

Integrative nursing as a rudder for salutogenic system change

Welcome to year 6 and volume six of the *Journal of Integrative Nursing*. It is an honor to join Professor Tang as Editor-in-Chief in cultivating an international community of scholars whose foci includes the topics listed in our instructions for authors, such as “Integrated Chinese and Western nursing, traditional Chinese medicine (TCM) characteristic nursing, TCM nursing inheritance, life cultivation, and health-care management.” All in all, these topics are just some of the possible representations of innovative integration of eastern and western thought that is salutogenesis, the strong philosophical foundation of professional nursing defined by the International Council of Nurses as first being “the promotion of health” and that focuses on the “responses to actual or potential health problems.”^[1] It is in this work to address potential health problems that integrative nursing leadership in salutogenesis in 2024 and years to come may flourish, especially among those who excel in health pattern recognition, such as is involved in TCM, health promotion, lifestyle management, and the creation of healing environments within and without.

Salutogenesis is a term coined by medical sociologist Aaron Antonovsky, who defines the term as the study of the origins of health rather than pathogenesis, the study of the factors that cause disease. *The Handbook of Salutogenesis*,^[2] is a publication with a broad and deep reach into the subject thanks to an interdisciplinary global panel of authors that includes nurses, such as Eva Langeland of Norway and Dolores Juvinya-Canal of Spain. However, the focus of salutogenesis is not just on health promotion. Salutogenic science and practice also provides illumination of a person’s, family’s, or community’s health patterns, which Antonovsky defined as a “sense of coherence,” to include three components: comprehensibility, manageability, and meaningfulness. A strong sense of coherence has been shown to predict positive health outcomes in nurses as well as their clients.^[3]

In a world focused on the advancement of technologies as the oft-proposed solution to disease prevention and health promotion, nurses, particularly those working in the area of psychiatric mental and behavioral health care, have made historic strides in advancing salutogenesis and the promotion of the sense of coherence or making meaning of

the patterns of health.^[4] Nurses hold integrative salutogenic solutions in their professional DNA. One has only to look to centuries of histories of nursing on teaching, learning, and practicing nursing as a healing art and science evolving through the advancement of therapeutic relationships^[5] as well as publications documenting scientific nursing theories and practice models for advancing salutogenesis directly as is found in *The Intersystem Model*^[6] or indirectly, as is demonstrated in *Modeling and Role Modeling*^[7] to name a few. The *Tao of Integrative Nursing Assessment Model* specifically demonstrates the application of pattern science East and West in integrative salutogenic, person-centered care.^[8]

We call for more papers this year that demonstrate the integration and advancement of nursing’s historic tradition in salutogenesis, pattern science, health promotion, and person-centered care that continues the nursing tradition of caring for those who would find meaningfulness in their suffering as well as their health. “Person,” a core concept of the nursing metaparadigm,^[9] takes on greater importance as we as a global society face exponential technological developments, leaving many to wonder about the potential and actual dehumanization and incivility of health care systems that would employ greater technology. “Civility is one of the basic values of salutogenesis, a value that informs how we relate to other people...civility is about the respect toward other people and about the humanity we communicate.”^[10] Person has a specific meaning that is differentiated from the words, human or human being. Person is defined as the personality or the Self,^[11] which includes one’s essence or nature, the overarching qi or energy of a life connected to others in the world of humans, a word defining a being with a specific form, that of a “bipedal primate.” However, personality or self-rises to a level far beyond that of simple bipedal form. Person speaks to the qi, within and without in its many forms that is used in creative and scientific endeavors to make meaning of the gift of a beautiful life.

The beauty of nursing practice is not dispensable or secondary to what skills are used in nursing. The beauty of how nursing is practiced, how caring is demonstrated, is the perfect complement to what skills are chosen. Integrative nursing is a practice informed by the harmony

of caring science and beauty in action. The poet John Keats wrote, “A thing of beauty is a joy forever: Its loveliness increases; it will never pass into nothingness; but still will keep a bower quiet for us, and a sleep full of sweet dreams, and health, and quiet breathing.” As nurses address the trends in healthcare systems to overemphasize the value of technologies, drive further commodification of healthcare, and even dispense with the beauty represented in nurses’ professional nurturance that seems to move the flame that is nursing to nothingness, integration and salutogenesis offer hope. Integrative nursing is a path to greater harmony and balance that can provide a rudder for system changes in which seemingly adversarial beliefs and approaches, such as salutogenesis and pathogenesis, can actually exist and function well, side-by-side.

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Submitted: 26-Jan-2024
Accepted: 06-Feb-2024

Revised: 05-Feb-2024
Published: 27-Mar-2024

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<p>DOI: 10.4103/jin.jin_10_24</p>	

How to cite this article: Libster MM. Integrative nursing as a rudder for salutogenic system change. *J Integr Nurs* 2024;6:1-2.

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