

Lerner Holistic Integrative Health Fellowship Podcast

1 "Vincenza Coughlin" (188704512)

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Hello listeners and welcome to today's episode of the Nursing Station podcast. My name is Vincenza Coughlin, and I will be the facilitator for today, and we'll be talking about the Lerner Holistic Integrative Health Nursing Fellowship, which is a groundbreaking program that offers a unique and immersive experience that.

As a reminder, the products under services of a commercial interest that would create a conflict of interest. Okay, to get started, we have two amazing guests. Would you like to introduce yourselves a little bit more?

3 "Rosemarie Yurcak" (2582467328)

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Thanks for having me on. My name is Rosemary Yurcak. I'm a Senior Nurse Clinician at OSC and also a fellow in the Integrative Health Nursing Fellowship this year.

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Excellent. Welcome again. Ok, so now let's talk more about the Lerner Holistic Integrative health Fellowship Program. Katrina, can you share about the goals of the fellowship program? Sure.

5 "Katrina Vigo" (1732889088)

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So 1st I just want to mention that we are very grateful for the generous gift from the Late Sid and Helene Lerner. They are philanthropists who have provided support for our integrative health program actually since the 1990s, and they have provided support for this fellowship, which includes.

6 "Katrina Vigo" (1732889088)

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A hundred and 72 h of dedicated time for NYU Langone health nurses for participation. And the fellowship is so exciting because it's the 1st of its kind in the nation and it's open to all licensed registered nurses within and outside of NYU. And as you mentioned, through.

7 "Katrina Vigo" (1732889088)

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Through the program which is nine months, the fellows, they develop an understanding of holistic nursing, integrative health, and the mind body connection, and they also get to practice self care techniques and build resiliency skills, and then once they've gained an understanding of that, they then apply these.

8 "Katrina Vigo" (1732889088)

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Evidence informed techniques to both their personal and professional practices. And then another big component of the program is that fellows actually develop and implement an integrative health based project, and

the goal of this project is to really impact the well being of either patients staff or caregivers within the organization, and this really sets them up to be leaders and agents of change of whole health within their institutions.

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Wow, thanks. Katrina, this sounds like an exciting program with many opportunities for professional and personal development. I especially like the mention of nursing serving nurses serving as leaders of whole health. Can you talk a little bit more about that concept of whole health?

10 "Katrina Vigo" (1732889088)

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Yes. So I would love to talk about that, so that people understand what this means. So, when we talk about whole health or if you're hearing that word holistic, we're basically talking about a system or an approach that looks at a person as a whole and not just their diagnosis.

11 "Katrina Vigo" (1732889088)

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So, when we use a whole health approach, the number one focus is the person. So e.g., what is important to them? This can include their relationships, their religion or spirituality, their environment, their lifestyle, e.g., what they eat, how they move their bodies, how they.

12 "Katrina Vigo" (1732889088)

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They incorporate invest and also equipping them with self-care or coping skills that fit into their lives. And so that piece is really important, right? Because has anyone ever told you something like, you need to make this change? You need to exercise more. And you think, yeah, well, that's easier said than done, but how is this.

13 "Katrina Vigo" (1732889088)

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It's realistically going to fit into my life, right? So it's very individualized and we want to understand what works for that patient. And so that's the next very important piece. So as a care team, we not only treat patients with clinical care, but we're really cultivating healing environments and relationships that empower patients. So, we're encouraging them to participate in self-reflection, choice, they have autonomy to make their own decisions. So the way that we do this is we, we just.

14 "Katrina Vigo" (1732889088)

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Ask them, like, what has worked for you before or maybe is this something that you'd be willing to try and we really figure out how these hoping techniques and skills can fit into their current life without having to change too much, you know, of what they're doing. And then the one last thing I just want to touch on.

15 "Katrina Vigo" (1732889088)

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Is the science that the mind and body are intricately connected and research does show a link between our emotions, stress, and the impact that it has on our physical health. So, we can teach integrative health or mind body skills that can regulate this stress response in our bodies.

16 "Katrina Vigo" (1732889088)

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So e.g. skills like mindfulness, meditation or relaxation breathing, just to name a few. And the fellowship is really unique and that it brings all of those concepts together with a focus on the self 1st, and then fellows can take what they learn and apply it to patients, caregivers, colleagues, their families, and even.

17 "Katrina Vigo" (1732889088)

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Into their communities. Thank you.

