

The Effectiveness of Holistic Nursing Care in Enhancing Psychosocial Well-Being and Quality of Life in Cardiovascular Patients



Yannerith Chintya

Universitas Pembangunan Indonesia Manado

E-mail: yanne.poerba@gmail.com

KEYWORDS

holistic nursing care, psychosocial well-being, quality of life, cardiovascular patients, library research

ABSTRACT

This qualitative study explored the effectiveness of holistic nursing care in improving psychosocial well-being and quality of life in cardiovascular patients. Utilizing a desk-based research methodology, this study reviewed and synthesized existing literature on the impact of holistic nursing interventions, encompassing physical, emotional, social, and spiritual care, in patients with cardiovascular conditions. This study aimed to provide a comprehensive understanding of how this nursing practice contributes to improving not only patients' physical health but also their emotional, psychological well-being and quality of life. The findings highlighted the important role of a holistic approach in addressing the complex needs of cardiovascular patients, emphasizing the importance of a personalized care plan that promotes emotional support, stress reduction, and social integration. Furthermore, this study identified key factors such as patient education, relaxation techniques, and family involvement as important components of holistic nursing care that positively impact overall patient well-being. This review underscores the need to integrate holistic nursing practices into the clinical setting to improve psychological and physical health outcomes for individuals with cardiovascular disease. The study concludes with recommendations for further empirical research to examine the direct impact of holistic care on quality of life in cardiovascular patients, as well as its potential to reduce hospital readmission rates and improve long-term patient satisfaction. Holistic nursing care can improve the quality of life of cardiovascular patients by addressing physical, emotional, social, and spiritual aspects. This approach allows nurses to provide more comprehensive care, which has a positive impact on patient well-being. Studies have shown that a holistic approach helps reduce anxiety and increase patient satisfaction in managing cardiovascular conditions.



1. INTRODUCTION

Cardiovascular disease (CVD) remains one of the leading causes of morbidity and mortality worldwide, significantly influence quality life they who are diagnosed with this condition. Although advances in medical care have played a significant role in improving survival rates, life, the more Lots research that emphasizes the importance of addressing the psychosocial well-being of patients cardiovascular. These individuals often experience a variety of psychological issues, including anxiety, depression, and stress, which can negatively impact their recovery and overall health. As a result, the traditional medical model, which focuses primarily on the physical aspects of care, may not fully meet the holistic needs of cardiovascular patients . (Sjoberg et al., 2021)

Holistic care, which integrates the physical, emotional, social, and spiritual dimensions of health, has emerged as an alternative approach to improving psychosocial well-being and quality life patient with condition chronic diseases such as cardiovascular disease. Despite the growing interest in holistic care, there is a lack of comprehensive studies specifically evaluating its effectiveness in cardiovascular patient populations. Much of the existing literature tends to focus on the physiological benefits of nursing interventions, with limited attention paid to broader psychological and social outcomes. (Xiao et al., 2022).

This study seeks to fill this gap by providing a qualitative synthesis of current evidence on the impact of holistic nursing care on the psychosocial well-being and quality of life of cardiovascular patients. The urgency of this study is underscored by the growing recognition that optimal patient care goes beyond treating physical symptoms and must include psychological support to ensure holistic

recovery and improved quality of life (Khan et al., 2021).

Previous research has investigated the benefits various intervention nursing under treatment cardiovascular; However, only few have explored the specific role of holistic nursing practice, which integrates multiple dimensions of patient care. In particular, these studies often neglect the psychosocial aspects of patient care, which are critical to improving long-term outcomes (Raja et al., 2015).

The novelty of this study lies in its comprehensive approach, which considers both psychosocial and physical outcomes within a holistic nursing framework. By reviewing the existing literature, this study aims to provide a deeper understanding of how holistic nursing care can be used effectively to support cardiovascular patients. The main objective is to explore the effectiveness of holistic interventions and their impact on improving patients' quality of life and psychosocial well-being. (Lu et al., 2021)

This study will contribute to the development of science in nursing practice by providing evidence-based insights into the benefits of holistic care for cardiovascular patients. Thus, this study aims to inform practice clinical, improve patient care strategies, and encourage the integration of holistic approaches in management of cardiovascular disease. Ultimately, the findings of this study will play an important role in shaping future nursing interventions that focus not only on the patient's physical health but also Also fulfil need emotional and their psychology, leading to more holistic and person-centered care. in patients. (Eklund and friends, 2019)



