

Assessment 2: Enhancing Holistic Nursing Care with the 3Ps

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Enhancing Holistic Nursing Care with the 3Ps

Nursing practice is grounded in key scientific disciplines that support effective clinical judgment, informed decision-making, and compassionate, patient-centered care. Core areas such as holistic nursing, pathophysiology, pharmacology, and physical assessment, commonly called the "3Ps," are essential to delivering safe, high-quality healthcare (Haryanti & Rahman, 2024). This assessment examines the importance of these domains, explores their interrelationship, and demonstrates their practical application in clinical settings to enhance patient outcomes.

Holistic Nursing Care

Holistic nursing care is a method that acknowledges and addresses the entire individual (mind, body, spirit, emotions, and environment) instead of concentrating only on disease symptoms. The philosophy is based on the interrelatedness of all components of a patient's health, incorporating emotional, spiritual, and cultural aspects into medical therapy. It also fosters therapeutic nurse-patient relationships, where empathy, respect, and attentive listening are essential to effective care provision (Kinchen, 2021).

The advantages of holistic nursing care to patients are notable. Through the treatment of more than physical symptoms, patients tend to feel less stressed, manage pain more effectively, and have a more positive emotional state, which leads to quicker healing and higher satisfaction with care. Research indicates that patients who have been holistically cared for exhibit enhanced compliance with treatment plans and express a greater sense of control over their well-being (Haryanti & Rahman, 2024). For nurses, it creates professional fulfillment and resilience. Holistic care fosters stronger patient relationships, which in turn increases work satisfaction and decreases burnout. Moreover, holistically practicing nurses are more successful in advocating for one-on-one care, promoting patient autonomy, and building trust (Kinchen, 2021). Holistic nursing not only encourages the provision of care

that is empathetic, patient-centered, and compassionate but also enhances the nurse-patient therapeutic relationship, leading to enhanced health outcomes and a more fulfilling nursing profession.