

The "Write On" column is intended as a forum for students to respond to articles in *Imprint* as well as issues in nursing today. Please send your letters to: *Imprint* Editor, c/o NSNA, 45 Main Street, Suite 606, Brooklyn, N.Y. 11201, or e-mail to nsna@nsna.org, att. WRITE ON.

Teaching Holistic Care

I recently read the article, "An Overview of Holistic Nursing," in the February/March 2005 edition of *Imprint*. I was interested to find that many of the characteristics of a holistic nurse were also what I would consider qualities of a good registered nurse.

Many of these virtues are also being taught in nursing school: treating the person rather than just their symptoms, and empowering clients to take more control over their lives. To me this shows that holistic nursing is becoming more predominant in mainstream society, including complementary and alternative medicine (CAM). I worked on a senior leadership project that provided alternative and complementary therapies to students in order to help manage stress. I felt that exposing nursing students to these therapies would be beneficial not only for stress but as a knowledge base for using these techniques or fielding questions about them in future practice. Seeing statistics that say over 42% of Americans are using complementary therapies leads me to believe that nurses will come into contact with this type of medicine during their careers. Being introduced to CAM during school can only benefit nurses and their patients.

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Walking the Talk

I've taught nursing for over twenty years. I've taught not only the science, but the art of nursing, emphasizing caring as much as sound clinical decision-making. I've tried to model professional nursing in the clinical area. Yet when my daughter, Madeline, told me she was going to participate in the Breast Cancer 3-Day Walk in Philadelphia, a journey of over 60 miles, my reply was: "Are you crazy?! Why in the world would you want to walk 60 miles and sleep in pup-tents?"

Madeline simply looked at me and said, "Because Bev died of breast cancer last June."

Having been duly humbled, I decided not only to join Madeline in the walk, but her younger sister Chelsea, who informed me that she was also planning to go, with or without my consent. The girls even talked their Aunt Lisa into flying up from Florida to participate. Maddy and Chelsea convinced me and Lisa that we would have "no problem" raising over \$2,200 each to be a part of the event. Youthful exuberance is a beautiful thing to behold!

The reason we're all doing this was Bev, a wonderful woman of sixty-eight. My daughters and I had the privilege of knowing her for almost ten years and during all that time, Bev was living with breast cancer: she was vivacious in every sense of the word and would try anything. One of my favorite

memories of Bev is joining her in roller-blading around the bays of Delaware during the summers.

So I'll be walking 60 miles in three days this October with my team, "Crusaders for Cleavage," and I'll be sleeping in a pup tent. I'm walking because Bev was a wonderful human being who taught me what it means to live with cancer, instead of dying with cancer. I'll walk because one in eight women is likely to experience breast cancer. I'll walk because my daughters said so. And I'll walk because it's time to "walk the talk."

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For more information about the various cities that will be holding the Breast Cancer 3-Day Walk, including information on how to donate, log on to www.The3Day.org.

Editor's note: Craig Moffett, President of the New Jersey Nursing Students, Inc., submitted his professor's story to *Imprint*, believing that her journey would inspire others to "walk the talk." ©