2. METHOD

Design Study

This study adopts a research design qualitative approach to explore the effectiveness of holistic nursing care in improving psychosocial well-being and quality of life in cardiovascular patients. A qualitative approach is well suited to this study as it allows for an in-depth understanding of the experiences, perceptions and impacts of holistic care from the perspective of professional maintenance health and patients. Given the exploratory nature of the study In this, a literature review methodology was used to synthesize and critically analyze existing research on the subject. This approach allowed for the identification of key themes, gaps, and insights regarding the application of holistic nursing care in the cardiovascular setting. (Ski et al., 2023)

Source Data

The primary data sources for this study were academic articles, clinical studies, systematic reviews, and other scientific literature related to holistic nursing care, psychosocial well-being, and quality of life in cardiovascular patients. Relevant studies were selected based on their focus on nursing interventions, psychosocial outcomes, and cardiovascular care. Inclusion criteria for the literature review included published studies in peer-reviewed journals in the last 10 years, written in English, and discussing holistic nursing approaches or psychosocial care for cardiovascular patients. Studies that focused on purely medical or physiological interventions were excluded, as the emphasis of this study was on psychosocial and holistic aspects of care. (Ghasemi et al., 2024).

Technique Collection Data

Data collection for this study was conducted through library research and systematic

literature review. The research process involved the following steps:

Database Search: A comprehensive search was conducted across a number of academic databases, including PubMed, Scopus, Google Scholar, and Cinahl. Search terms included combinations of keywords such as “holistic nursing care,” “cardiovascular patients,” “psychosocial well-being,” “quality of life,” “nursing interventions,” and “chronic illness care.”(Alfaro-Diaz et al., 2022)

Screening and Selection: After Taking various articles, studies were screened based on their relevance based on title, abstract, and keywords. Full-text articles that met the inclusion criteria were then reviewed in a systematic manner. comprehensive. The article that selected were further analyzed to extract important information regarding the impact of holistic nursing care on psychosocial well-being and quality of life (Alfaro-Diaz et al., 2022).

Data Extraction: Key themes and findings from selected studies were extracted, including the types of holistic nursing interventions used. used, its psychosocial impact, and specific outcomes related to cardiovascular patients' quality of life. Data on patient demographics, type of cardiovascular condition, and methods used to measure psychosocial well-being and quality of life were also collected (Alfaro-Diaz et al., 2022).

Data analysis

Data analysis in this qualitative study followed a thematic synthesis approach. This method involves identifying recurring patterns and themes. In all over literature Which reviewed, so as to provide an integrated understanding of findings study. The steps involved in the analysis include: Habituation: The researcher at first review all article Which chosen For gain understanding wide about data, with focus on context, interventions, and outcomes. (Alfaro-Diaz et al., 2022).



Coding: Key concepts related to holistic nursing care and psychosocial well-being were coded. This included categorizing the types of interventions (e.g., emotional support, stress management, family involvement) and their associated impact on cardiovascular patients.

Theme Development: Coded data were analyzed to identify core themes, such as the effectiveness of different types of holistic interventions, psychological benefits for patients, and integration of family or community support. These themes were organized into broader categories to facilitate synthesis of findings. (Flemming and Noyes, 2021)

Synthesis and Interpretation: Finally, themes were synthesized to answer the research questions and interpret how holistic nursing care impacts psychosocial outcomes and quality of life in cardiovascular patients. The synthesis also includes a critical evaluation of gaps in the existing literature and suggestions for future research. (Taheri et al., 2023).

Consideration Ethical

Since this study is based on secondary data from published literature, there are no direct ethical issues regarding participant involvement. However, all articles and source Which used rated in a way critical to its quality, credibility, and relevance. Research This comply guidelines ethics related accurate reporting and citation of sources. (Taheri et al., 2023).

3. RESULTS AND DISCUSSION

Analysis of the existing literature reveals significant evidence supporting the effectiveness of holistic nursing care in improving the psychosocial well-being and quality of life of cardiovascular patients. Holistic nursing care, which integrates physical, emotional, social, and spiritual dimensions of health, is emerging as a

primary strategy for addressing the complex needs of individuals with cardiovascular disease. Findings from multiple Research shows that a holistic approach not only alleviates physical symptoms but also offers substantial psychosocial benefits, contributing to improved overall patient outcomes. (Obeagu and Akinleye, 2024).

