

mHealth Apps applied to Holistic Personal Development as Relational Engagement

OVERVIEW

Personal development is one of the best ways to protect health and promote well-being. It is also one of the essential ingredients for developing the ability to cultivate deep relational engagement with clients and other people. Holistic personal development refers to optimal, integrated development of one's body, mind, heart or emotions, and spirit. Nurses are prime role models for holistic personal development plus it supports them to function well professionally.



Although in essence, we are whole beings, it is useful to describe holistic personal development by categorizing the different aspects of ourselves into physical, mental, emotional, spiritual, and professional dimensions. Each aspect relates to important needs or states that we must achieve to be holistically developed and well. Each aspect also serves to equip you to develop relational engagement with your clients, their families, your peers and faculty, and so on, within your nursing education and future practice. The integration of all aspects forms a cohesive whole that serves you well in sustaining a healthy and happy life and effective professional practice. Fitness to practice is an expected competency of all Canadian nurses, thus it is important that you develop strategies now to keep yourself holistically well. "Just as you teach others to care and help themselves, you also need to practice self-care. Conduct a nursing assessment on yourself and look at your physical, mental, emotional, social and spiritual situation and needs. Make a treatment plan (be honest and realistic) and carry it out. Do it and then evaluate what you've done. If it is not working, modify the plan and do it again." (CRNBC, 2008, p.12).

Physical Development

Fitness, nutrition, communion with the natural world, relaxation, sensory, tactile, and haptic stimulation

Mental Development

Intellectual stimulation, critical awareness, reflection, intuition, inquiry, visualization, pattern recognition, decision-making, problem-solving, analysis, synthesis, evaluation

Emotional Development

Healthy relationships, balanced emotions, caring capacity, empathy, interconnectedness, compassion, self-expression, empowerment

Spiritual Development

Inner guidance, higher purpose, calling to serve, deep inspiration, soul evolution

Professional Development

Life Path, career goals, life-long learning, Portfolios, Mentors, networking

LEARNING OUTCOMES

This learning activity is intended to provide learners with the opportunity to:

- Explain the concept of personal knowing in nursing.
- Analyze the connections between spirituality and personal knowing.
- Identify strategies to support own holistic personal development.
- Recognize how holistic personal development enhances relational engagement and nursing competency.
- Select personalized strategies to support holistic personal development
- Apply mindfulness to personal development strategies
- Engage in brief action planning for personal development

PREPARATION

READ: (Physical, Mental, Professional)

Chapter 5: Mindful Self Care and Chapter 6: Inhabiting your Body in Sheridan textbook

VIEW PPT: Holistic Personal Development for Meaningful Engagement <http://nursing-informatics.com/images/portfolios/FoL-PersonalDevt-June-Kaminski.pdf>

EXPLORE: (Mental) The Calm or other mental health related app on your tablet or on the web <https://www.calm.com/> or the [MindShift™ CBT](#) app from Anxiety Canada

EXPLORE: (Emotional) Self Compassion at <http://www.self-compassion.org/>

EXPLORE: (Spiritual) Spirituality in Health and Nursing Practice Videos at <http://www.ucs.mun.ca/~dwestera/snr.html>

VIEW VIDEO: Brief Action Planning <https://youtu.be/w0n-f6qyG54>

VIEW VIDEO: Brief Action Planning Example--Rheumatoid Arthritis. <https://youtu.be/c4cXGW2L1qc>

VIEW VIDEO: Self Managing and Self-Management support. <https://youtu.be/uRQ853sRt0o>

ASSIGNMENT 3: PARTS 1 & 2

This week you will work on the first two parts of Assignment 3: Holistic Personal Development

The following conference presentation PPT will help you with this assignment:

Nursing Informatics Integration for the BSN and BSN-AE Nursing Programs at Kwantlen Polytechnic University
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Holistic Personal Development for Meaningful Engagement

<http://nursing-informatics.com/images/portfolios/FoL-PersonalDevt-June-Kaminski.pdf>

You will add your work for this assignment to your Nursing 3520 ePortfolio page and your blog Journal (this includes your four PD Journal entries) and the development (1), Wheel of work (1), and brief action plan sheets (total of 4) during weeks 4, 7, 10, and 13.

Personal Development and Brief Action Planning

1. **WEEK 4 - Personal Development worksheet and first Brief Action Planning Sheet.** Complete the Personal Development worksheet by including least one goal with targets and strategies for each dimension – Physical, Mental, Emotional, Spiritual, and Professional. Make sure these are goals you actually do want to work toward. Also complete the Wheel of Work worksheet. Then complete the Brief Action Planning Sheet to explore which goal you want to work on first. Save and upload your work to your PebblePad page for Nursing 3520.



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Physical Development Monitoring Journal

Explore the **MyFitnessPal** (calorie counter and diet journal) and the **WorkoutTrainer** (or similar) Apps to initiate a physical development record (or record your existing regime and food intake).



As you do this, consider how personal development apps could benefit your future clients. Do you feel these sorts of program would enhance motivation and commitment?

Use your Nursing 3520 blog journal on your PebblePad ePortfolio to record your personal development activities. Begin by keeping track of your progress with the above apps. Share your experience by writing a brief Journal entry this week, followed by regular updates (Weeks 7, 10, 13) throughout the semester.



REFLECTION

1. Begin a meditative practice of 10 minutes each day for 1 week. At the end of the week, reflect on your experience of engaging in this practice. Has it had an influence on your experience? What have you learned about yourself?
2. Reflect on how the achievement of the goals you specified in your initial Personal Development plan will help you to apply Relational Engagement in your nursing practice.