18 "Vincenza Coughlin" (188704512)

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For that background, that's really helpful. And I think in nursing we're often advocates of holistic care and whole health for ourselves and for patients. And so I really appreciate the mention of looking into ourselves and, and then seeing that reflection in our practice.

21 "Vincenza Coughlin" (188704512)

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Ok, can you tell us more about the special opportunities within the fellowship?

22 "Katrina Vigo" (1732889088)

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Yeah. So, we are announcing two new opportunities. The 1st is a research track. This is for NYU Lingoine health nurses, and the research track is designed to educate nurses on how to conduct integrated health research in a healthcare setting. So instead of designing their own project, the research.

23 "Katrina Vigo" (1732889088)

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Which fellow will actually aid the associate director of research on the department's program of research. And then the 2nd opportunity that we have is the health equity scholar designation. So the candidate who receives this designation of the health equity scholar and the fellowship, they will have a mission to.

24 "Katrina Vigo" (1732889088)

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Promote equity and health outcomes and create a culture of inclusive excellence and nursing and also lead in the development and implementation of holistic evidence-based solutions that relate to health equity. And this was really aligned with NYU Langone's Institute for Excellence in health equities mission as well. And to be eligible for the candidates must meet certain criteria, that information is found on our website and I know we will be linking that at the end of this podcast, and if candidates are interested in either of these opportunities, they can apply for it with their application.

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That's great, and I'm not sure if all the listeners know that NYULH is the Joint Commission Health Equity accredited. So this aligns really well with our quality and practice initiatives across the system. Can you share more about how the curriculum is structured?

28 "Katrina Vigo" (1732889088)

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Sure. So, the fellowship was really designed to advance the professional development of nurses, and we do have a variety of ANCC approved courses, and the curriculum is 172 h over a nine-month period, and we know that everybody learns differently, so we have blended learning and that includes live learning, virtual learning, and self-paced learning, and fellows will dedicate basically 19 to 20 h a month to the fellowship, and they also get paired with a mentor that will help guide them through the process of the fellowship and the development of their project. And the curriculum is really based on the core holistic nursing values. So we talk about things like holistic nursing, integrative health, and the mind body connection.

31 "Katrina Vigo" (1732889088)

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We also focus on self-reflection and self-care cause as we mentioned, it, it has to start with our selves 1st. We talk about the holistic caring process and what that looks like when we're integrating that into our professional practice. We also talk about health equity, cultural diversity, and trauma, informed care. And the curriculum also includes, as I mentioned, the mentorship experience and project development.

32 "Katrina Vigo" (1732889088)

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And implementation, which is really going support that evidence-based practice and research, and of course encompasses professional development and continuing education for nurses to further their career even beyond this fellowship. Great.

33 "Vincenza Coughlin" (188704512)

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That sounds like an interesting and a rigorous program with lots of helpful and important content. Can you tell us about the eligibility and application process?

34 "Katrina Vigo" (1732889088)

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Sure. The fellowship is open to both NYU Langone Health and non NYU Langone health employees, and to be eligible, you must be a licensed registered nurse, you have to have a strong interest in holistic nursing or integrated health, and also a desire to really implement that holistic based project in your organization. The last piece is that you must receive written support from your nurse manager at NYU Langone or from an institutional mentor outside of NYU Langone.

35 "Katrina Vigo" (1732889088)

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And applications are now available there on our website. They will be open until 1 October and this is for our January to September 2025 cohort. For external applicants, we do also offer a range of tuition

assistant options, so that includes the health equity scholarship designation, the candidate who receives this will actually receive a tuition waiver for the fellowship.

36 "Katrina Vigo" (1732889088)

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We also have other options including institutional support from your institution and our match program. So we really want to ensure that the program is accessible to all interested candidates. Awesome. Okay, the.

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00:11:11.879 --> 00:11:26.078

Next question is for Rosemarie, so you mentioned you were one or you, sorry, you are one of the fellows from the 1st cohort. Can you share more about your experience of the fellowship and why you decided to apply? Yes.

38 "Rosemarie Yurcak" (2582467328)

00:11:26.078 --> 00:11:45.079

Of course, Vincenza, I would love to. So, when I received the email about the fellowship, I was very excited because through my life and being an or orthopedic nurse and a caregiver most of my life, I used non-pharmacological holistic methods or modalities on my own. So I wanted to learn more so I can implement them with my patients. But starting with myself 1st, I was extremely excited because I kind of already had an idea of what my project would be like.

