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SELF-CARE REFLECTION TOOL Think back over the last week and note down what you have done that nourishes/supports/restores/strengthens your mind, body and spirit:

SELF-CARE REFLECTION TOOL - Holistic & Integrative

The American Holistic Nurses Association ... print and/or save the "Holistic Nurses' Pain Relief Tools for Patients & Self-Care" pdf and its accompanying References.

Holistic Pain Tools - ahna.org

tools for measuring person-centred care holistically as ... self-management ... 503 studies focused on person-centred care as a broad holistic concept ...

Helping measure person-centred care - health.org.uk

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The Self Care Toolkit - NHS

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Guidance Document to support the Holistic Patient Assessment

Explore the Theory of Integral Nursing and its application to holistic nursing. ... Create an integral self-care plan.

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