

## Text for Submission to NANDA-I

(This information will be uploaded onto the NANDA-I form. Information is listed in the order required by the NANDA-I form.)

**Title of diagnosis:** *Imbalanced Energy Field*

**Revision of the problem-focused NDx :** *Disturbed Energy Field*

### Section 1: References (there must be at least 2 and no more than 20)

1. Frisch, N., Butcher, H. Campbell, D., & Wier-Hughes, D. (2015) Validation of a NANDA-I diagnosis: Imbalanced energy field. Report of an unpublished study, submitted for presentation at the 2016 NANDA-I conference (full text attached).
2. Frisch, N., Fuller, A., Resnicoff, M., Shields, D., & Butcher, H., (2015). *Development of a revision/submission of a nursing diagnosis related to the concept of the human energy field. Unpublished White Paper* prepared for the American Holistic Nurses' Association. Topeka, KS (full text to be attached)
3. Butcher, H. Frisch, N, Shields, D., Fuller, A & Resnicoff M., (2015). *Imbalanced human energy field: development, revision and conceptualization of a NANDA-I nursing diagnosis within Rogers' Science of Unitary Human Beings.* In *E-Health and Nursing, Knowledge for Patient Care, Proceedings of the 10<sup>th</sup> European Conference of the Association Common European Nursing Diagnosis, Interventions and Outcomes*, Editors: F. Sheerin, F. Sermeus, A. Ehrenburg. pp 36-8. Dublin, Ireland: ACENDIO.
4. Frisch, N., Butcher, H, Campbell, D, & Weir-Huges, D. (2015). Holistic Nurses' Use of Energy-based Caring Modalities, manuscript under review, submitted to *Holistic Nursing Practice*.
5. Shields, D, Fuller, A., Resnicoff, M, Butcher, H & Frisch, N. Concept analysis of the term *Human Energy Field* as used within the discipline of nursing. Unpublished paper. (full text to be attached).
6. Brekke, M. & Schultz, E. (2006). Energy theories: Modeling and role-modeling. In H. Erickson (Ed.), *Modeling and Role-Modeling: A view from the client's world*, pp 33- 67. Cedar Park, Texas: Unicorns Unlimited
7. Denner, S. (2009). The science of energy therapies and contemplative practice: A conceptual review and the application of zero balancing. *Holistic Nursing Practice*, 23(6), 315-334.  
doi:10.1097/HNP.0b013e3181bf3784
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9. Eschiti, V. (2006). Practice column. Journey into chaos: quantifying the human energy field. *Visions: The Journal of Rogerian Nursing Science*, 14(1), 50-57
10. Hardin, S. (2004). Pattern of the field. *Visions: The Journal of Rogerian Nursing Science*, 6-7.
11. Krieger, D. (2002). *Therapeutic touch as transpersonal healing*. New York: Lantern.
12. Leddy, S. K. (2004). Human energy: A conceptual model of unitary nursing science. *Visions: The Journal of Rogerian Nursing Science*, 12(1),14-27. Retrieved from <http://www.societyofrogerianscholars.org/Visions/Visions-Volume12.pdf>
13. Parse, R. R. (2006). Applications of Parse's Human Becoming school of thought. In Parker, M.A. (Ed.), *Nursing theories & nursing practice* (pp. 187-216). Philadelphia: F.A. Davis Company
14. Rogers, M.E. (1970). *An introduction to the theoretical basis of nursing*. Philadelphia: F.A.Davis.
15. Rogers, M.E. (1988). Nursing science and art. *Nursing Science Quarterly*, 1(3), 99- 102.
16. Rogers, M.E. (1992). Nursing science and the space age. *Nursing Science Quarterly*, 5, 27-34.
17. Rogers, M.E. (1994). Nursing science evolves. In M. Madrid & E.A.M. Barrett(Eds.), *Roger's scientific art of nursing practice* (pp. 3-9). New York: National League for Nursing.

18. Todaro-Franceschi, V. (2008). Clarifying the enigma of energy, philosophically speaking. *Nursing Science Quarterly*, 21(4), 285-290
19. Watson, J. & Smith, M.C. (2002). Caring science and the science of unitary human beings: A trans-theoretical discourse for nursing knowledge development. *Journal of Advanced Nursing*, 37(5), 452-461
20. Watson, J. (2005). *Caring science as sacred science*. Philadelphia, PA: FA Davis

## Section 2 the diagnostic label

Our NDx is *Imbalanced energy field* and is a revision of the previous NDx of *disturbed energy field*, reference # 00050.