A recurring theme throughout the literature is the positive impact of holistic nursing care in reducing psychological distress in cardiovascular patients. Many studies highlight that cardiovascular disease often leads to increased levels of anxiety, depression, and stress, conditions that are significant can hinder recovery and affect the patient's quality of life. Interventions holistic, like support emotional, relaxation techniques, mindfulness practices, and stress management, have been found to significantly reduce psychological conditions. these negatives. For example, nursing interventions that include stress reduction techniques, such as deep breathing exercises, guided imagery, and meditation, help patients manage anxiety and depressive symptoms, thereby increasing their emotional stability. Subtraction pressure psychological This leading to a more positive outlook on life, which is essential to the overall healing process. (Janis, 2013)

In addition to reducing negative emotions, holistic care plays a significant role in fostering a sense of empowerment and self-confidence among cardiovascular patients. Integrating patient education into nursing care allows patients to better understand their condition and actively participate in their care plan. Educated patients feel more in control of their health. them, which increases their self-confidence and ability to manage their condition independently. Several studies have emphasized that holistic care encourages patients to take an active role in their well-being, which not only promotes better health outcomes but also contributes to a better sense of psychosocial well-being. (Hernandez et al., 2018).



Social support, another important component of holistic nursing care, is also highlighted in the literature as a significant factor in improving the quality of life of cardiovascular patients. Studies have shown that when patients receive support from their health care providers and families, they are more likely to experience positive health outcomes. Holistic nursing care encourages the involvement of family members in the care process, offering education and emotional support, which in turn strengthens the social network around the patient. This social network plays a vital role in reducing feelings of isolation, a common problem among individuals facing chronic health conditions. By involving family members and caregivers in process maintenance, maintenance holistic providing cardiovascular patients with a stronger support system, which further improves their emotional resilience and quality of life. (Steiner et al., 2024).

The spiritual aspect of holistic care, although rarely discussed, has also emerged as an important contributor to improving psychosocial well-being in cardiovascular patients. Many patients face disease chronic, including cardiovascular disease, struggling with existential issues and spiritual distress. Holistic nursing care, which often includes spiritual support or guidance, helping patients find meaning and purpose in their health journey, leading to increased resilience and more positive mental states. Nurses who are trained to provide spiritual care, whether through active listening, offering comfort, or facilitating access to spiritual resources, contribute to alleviating spiritual distress, thereby improving overall patient well-being. (Willemse et al., 2020)

In terms of physical health outcomes, holistic nursing care has been shown to complement traditional medical care, leading to improved recovery rates and better long-term

management of cardiovascular conditions. For example, integrating physical rehabilitation with support emotional And psychosocial helping patients not only recover physically but also maintain quality life Which more good in the long term. A holistic approach ensures that care is tailored to the individual's needs, taking into account both the physical and emotional aspects of the recovery. Model maintenance Which this person centered approach leads to increased patient satisfaction, fewer hospital readmissions, and better adherence to treatment regimens. (Rossi et al., 2023)

Although the benefits of holistic nursing care are clear, some challenges remain. in its implementation in a way broad. One of the major barriers identified in the literature is the lack of standard protocols for delivering holistic care. Many of the studies reviewed highlight the importance of personalized care plans, but there is little consensus on best practices or methodologies for implementing holistic care. nursing holistic in a way effective across clinical settings. The lack of uniformity in these practice guidelines creates challenges for healthcare providers who may wish to adopt a holistic approach but lack the necessary training or resources. Furthermore, limited time and high patient-nurse ratios in some healthcare settings make it difficult to provide the level of individualized holistic care that cardiovascular patients require. These challenges underscore the need for further research and development of a standardized framework for holistic nursing interventions, which will facilitate their integration into clinical practice. (Dossey et al., 2015)

The findings of this study contribute to the growing body of evidence supporting the inclusion of maintenance nursing holistic in the management of cardiovascular disease. Holistic interventions not only support the emotional and psychological well-being of patients but also improve physical recovery and quality of life. life they in a way overall. (Dossey et al., 2015)



Integration of emotional support, family involvement, patient education, stress management, and spiritual care into nursing practice has been shown to have a positive impact on cardiovascular patients, particularly in reducing psychological distress and increasing patient satisfaction. However, there is a clear need for more empirical research exploring the specific mechanisms by which these interventions operate and evaluating their long-term effects on patient outcomes. In addition, research in time upcoming must focused on developing standard care models and addressing barriers to implementing holistic care in busy health care environments.(Comella and Elwy, 2024).

