

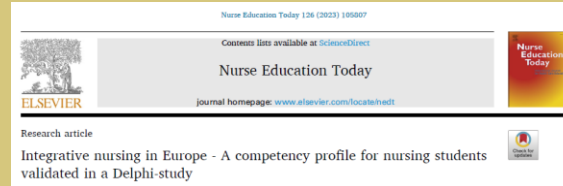
Developing the INES Competency profile for integrative nursing students

Anita Lunde¹, Thora J. Gunnarsdottir PhD², Martine Busch³, Marianne J.E. van der Heijden PhD⁴,
Torkel Falkenberg PhD⁵, Monique van Dijk PhD⁴ and Dorte Wiwe Dürr¹

Integrative Nursing Education Series (INES) project is an EU-funded project which involves collaborative work between medical and academic institutions in four European countries. The aim is to strengthen European nursing students' knowledge, attitudes and skills, regarding Integrative Nursing and complementary non-pharmacological interventions.

Currently, a common European approach on how to educate healthcare professionals on complementary and non-pharmacological interventions for symptom management and its integration in nursing curricula is non-

existent. Nurses have reported that a main barrier to apply integrative nursing is the lack of formal education. This work package aimed to develop and validate integrative nursing learning outcomes in competency profile for bachelor nursing students.



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Appropriate learning outcomes for nursing students regarding: Responsibility and autonomy

- Use a holistic and integrative approach in relation to basic nursing and clinical decision-making in non-complex patient situations
- Evaluate and apply simple evidence-based complementary and non-pharmacological therapies in relief of symptoms such as anxiety, pain and nausea within the context of a nursing care plan
- Evaluate and apply simple evidence-based complementary and non-pharmacological therapies for wellbeing and relaxation
- Recognize own self-care practices in work and life situations
- Analyze when patient situations are complex and if possible refer patients to a specialist in integrative nursing or consult a relevant healthcare professional
- Demonstrate autonomy in continuous personal work with own limits, self-reflectivity and professional curiosity

A two-round Delphi study was conducted with experts on integrative nursing and nursing education from 8 European countries. 19 out of 23 experts participated.

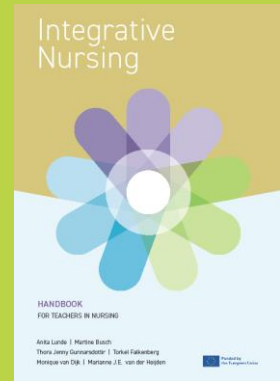
The expert panelists rated their level of agreement with suggested learning outcomes covering "Knowledge, Skills, Responsibility and Autonomy" on a nine-point Likert scale

After two Delphi rounds, 24 included learning outcomes were classified as appropriate with median levels between 7-9, none were classified as inappropriate in the two rounds.

The validated learning outcomes follow the European Qualification Framework and include general knowledge about selected complementary and non-pharmacological interventions, safety, national rules and regulations, communication and ethical skills and competencies for self-care actions and for applying simple evidence-based complementary therapies and non-pharmacological intervention in nursing practice.

In conclusion the profile consists of validated competencies; the high degree of consensus from the expert panelists makes the learning outcomes relevant for structuring a teaching module for nursing students about integrative nursing.

Read more in the INES Handbook for teachers. The Handbook is available for free as a interactive pdf file. Download using the QR code:



¹ Department of Nursing, VIA University College, Horsens, Denmark, ²University of Iceland, Reykjavik, Iceland, ³Van Praag Institute, Utrecht, The Netherlands, ⁴Department of Internal Medicine, Division of Nursing Science, Erasmus University Medical Center, Rotterdam, The Netherlands ⁵ Department of Neurobiology, Care Sciences and Society, Division of Nursing, Karolinska Institutet, Stockholm, Sweden

