and fiscally responsible. The Advanced Practice Holistic Nurse:	

118. Assigns or delegates tasks based on holistic needs and conditions of clients, potential for harm, stability of client's condition, complexity of the task, predictability of the outcome, and professional's expertise.	CV 4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
119. Develops innovative strategies and solutions to use resources effectively and maintain quality while being aligned with client's needs and worldview.	CV 4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
120. Engages and uses organizational / community resources to formulate and implement interprofessional care plans.	CV 4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
121. Develops evaluation strategies that address and demonstrate cost-effectiveness, cost-benefits, and efficiency factors congruent with holistic nursing practice.	CV 4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
17. ENVIRONMENTAL HEALTH: The Advanced Practice Holistic registered nurse practices in an environmentally safe and healthy manner. The Advanced Practice Holistic Nurse:	
122. Actively uses self to create a safe, healing environment for clients and caregivers.	CV 4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
123. Creates partnerships that promote sustainable global health policies and that focus on the prevention of environmental hazards or conditions to people and the natural environment.	CV 1 Holistic Philosophies, Theories, and Ethics and /CV 4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
124. Analyzes the impact of multiple forces (i.e., social, political, human, economic) on the complex dynamics between the environment and quality of life.	CV 4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
125. Critically evaluates popular media presentations of environmental health issues to promote change.	CV 4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
126. Advocates for implementation of holistic environmental principles/ policies/laws, and regulations to create safe, sustainable, and healthy environments at the local, regional, national, and global levels for all populations.	CV 4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care

127. Develops healing environments that recognize, value, and demonstrate holistic communication as fundamental to care.	CV 4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
128. Evaluates the practice environment to identify research opportunities and/or questions, relevant to holistic nursing.	CV 4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
129. Works to correct environmental factors that interfere with health and wellbeing from the local to global level.	CV 4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
130. Leads nurses in implementing holistic environmental principles and balancing relationships of all kinds from the local to global level to establish sustainable practices for health, healing and wellbeing of all.	CV 4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
131. Considers and evaluates different perspectives and meaning in various situations, settings, and client worldviews to facilitate changes for the betterment of human and environmental conditions.	CV 4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
132. Acts as a leader, collaborator, consultant, educator, and change act in evaluating global environmental health issues related to environmental health and safety, designing holistic plans of care that address all effects of environmental changes on health, welfare, wellbeing, and quality of life; and assisting in reducing or eliminating environmental hazards.	CV 4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care
133. Assesses relationships and interactions among individuals, families, the community, and social <i>systems on the environment/<u>community's</u> (and/or society's) well-being.</i>	CV 4 Holistic Communication / Therapeutic Relationship /Healing Environment / Cultural Care

APPENDIX B
ADVANCED PRACTICE PREPARED HOLISTIC NURSING (APHN-BC®) CERTIFICATION EXAMINATION BLUEPRINT

Advanced Practice Prepared Holistic Nurse-Board Certified (APHN-BC®) Test Blueprint Areas

Test Blueprint Areas by AHNA Core Values	% of Test
A. Core Value 1: Holistic Philosophy, Theory, Ethics	11-13%
B. Core Value 2: Holistic Nurse Self-Reflection, Self-Development, and Self-Care	2-4%
C. Core Value 3: Holistic Caring Process	42-44%
D. Core Value 4: Holistic Communication, Therapeutic Relationship, Healing Environment, and Cultural Care	24-26%
E. Core Value 5: Holistic Education and Research	16-18%
Total	100%