Ultimately, this study reinforces the importance of implementing a holistic approach in nursing care for cardiovascular patients, not only to address the physical aspects of the disease but also to improve the individual's psychosocial well-being. Which caught impact. Integration This practice can result in better patient outcomes, improved quality of life, and a more comprehensive approach to chronic disease management.(Prabhod, 2018).

Challenges and Obstacles in Implementing Holistic Nursing Care

Although the benefits of holistic nursing care have been well documented, several challenges and barriers remain. hinder its widespread implementation in cardiovascular care settings. One of the major barriers identified in the literature is the lack of standard guidelines and protocols for delivering nursing interventions. holistic. Without framework Work clearly, health care providers may struggle to integrate holistic care practices into their routine workflow, especially in the fast-paced hospital environment.(Tabish, 2024).

In addition, many health care providers may not have the training or resources necessary to implement holistic nursing interventions effectively. Holistic nursing care requires a diverse set of skills, including the ability to address emotional, social, and spiritual issues, and many nurses may be inadequately prepared to address these aspects of care. Consequently, there is a need for more specialized training in holistic care for nursing professionals, which will better equip them to provide comprehensive care to cardiovascular patients.(Tabish, 2024).

Time constraints in the clinical setting also present significant challenges to the delivery of holistic care. Cardiovascular patients often have complex medical needs that require immediate attention, leaving nurses with limited time to engage in interventions. holistic. This problem is particularly prevalent in hospitals with high patient-nurse ratios, and staff that may be overwhelmed.(Tabish, 2024).

Despite these challenges, evidence suggests that holistic nursing care can be effectively integrated into cardiovascular care with appropriate support and training. Overcoming these barriers will require a commitment from health care institutions to prioritize maintenance holistic as part of their standard practice. Developing standard protocols, providing additional training for nursing staff, and allocating sufficient time for patient engagement are important steps in overcoming these barriers.(Tabish, 2024).

The Impact of Holistic Care on Psychosocial Well-being

Holistic nursing care encompasses a comprehensive approach to patient well-being, addressing not only the physical aspects of health but also the emotional, psychological, and social dimensions. In cardiovascular patients, the emotional and psychological impact of the disease is often significant, with anxiety, depression, and stress Which often reported. Studies Which reviewed for



study This highlight that Holistic interventions, such as emotional support, stress management techniques, and patient education, have a significant impact on reducing psychosocial distress (Deshields et al., 2021).

A holistic treatment model that combines techniques such as relaxation, mindfulness full, and guided imagery were found to significantly reduce symptoms of anxiety and depression among cardiovascular patients. These interventions not only help reduce immediate psychological distress but also foster long-term emotional resilience. By integrating stress reduction methods into routine care, holistic care can reduce the negative psychological effects that often accompany chronic diseases such as cardiovascular disease. (Jiakponna et al., 2024).

In addition to reducing symptoms of anxiety and depression, maintenance holistic Also give patient support emotional through empathetic communication and validation of their experiences. Nurses who engage with patients on a deeper emotional level can provide reassurance, helping patients cope with the fear and uncertainty that often accompany cardiovascular conditions. This support has been shown to improve patients' emotional well-being, enhancing their ability to manage physical and mental challenges posed by their condition.(Galea et al., 2020).

The psychological benefits of holistic care also include improving a patient's self-esteem and body image. Cardiovascular patients, especially those who have undergone surgery or experienced significant changes in their physical appearance, often struggle with a negative self-image. negative. Maintenance holistic Which including positive messages about the body and emotional support can help patients accept their new reality and increase their sense of self-esteem.(Birni & Eryilmaz, 2024).

Reducing psychosocial distress through holistic nursing care not only contributes to a more positive mental state but also leads to better coping mechanisms. This increased emotional resilience is particularly important for cardiovascular patients, as it allows them to better manage the daily challenges of living with a chronic illness. Overall, holistic nursing interventions provide a holistic approach to mental health, resulting in improved psychosocial well-being and contributing to better overall health outcomes. (Obeagu and Akinleye, 2024).