## Section 3, the definition of the NDX – listing both the old and the revised wording

Original definition:

***Disturbed Energy Field*** -- *Disruption of the flow of energy surrounding a person's being that results in disharmony of the body, mind, and/or spirit*

Proposed of definition:

*A human energy field is a luminous field of energy that comprises a person, extends beyond the physical body, and is in a continuous mutual process with the environmental energy field. It is a vital energy that is a continuous whole and is recognized by its unique pattern; it is dynamic, creative, nonlinear, unpredictable and flows in lower and higher frequencies. **Imbalanced Energy Field** is a disruption in flow, rhythm, symmetry, or vibration in the human-environmental field mutual process."*

References # 2,3, 5 - 8, 11-20 (# from list above that support this definition)

## Section 4 is a list of the defining characteristics – listing both the old and the revised wording and with references for the new wording

Old defining characteristics:

*Perceptions of changes in patterns of energy flow, such as: Movement (wave, spike, tingling, dense, flowing) Sounds (tone, words) Temperature change (warmth, coolness) Visual changes (image, color) Disruption of the field (deficit, hole, spike, bulge, obstruction, congestion, diminished*

### Proposed defining characteristics:

Presence of the following disharmonic energetic manifestations (assessed through direct observation):

Disturbances in energy field flow:

- congestion of energy field patterns
- slowness or rapid field patterns
- strong or weak energy field patterns
- pulsating to pounding frequency patterns
- tumultuous field patterns

Disturbances in the rhythm of energy field patterns:

dissonant rhythms  
random and irregular patterns  
arrhythmic field patterns

Imbalances of energy flow:

temperature differentials of heat or cold  
attraction or magnetic pull to an area  
energy deficit or hyperactivity  
congestion or blockage of energy flow  
tingling or slight electrical shocks  
pulsations or unsynchronized rhythms

And/Or

Perceptions of an imbalanced energy field assessed indirectly through: A need for support, closeness, presence, or human contact that is distinct from the needs understood as 'social isolation' or 'loneliness' or through the emotions of 'sadness', 'hopelessness', or 'fear'. This imbalance is understood through the nurse-client mutual relationship represents a need to draw on the support, energy, or presence of another for the individual to regain the experience of the 'whole'.

References: #2,3,5,6,8, 10, 11, 15-18

### **Section 5: related factors – listing both the old and the revised related factors**

Old related factors:

*Related Factors Slowing or blocking of energy flows secondary to: **Maturational factors:** Age-related developmental crisis Age-related developmental difficulties **Pathophysiological factors:** Illness Injury Pregnancy **Situational factors:** Anxiety Fear Grieving Pain Treatment-related factors Chemotherapy Immobility Labor and delivery Perioperative experience Fatigue*

Proposed related factors:

- life transitions or crises
- states of anxiety or stress, discomfort or pain
- illness or injury
- conditions of prescribed treatments or interventions that can disrupt the energetic pattern or flow, such as surgery, medications, chemotherapy

References for the related factors: 1, 3, 4,

### **Section 6 nursing interventions (must have at least 2)**

- **Presence or therapeutic presence**
- **Intention**
- **Caring**
- **Therapeutic touch, healing touch or other energy-based modalities**
- **Emotional support**

**References for interventions: # 4,5,6,11,13,16,20**

**Section 7 Nursing outcomes (must have at least 2)**

- **Balanced energy field**
- **Pain control**
- **Anxiety, stress management**
- **Ability to undergo and/or continue treatment**
- **Quality of life**

**Section 8 is for additional comments:**

Reference # 1 and 4 represent the results of a study conducted in June 2015 of over 400 holistic Registered Nurses who engage in energy-based work as part of their nursing practice. Evaluation of survey item responses and free-text descriptions of their work as provided by participants indicates that 1) there are a number of nurses whose professional practice encompasses energy-based work, 2) these nurses operate from a philosophical and theoretical perspective consistent with holism, 3) energy-based assessments and interventions are foundational to what they see as holistic nursing care, and 4) participants voiced a need for a NDx that would permit them to document what to them is the most important part of their practice. Reference # 5 above is a recently completed concept analysis of the term 'human energy field' as applied to the discipline of nursing, done using the Chinn-Kramer method of concept analysis. Results of this concept analysis show that the concept is well-documented in nursing, consistent with tenets of holistic nursing theory, and applicable to practice for those ascribing to holistic philosophies or theories. These papers are in process of being reviewed by journals or being prepared for publication, thus they are being submitted to the DDC along with this submission of a revised diagnosis. This revised diagnosis is the work of several people (not just the submitter) and includes: Noreen Frisch\* (Canada), Howard Butcher\* (USA), Dickon Weir-Hughes\* (UK/France), Deborah Shields (USA), Marci Resnicoff (USA), Ann Fuller (USA) and Diane Campbell (Canada). \*indicates NANDA-I members.