REFERENCES

CRNBC, (2008). Fitness to Practice: *The challenge to maintain physical, mental and emotional health*. Author.

Kaminski, J. (2018). *Holistic Personal Development for Meaningful Engagement*. Workshop presented at Festival of Learning, BCCampus in Vancouver, B.C. on May 30, 2018.
<http://nursing-informatics.com/PersonalDevt.html>

BRIEF ACTION PLANNING



Is there anything you would like to do for your personal development in the next week?

Your Idea: _____

- Focus on one action at a time
- Choose small changes or actions = achievable
- Make a **SMART** plan of action that is:

o **Specific** - What exactly do I want to do?

o **Manageable** - How long will I do this or how much will I do it?

o **Action-oriented** - How often will I do it and when?

o **Realistic** - Where will I do it?

o **Time limited** - When will I start?

Write out your plan as a sentence beginning with:

I will _____

Example: I will walk 20 minutes 3 times a week along the water starting next Monday.

Repeat your plan out loud.

Ask yourself: how confident are you that you can carry out your plan? _____

(On a scale of 0 - 10 where "0" means not confident at all and "10" means very confident).

If you do not give it a score of 7 or more, modify your plan until you are confident you can do it.

Make a date with yourself to check in on your plan: I will review my plan by _____.

HOLISTIC PERSONAL DEVELOPMENT PLAN

Outline 1 to 3 goals, strategies, timelines and actions for each of the five key areas:



PHYSICAL GOALS		
Goals	Strategies	Timelines
NOTES/ACTIONS		
MENTAL GOALS		
Goals	Strategies	Timelines
NOTES/ACTIONS		
EMOTIONAL GOALS		
Goals	Strategies	Timelines
NOTES/ACTIONS		
SPIRITUAL GOALS		
Goals	Strategies	Timelines
NOTES/ACTIONS		
PROFESSIONAL GOALS		
Goals	Strategies	Timelines
NOTES/ACTIONS		

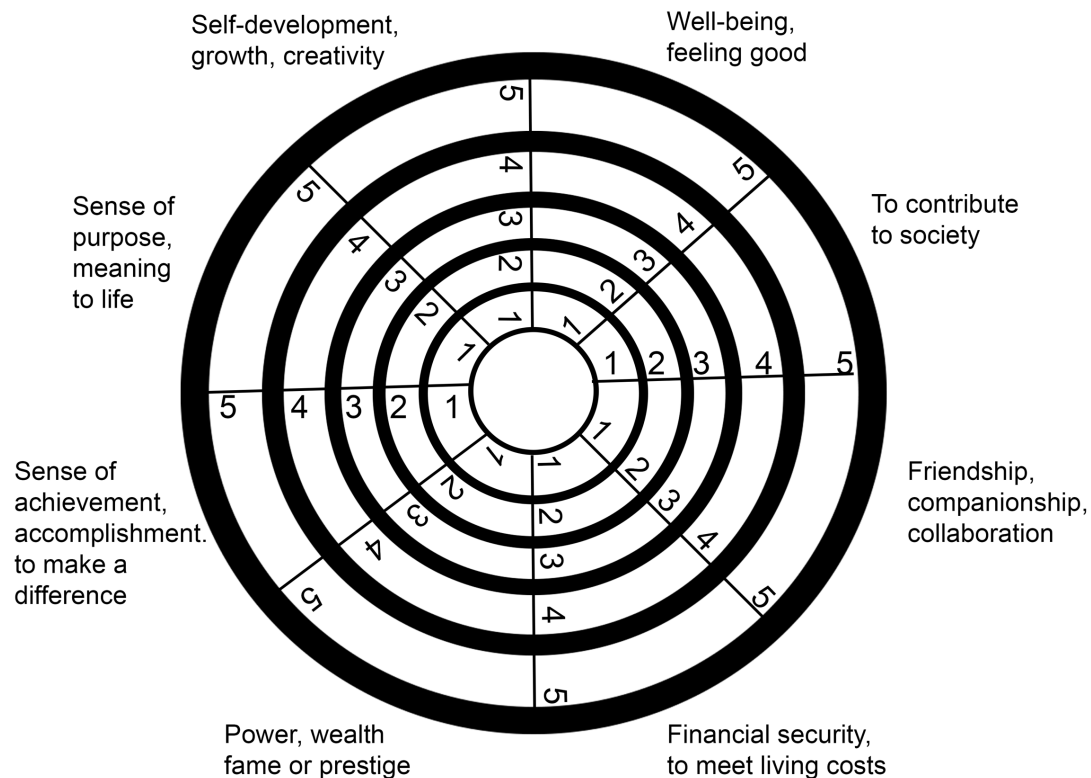
The wheel of work: analysis of what your career means to you

Why do you work?

- Select the segments of the wheel containing factors that are meaningful to you.
- Use the scoring system 1-5 to rate how important each factor is to you (1 = not very important through to 5 = extremely important)

e.g. If feeling good is extremely important to you, shade all sections numbered 1-5 of this segment, if it is fairly important give it a score of 3 and shade the sections numbered 1-3.)

- Take a look; does your current career match your priorities?



Adapted from:

The Essential Career Organisation Toolkit by Dr. Wendy Broad (2014).

<https://www.jobs.ac.uk/media/pdf/careers/resources/the-essential-career-organisation-toolkit.pdf>