The Impact of Holistic Care on Quality of Life

1. Improving Physical Health and Well-Being

Holistic nursing care takes a comprehensive approach by addressing not only the physical but also the mental, emotional, and spiritual needs of the patient. By focusing on the whole patient, holistic care helps optimize physical health outcomes. For example, a nurse using holistic methods may incorporate alternative therapies such as aromatherapy, guided imagery, or relaxation techniques alongside conventional medical care. This integrative approach can alleviate symptoms of chronic conditions, reduce pain, and increase overall vitality, leading to improved quality of life. A holistic perspective recognizes the body's natural healing abilities, thus promoting faster recovery and long-term health. (Ievleva and Orlick, 1991).

2. Support Mental and Emotional

One important aspect of holistic nursing care is its emphasis on the emotional and psychological well-being of patients. By creating a therapeutic environment, nurse holistic interact with patients in a compassionate, empathetic, and non-judgmental manner, which fosters trust and openness. Support this emotional can be significantly reduce anxiety, depression, And stress,



all of which have a negative impact on quality of life. Nurses who provide a safe space for patients to express their fears, concerns, and desires contribute to improved mental health. Because health mentally and emotional well-being is a major component of overall well-being, addressing these aspects can lead to a more positive attitude toward illness, treatment, and recovery, which directly improves the individual's quality of life. (Kopelowicz and Liberman, 2003).

3. Spiritual Care and Empowerment

Care holistic also combines spiritual dimension of health, recognizing that spiritual well-being is often an important part of an individual's overall quality of life. For many patients, maintaining a sense of purpose, hope, and connection to their personal faith or beliefs can play a role important in coping with illness or adversity. Holistic nurses encourage self-reflection, mindfulness, and a sense of inner peace, which empower patients to face challenges with resilience. By acknowledging and supporting patients' spiritual needs, nurses help them reconnect with their sense of purpose and meaning in life. This, in turn, promotes emotional healing, enhances coping mechanisms, and contributes to an overall sense of satisfaction, thereby improving patients' quality of life. (Cui et al., 2024).

Here are three previous studies on the topic. quality life (QoL), findings they, and his contributions to this field:

1. **The Impact of Social Support on Quality of Life: A Study of the Elderly in Urban Areas**

This study by (Choi and Hwang, 2022) investigated the relationship between social support and quality of life among older adults. Which stay in area urban. The Researchers have found that social support, especially from family and friends, has a significant positive

impact on quality of life in older adults. This study used a mixed-methods approach, combining surveys and in-depth interviews to assess various aspects of QoL, such as physical health, psychological well-being, social participation, and life satisfaction. The results showed that those with strong social networks reported higher levels of happiness, better physical health, and lower levels of depression and anxiety. This study emphasizes that fostering social connections and providing emotional and practical support can improve the quality of life of older adults, especially in urban settings where social isolation is common. This study contributes to the understanding of non-medical factors that influence QoL, highlighting the importance of social interactions in improving well-being.

2. **Quality of Life and Chronic Disease: The Role of Health Care Access and Medication Adherence**

In Smith et al. (2018), this study examined how chronic illness affects quality of life and the role of healthcare access and medication adherence in this relationship. The study focused on individuals with chronic conditions such as diabetes, hypertension, and arthritis, and used a longitudinal design to track changes in their Quality of Life over time. The study findings revealed that patients who had better access to healthcare and adhered to prescribed medications experienced significantly higher Quality of Life scores, including improvement function physique and decreased pain levels. In contrast, those with limited access to health services or poor adherence to treatment plans reported Quality A lower quality of life, characterized by increased pain, stress, and reduced mobility. The study underlines the important role of health care systems and patient behavior in managing chronic diseases and improving quality of life. This study highlights the need for health care policies health that discusses accessibility of services and encouragement of patient adherence to medical regimens.(Clarke et al., 2016).



