



Healing Spirit via the Medicine Wheel

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Nurses are being asked to do more with less and less resources. Compassion fatigue has become commonplace for nurses (new and seasoned) and impacts their own health and safety. Therefore, self-care interventions are needed to assist nurses with mind, body and spirit healing. Using Jean Watson's Caring Science, her Caritas Processes include self-care strategies to empower nurses with the tools needed to explore self-care. The poster describes the use of the Medicine Wheel as a form of mindfulness and meditation that has been handed down from our Native American brothers and sisters. The presenting nurse began the journey of self-healing after finding a diagram of a Medicine Wheel that belonged to her great-grandmother. Through a literature review and reading several "expert" text on the topic, she constructed two Medicine Wheels, and explored its healing properties through meditation. Using the Medicine Wheel led to improvement in relationships and spirit, as recorded by the Self-Assessment survey (taken pre and post intervention). The Medicine Wheel can be used by anyone who is willing to learn its methodology.