



ABOUT THE PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING

Founded in 2003 by the George Family Foundation and the Ted and Dr. Roberta Mann Foundation, the Penny George Institute for Health and Healing is the nation's largest health system-based integrative health program. The Penny George Institute provides patient care in outpatient and inpatient settings, educates health professionals, engages the community in healthy living through prevention and wellness, and researches best practices in integrative therapies.

OUR MISSION

The Penny George Institute for Health and Healing empowers individuals and communities to improve their health and wellness by partnering with them and providing exceptional care.

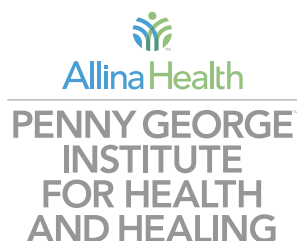
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Transformative Nurse Training Program

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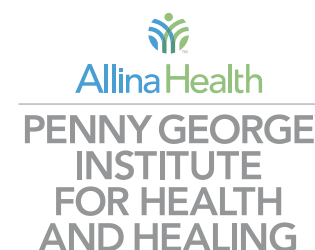
Minneapolis, MN 55407

allinahealth.org/georgeinstitute

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PENNY GEORGE™ INSTITUTE FOR
HEALTH AND HEALING

Transformative Nurse Training Program



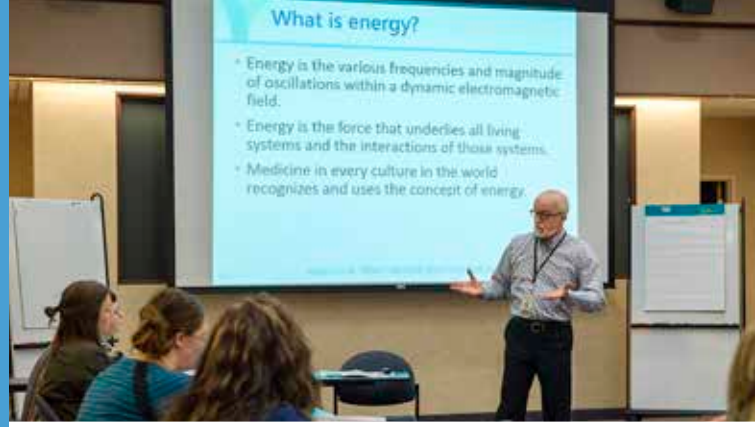
Transformative Nurse Training

The Transformative Nurse Training (TNT) program is one of several integrative health training programs offered by Allina Health's Penny George Institute for Health and Healing. It was developed by integrative health nurse clinicians to offer nurses an opportunity for professional and personal transformation.

Managing clinical issues of pain, anxiety, nausea, stress and sleep is an ongoing challenge in health care today. As a result, health care providers are looking for ways to improve their ability to respond to these challenges with skills and techniques that are non-pharmacological and non-invasive. Nurses seeking to enhance their role holistically and to expand their options for honoring each patient's physical, psychological and spiritual needs will benefit from the TNT program.

Studies have shown significant benefit from incorporating integrative therapies into patient care. In an Allina Health study published in the *Journal of Patient Safety*, the average reduction in pain scores was 1.9 points. The average reported pain reduction was approximately 55 percent, and 33 percent reported complete pain relief.

Research has also demonstrated that nurses who participated in the TNT program report that integrative therapies can improve patients' quality of life. They felt that they received adequate knowledge to use integrative therapies for others, and used integrative therapies in their own lives personally and professionally.



ABOUT THE TRANSFORMATIVE NURSE TRAINING PROGRAM

Taught by integrative health nurses and practitioners, the 32-hour curriculum is grounded in holistic nursing philosophy, principles and theory, with a focus on professional development and self-care. It introduces the use of basic massage, guided imagery and relaxation techniques within the context of relationship-centered care.

Teaching methods include lecture, interactive discussions, experiential practice sessions and mentorship. To date, more than 1,500 nurses have completed the TNT program, within Allina Health and at health care facilities across the country.

As a growing number of patients and families are using integrative therapies for their own health and wellness, nurses who complete this program will be knowledgeable about the use of these therapies.

BENEFITS AND OUTCOMES

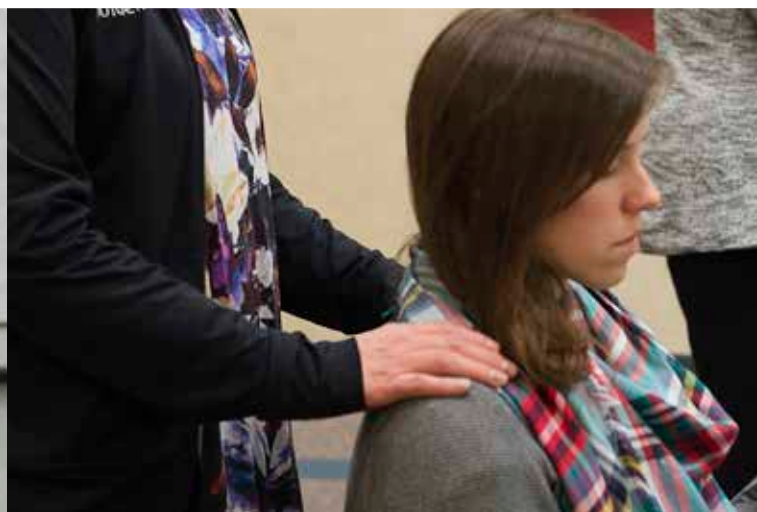
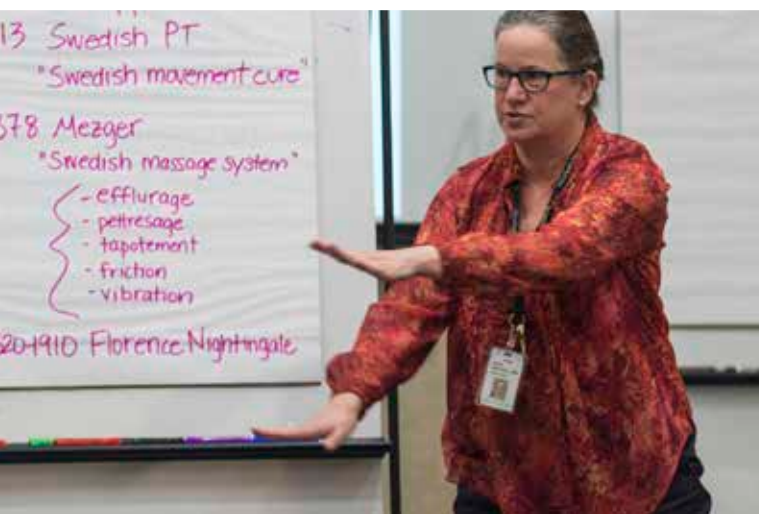
- develop an integrative therapy skill set for use in the acute care setting
- learn skills to help your patients manage pain with non-pharmacological/non-invasive procedures
- enhance your holistic skills as a therapeutic partner for patients in your care
- increase knowledge of complementary therapies for personal and professional care
- prepare for the holistic nursing board certification exam.

CONTACT HOURS

This continuing nursing education activity was approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (AHNA approval #1307)

This program is approved for 29.5 contact hours for nurses through January 9, 2020.

Approval for contact hours through the American Holistic Nurses Association (AHNA) is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.



ABOUT ALLINA HEALTH

Allina Health is dedicated to the prevention and treatment of illness and enhancing the greater health of individuals, families and communities throughout Minnesota and western Wisconsin.