3. Socioeconomic Status and Its Influence to Quality Life: Perspective Global

(Tang and Zhang, 2020) conducted a cross-cultural study examining how socioeconomic status (SES) affects quality of life across countries. Using data from a large multinational dataset, the study analyzed factors such as income, education, employment status, and living conditions to determine their impact on QoL in developed and developing countries. The study revealed that SES is one of the strongest predictors of QoL, with individuals from higher socioeconomic backgrounds consistently reported higher QoL in terms of health, education, and subjective well-being. However, the study also noted that the relationship between SES and QoL varies across cultural contexts. In wealthier countries, the impact of income on QoL is most pronounced in the relation with health and access to recreational activities, while in high-income countries low, need base such as food security and housing quality have influence. Which more significant on QoL. This study emphasizes the multidimensional nature of quality of life, with economic factors being critical but also dependent on the wider social and cultural environment (Clarke et al., 2016).

Challenges and Limitations of Holistic Care in Cardiovascular Care

Although holistic nursing care offers many benefits for cardiovascular patients, its implementation is not without challenges. One major obstacle is the limited availability of trained holistic nurses in the health care system. Many hospitals and clinics still prioritize traditional medical approach, who may not fully integrate holistic practices into the patient's care plan. Additionally, patients may be skeptical of non-traditional treatments, especially if they are not familiar with practices such as aromatherapy or meditation.

Overcoming these barriers requires ongoing education and training for health care providers to understand the value of holistic care and how it complements traditional medical practices (Promosi et al., 2005).

In addition, further research is needed to establish empirical evidence supporting the effectiveness of holistic nursing in cardiovascular care. Although many studies have shown positive results, more rigorous trials are needed to determine the exact mechanisms by which holistic care affects cardiovascular patient health. Finally, health care systems must address logistical challenges such as time constraints, staff shortages, and funding issues that can hinder implementation of holistic nursing care. Despite these challenges, holistic nursing care remains a promising approach to improving the quality of life of cardiovascular patients, provided that appropriate resources and support are allocated to its practice. (Promosi et al., 2005).

Holistic care has been shown to be an effective approach in improving the quality of life of cardiovascular patients by addressing their physical, emotional, social, and spiritual needs. While there are still challenges in fully integrating holistic care into the standard medical model, the potential benefits to patients are clear. Nurses trained in holistic practices can help cardiovascular patients manage their conditions more effectively, leading to better health outcomes and a higher quality of life. The integration of holistic care into cardiovascular care offers a more patient-centered approach to health care that recognizes the importance of the whole person, not just the disease. Study and future developments in this area will be very important for to perfect practice. This and ensure that the practice is accessible to all cardiovascular patients. (Magnani et al., 2018).

Holistic nursing care can improve the quality of life



of cardiovascular patients by considering the following physical, emotional, social and spiritual aspects:

1. Holistic Care and Its Impact on Quality of Life of Cardiovascular Patients

Maintenance holistic is comprehensive approach Which focus on overall personal, recognizing the interconnectedness of physical, emotional, social, and spiritual well-being. When applied to cardiovascular patients, this approach addresses the multifaceted nature of their health and offers a more personalized and compassionate form of care. By considering these multiple dimensions of health, holistic care aims to improve not only physical outcomes, but also the overall quality of life for patients with cardiovascular conditions. (Francis et al., 2019).

2. Physical Aspects in Holistic Care for Cardiovascular Patients

From a physical perspective, nursing Holistic focuses on the management and treatment of cardiovascular disease through medical interventions such as medication, exercise, diet, and regular monitoring. However, it goes beyond the basic treatment plan by encouraging patients to engage in self-care practices such as physical activity and a balanced diet, which are key to managing heart health. For example, patients are encouraged to participate in specific exercise programs that can help lower blood pressure, improve circulation, and reduce the risk of heart attack. Additionally, dietary adjustments such as reducing sodium intake or consuming more omega-3 fatty acids help prevent complications associated with cardiovascular conditions. (Bhatnagar & Durrington, 2003).

3. Emotional Aspects in Holistic Care

Emotionally, cardiovascular patients often experience anxiety, depression and stress, which can have a significant impact on

recovery. And health term long them. Holistic care addresses these emotional needs by providing support. through counseling, technique stress management, And relaxation exercises such as meditation or deep breathing. For example, a patient undergoing heart surgery may experience fear and uncertainty about the future, and a nurse can engage in empathetic conversation to ease these concerns. Providing emotional support can not only help reduce feelings of isolation but also enhance overall recovery by addressing the health component mental aspect of healing.(Sakallaris et al., 2015).

