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Integrative medicine is defined as healing-oriented medicine that takes account of the whole person (body, mind, and spirit) as well as all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of appropriate therapies, both conventional and alternative.

This volume is the first complete roadmap to integrative nursing, providing a step-by-step guide to assess and clinically treat conditions through a variety of combined methodologies including wellness, lifestyle enhancement, and nutrition. This text puts forth both the skills and theoretical frameworks for multidisciplinary leaders to consider and implement integrative healthcare strategies within institutions, including several case studies involving practical nursing-led initiatives.

Sections one and two cover the foundations, including principles and best practices, healing environments, whole systems healing, and measurement of outcomes. The third section outlines major areas of symptom management such as pain, nausea, insomnia, anxiety, depression, stress, and behavioral dysfunction. The fourth and fifth sections address applications to patient populations, models of care, and models of education. The final section collects global perspectives.

The academic rigor of the text is balanced by practical and relevant content that can be readily implemented into practice for both established professionals as well as students enrolled in undergraduate or graduate nursing programs.

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