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National Institute of Whole Health

Whole Person Health Program Benefits Nurses and Patients at Spaulding Rehabilitation Hospital



**New Pilot Program Delivers Valuable Training that Improves Patient
Focused Care, Disease Prevention and Wellness**

WELLESLEY, Massachusetts, September 14, 2012 – The National Institute of Whole Health (NIWH), a provider of nationally accredited Whole Health Education® professional development programs and continuing education courses for nurses and credentialed health care professionals, has partnered with Spaulding Rehabilitation Network, a member of Partners HealthCare, in a 12 month Whole Health educational pilot program with Spaulding nurses from across their 6 facility multi-level network. Through this year long pilot program 6 Spaulding nurses, one from each of the Spaulding facilities, have received whole health skills and tools to enable them to deliver more effective patient-focused care that is central to improved healing and well-being.

The Whole Health Education program provides training and resources needed to give nurses immediate, in-the-moment skills and knowledge to increase patient health awareness and self-care, while remaining focused, attentive and effective in their care. This allows nurses to take a proactive approach of engaging patients in their own care and to focus on the overall spectrum of better health.

Joanne Fucile, Vice President of Operations and Director of Nursing at Spaulding Hospital in Cambridge, MA, states, “This course teaches our nurses how to incorporate whole-health principles into their daily practice, to further improve their patient’s recovery and overall outcomes.” Valeria Kenny, a nurse at Spaulding Hospital North Shore, says “The Whole Health program has definitely helped me become more focused and present as a nurse professional. I feel I can give my undivided attention, even if it is for a very brief period of time.”

The benefits of this training are not limited to direct patient care nurses. Nancy Boudreau, RN Case Manager at Spaulding states, “The lessons focus on a preventative and holistic perspective to health and well-being. Pathophysiology is reviewed taking into account current research regarding causation and the prevention of disease. The course is rigorous and challenging, but also very engaging.” Louise Mackin, a 30 year nurse at Spaulding states that her experience in the pilot is changing her own health behavior, “I love what I am learning and perceive it is changing some of my behaviors and informing better choices towards health in my life.”

About The National Institute of Whole Health

Since its inception in 1977, the National Institute of Whole Health has held a compelling vision for American health care. Today, 35 years later, that vision is becoming a reality in mainstream medicine and health care with the inclusion of whole person health education, health and wellness advocacy and disease prevention.

For the past three and a half decades, with this vision as its guiding light, NIWH has developed, for qualified health, allied health and related professionals, continuing education and professional development programs. The programs are peer-reviewed by leading national associations, and have received the accreditation, approval or endorsement of more than a dozen of the leading health and related associations.

The NIWH recently published award winning, bestselling book *“Changing Behavior”* documents the development and research of Whole Health Education at various Boston hospitals that began in 1980. For more information, please visit www.wholehealtheducation.com.
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About Spaulding Rehabilitation Network

A member of Partners HealthCare, The Spaulding Rehabilitation Network includes Spaulding Rehabilitation Hospital its main campus, a 196-bed facility, located in Boston, as well as Spaulding Rehabilitation Hospital Cape Cod, two long term care facilities Spaulding Hospital Cambridge and Spaulding Hospital North Shore and two skilled nursing facilities, as well as twenty three outpatient sites throughout Eastern Massachusetts.

Spaulding is a teaching hospital of Harvard Medical School as well as the official rehabilitation hospital of the New England Patriots. Spaulding is the only rehabilitation hospital in New England continually ranked since 1995 by U.S. News and World Report in its Best Hospitals survey with a #5 ranking in 2012. For more information, please visit www.spauldingnetwork.org. Media contact SRN: Tim Sullivan, 617 573 2918, email at tsullivan11@partners.org