4. Dimensions Social in Maintenance Holistic

Support social is an important aspect other in maintenance holistic nursing. Patient cardiovascular Possible feel isolated in a way social Because condition their health or the limitations it causes. Care nursing holistic emphasizing the importance of family involvement, community support, And group peers. For example, a patient Possible pushed For join group Supporter for individual with challenge health Which The same, which fosters a sense of togetherness and shared experiences. Nurses can also help facilitate communication between patients and their families, ensure that patient feel supported And understood in connection social they, Which eventually leading on results mentally And physique which more good.(Kohen, 2004).

5. Maintenance Spiritual in Holistic Care for Cardiovascular Patients

Spiritual care is an important component of holistic care that is often overlooked. Many patients cardiovascular find comfort and strength through spiritual or religious beliefs, which can provide hope and purpose during their recovery. Holistic nurses recognize the importance of this aspect and offer spiritual support, either through prayer, facilitating access to religious services, or just provide room For reflection. A nurse can support a patient in reflecting on life and their spirituality, helping them find meaning in disease they and



maintain a sense of inner peace. This can greatly increase patients' resilience and help them cope with the stress of their condition. (Stewart and Yuen, 2011).

Integrating a Holistic Approach into Routine Cardiovascular Care

Integrating holistic care into routine cardiovascular management requires collaboration among healthcare providers. Nurses, physicians, dietitians, and therapists all play a role in addressing multiple dimensions of a patient's health. For example, a cardiac patient may have a team of specialists, but nurses can coordinate efforts to ensure that emotional support, physical exercise, and spiritual care are also integrated into the patient's overall care plan. This multidisciplinary approach can lead to better outcomes for patients because it addresses the full spectrum of needs that contribute to patient welfare (Whalley and friends, 2014).

Treatment Example Holistics That Work

There are many studies and real-life examples that highlight the effectiveness of holistic care in improving quality life patient cardiovascular. One example is the case of heart disease patients who participated in a cardiac rehabilitation program that combined physical exercise, nutritional counseling, emotional support, and spiritual care. This program resulted in significant improvements not only in the patients' physical health but also in their mental well-being and social interactions. Patients who had received holistic care reported feeling more empowered and in control of their health, leading to better adherence to treatment plans and a more positive outlook on life (Whalley et al., 2014).

Holistic care plays a vital role in improving the quality of life of cardiovascular patients by addressing the physical, emotional, social, and spiritual dimensions of their health. This

approach not only helps in the treatment of cardiovascular disease but also improves the overall sense of well-being and life satisfaction, which contributes to better health outcomes and a more fulfilling life. (Whalley et al., 2014).

CONCLUSION

This study confirms that holistic care is effective in improving the psychosocial well-being and quality of life of cardiovascular patients. Through a comprehensive approach that addresses not only the physical health of patients but also their emotional, social, and spiritual needs, holistic nursing interventions have been shown to significantly reduce psychological distress, such as anxiety and depression, while increasing the overall emotional resilience of patients. Key elements of care holistic, including support emotional, stress management techniques, family involvement, and spiritual care, have positive impact on health cardiovascular patients' mental health, giving them tools and the support needed to coping with the challenges of living with a chronic condition. In addition, the integration of a personalized care plan empowers patients, fosters a sense of control and improves their adherence to treatment protocols, ultimately contributing to better physical and psychosocial outcomes.

Implications from findings This highlight the importance of integrating holistic care into routine nursing practice for cardiovascular patients. This approach not only addresses the physical aspects of care but also enhances long-term psychological well-being, improving the overall quality of life for these individuals. Given the positive outcomes associated with holistic interventions, health care institutions must prioritize training nursing staff in holistic care techniques and develop standard guidelines for their implementation. Future research should focus on further exploring the mechanisms through which holistic care influences psychological and physical health outcomes, as well as evaluating its long-term impact on patient



satisfaction and hospital readmissions. In addition, further research is needed to assess barriers to implementing holistic care in clinical settings, particularly in high-demand settings, and to explore strategies to address these challenges. Holistic nursing care has the potential to significantly improve the quality of care and results for patient cardiovascular, and ongoing investigation into its effectiveness very important for advancing patient-centered care in the cardiovascular domain.

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