40 "Rosemarie Yurcak" (2582467328)

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And so when I mentioned it to my Nurse Manager She said, of course, and asked my director and they were very excited for me to apply and I was very excited to be accepted. Being in the fellowship, Katrina was my mentor. She was extremely supportive. There was a lot to learn and Katrina was always encouraging and supporting me through all the new practices and modalities that were out there to be learned.

41 "Rosemarie Yurcak" (2582467328)

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We had group meetings every month. We met one on one meetings. We also had monthly journals and set goals for ourselves and modules. The fellowship was ever evolving and learning new practices and all this could have not been done with the enormous support of my leadership at OSC, my manager Maria Fezza.

42 "Rosemarie Yurcak" (2582467328)

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Andy Cream and my director, Christina, my assistant nurse manager, and, the Department Integrative Health Program Manager Dara Salmaggi.

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Great. Can you share about your project, including the goals and outcomes?

44 "Rosemarie Yurcak" (2582467328)

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Looking at OSC for already eight years and, the caregivers will always be sitting in the lobby waiting for their surgical loved ones to come out. And you can see the anxiety on those caretakers and all they did was they

didn't have anything in the lobby really other than watching the board change from pre op to interop to post op. So I wanted some modalities to de stress them to take their mind off.

45 "Rosemarie Yurcak" (2582467328)

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So Dara had this resource cart, so I took some of the resources from her cart. And since I'm on the lavender team, I use the aromatherapy patches from the, from that, sorry. Sorry. So then I also went to the ARN conference in March and I was connected with a vendor there that was more than kind to give me 50 bottles of lavender lotions con.

46 "Rosemarie Yurcak" (2582467328)

00:14:28.219 --> 00:15:11.083

So I made these kits and each one of these kits has a little QR code with a two to 3 min little resource of breathing, mindfulness, how to take care of oneself. So, that's what my project I implemented. We also took a pre and post survey on Qualtrics, and we saw that 90 % of all the caretakers said that they would use another the modality, same modality or another modality again, and we the Qualtrics also showed a reduced stress and anxiety, and the feedback was really great on the project.

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I would want to participate in that project. It sounds exciting. And what did you learn from the experience?

48 "Rosemarie Yurcak" (2582467328)

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I learned for myself that, I need to take care of myself 1st. So self-care is really important. And then once you feel grounded and you take time out and it doesn't have to be a lot of time out during the day, then you can bring that for.

49 "Rosemarie Yurcak" (2582467328)

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4th to my patients, my staff, my family, and you're better grounded and you have a more open mind and a more positive outlook in life. Great. Okay, so.

54 "Vincenza Coughlin" (188704512)

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Katrina, anything you'd like to add?

55 "Katrina Vigo" (1732889088)

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Sure, so I would just really encourage anybody who's interested to apply. The feedback that we've gotten from the fellows so far for this cohort has been amazing. It's been really amazing to read their feedback in the surveys that they're giving us.

56 "Katrina Vigo" (1732889088)

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We are just overjoyed with, with, you know, the skills that they're taking away, and as Rosemarie mentioned, a lot of them are mentioning, you know, that they, they were not as aware before of how much they needed to take care of themselves, right? And in the nursing profession.

57 "Katrina Vigo" (1732889088)

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We see that burnout is unfortunately very prevalent right now, and so number one is I think the fellows learned that they could learn some techniques or some coping skills that would help them. And that was really the foundation of the program is learning how to care for self and.

58 "Katrina Vigo" (1732889088)

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Learning tools and tips that were really easy. Like these are things that they can implement at the bedside or even outside of, you know, work within a minute or two. So that's what's really important is that these, these skills are practical and tangible. And now once they've learned those skills, they feel really empowered. And so I think the other piece that's really like special about the fellowship is the empowerment piece and like.

59 "Katrina Vigo" (1732889088)

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The change piece and how to become change agents in a large organization and really implement that large scale change. And I think that that's something that's, that's so, you know, special about the fellowship. Absolutely.

60 "Vincenza Coughlin" (188704512)

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Absolutely. And I just want to thank you both for all of your dedication and expertise regarding the program and the topic and sharing today. It's great to hear how the work has continued to be sustained in our patient care arenas and exciting that a new cohort will be launched in January. And as a reminder for this podcast episode, the session is eligible for .5 contact out.

61 "Vincenza Coughlin" (188704512)

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A survey will be posted with the recording. Please access and complete the evaluation to attain the certificate. Thank you.

62 "Katrina Vigo" (1732889088)

00:18:45.474 --> 00:18:49.054

Thank you.