

Dear Professor Steven Schwartz AM and Review Panel

Please accept my personal view on this matter.

Students enrolled in nursing programs, especially programs offered for nurse practitioners and advanced nursing specialists, could incorporate elements of both Eastern healing and Western medicine by including alternative and complementary medicine as an elective unit. This would expand their understanding of the fascinating world of Eastern medicine, and, through this learning experience, they will discover the value of well-rounded treatment approaches that address the mental and spiritual elements that often give way to physical suffering. Nurses in Australia should embrace the philosophy and practices of alternative and complementary medicine (i.e. acupuncture, acupressure, cupping therapy) as an additional skill. This would allow them to build upon their already impressive capacity in the nursing industry.

I believe nursing practice needs to embrace body, mind and spirit all in one because if one aspect fails it affects the others. Cultural care, spiritual care and physical care should be important component of nursing education.

Florence Nightingale's work is often considered as the true essence of holistic nursing, fresh air, clean environment.... She was truly concerned about the body, mind and spirit of the ill.

Modern nursing is the Science and Art, very often, sorely focusing on the aspect of science becomes the detriment of the art, and art, is what lift our spirit. Nursing, really is a healing art, and anything less than that is not worthy of our endeavour. To me, nursing should be the combination of very solid science and very creative aspect of art. This is truly of nursing where we can do our finest work.

'Not everything that can be counted counts and not everything that counts can be counted.'

--- Albert Einstein

For health professionals who really care, the question we should ask is what are we measuring? Are we measuring the right things? Whether what we are measuring really have impact on patient outcome should be the debate focus. Too much 'measuring' are getting in the way of the only measurement that really matters: are both healthcare professional and patient happy with the outcome?

Alternative and complementary modalities have many distinct advantages that should be used to promote optimal health outcomes for humankind. It seems unwise to downplay these benefits by

positioning alternative and complementary modalities within the framework of Western biomedical model, measuring these modalities in the same manner in which Western pharmaceuticals are evaluated. For example, a Traditional Chinese Medicine diagnosis is based on the patient's active symptoms and invisible Qi situation, which is a more holistic point of view than Western biomedical model's infection-focused diagnosis. Does Western biomedical approach declare the existence of invisible matter and Spirit? Two domains are from different mindsets, it should not be surprised that their criteria of evaluation differ. Unfortunately, due to misunderstandings of these differences, TCM has often been criticised by Western biomedical model.

Thank you for your time and consideration.

Best regards

Carol

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Read my latest paper = Safety and side effects of acupuncture therapy in Australia: A systematic review
<https://www.sciencedirect.com/science/article/pii/S1876382018309946?via%3Dihub>

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