

HOLISTIC : Multiple Complementary and Integrative Modalities

Marilyn Moldowan RN, BScN (“Death Maven”), adopts the philosophy of a “palliative approach to care”, offering continuity of professional support, seamless care transitions and end of life counselling for clients and their families in collaboration with Registered Nurses, doctors and other health care professionals.

The presentation of rich, varied and unique “multiple complementary and integrative modalities” into the client’s health journey supports their choice of a truly individualized, high-touch, responsive end of life experience. Through the multi-disciplinary “discovery” interview, a client’s objectives, values and their personalities will guide the discussion of the varied modalities. The client’s chosen options will be compassionately curated into their plan of care.

The modalities that may be considered include:

- bespoke selection of music, books and movies
- engaging talent of poets, music composers or writers
- thoughtful photography capturing vulnerable power of the client’s journey
- the comfort of massage, therapeutic touch, Reiki or gentle foot care
- aromatherapy, craniosacral therapy, Aruvedic medicine, iridology
- discussion of acupuncture, chiropractic and naturopathic benefits
- bespoke drives and touring to places of significance and healing (“life review”)
- visits by priest, minister, chaplain, First Nations Elder, Imam, Rabbi, monk
- clarify Buddhist, Sikh and Hindu clients beliefs and wishes (if no faith leader available)
- accessing Shamanic, Aboriginal healing and traditions or...
- other belief leaders as Jehovah’s Witness, Church of Latter-Day Saints, Mennonites
- equine therapy, pets included at the bedside
- incorporating cannabis as guided by “Canadian Nurses Association”
- expanding non-religious spiritual awareness via “reframing” meaning of life’s journey
- ... this list is not exhaustive, other modalities as desired by the client...

Plant based medicines and “Natural Heath Products” as outlined and authorized by Health Canada including but not limited to probiotics, herbal remedies, vitamins and minerals, homeopathic medicines, herbal medicines like Chinese herbals, amino acids and fatty acids. (www.canada.ca)

Further guidelines as described in CRNA’s “Complementary and Alternative Health Care and Natural Heath Products Standards”, December 2018.

As part of the “life review” and a start of detaching from earthly presence, there could be an exploration of:

- gentle deconstruction of all digital communication and online social presence, including Facebook, Instagram, Linked In, X, and the like
- empathetic nudge towards emptying of safety deposit boxes, storage units and considering possessions in other parts of Canada or internationally
- conversations where the client leaves behind a non-monetary “legacy”
- manner in which they wish their body cared for during and after death...

...and more...

Please refer to information about complementary and alternative therapies through membership in and access to education provided by the “Canadian Holistic Nurses Association”, part of the “Canadian Nurses Association”.

<https://www.chna.ca/>