

Handbook for the Certification of

Anthroposophic Nursing Specialists (IFAN)

by the International Forum for Anthroposophic Nursing
in the Medical Section of the School of Spiritual Science
at the Goetheanum in Dornach, Switzerland

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1. PREFACE HANDBOOK CERTIFICATION

The training and qualification structure in Anthroposophic Nursing has become more differentiated worldwide over the last decades. More and more nurses attend courses in Anthroposophic Nursing, learn new skills and apply them in their institutions or out of their own initiative even if they do not come from an anthroposophical background. The gentle rhythmical massages (einreibungen) according to Wegman/Hauschka are particularly popular. Many trainees expect a certificate that testifies their acquisition of new skills in the further training courses.

They need such certificates for themselves and their own professional career, but also to meet the quality requirements that health insurers impose on health care workers who offer nursing or therapy services.

Another important endeavour is to ensure that the term 'Anthroposophic Nursing' becomes a recognizable quality assurance. This is achieved mostly through the professionalism and human qualities displayed by the individual nurse and the impression he or she makes on patients, colleagues and members of related professions. The special qualities that live in anthroposophic nurses can, if at all, only be indirectly described, or measured.

It has become clear in recent years that the restriction of Anthroposophic Nursing to the quiet presence of expertly working colleagues is not enough to keep this movement alive in the world. What it needs are opportunities to emerge from the flow of daily working life and become visible, researchable and, in part, also measurable; and able to enter into dialogue. Additional titles such as 'Anthroposophic Nursing Specialist', 'Specialist for Rhythmical Einreibungen', 'Foundation Course for Anthroposophic Nursing' etc. would support this attempt at becoming more visible. We assume that individuals and institutions, who aspire to these qualifications, are willing to represent their underlying spiritual background. This is not assessable, but it becomes tangible in a person's attitude and behaviour. It is part of any training in Anthroposophic Nursing and related fields.

These considerations led to the following draft for the setting up of a Bureau for the certification and accreditation of Anthroposophic Nursing. Its aim is to establish a unified global procedure for awarding qualifications to specialists in anthroposophic nursing. It includes the existing Accreditation of Training and Further Training in Anthroposophic Nursing.

2. FURTHER TRAINING IN ANTHROPOSOPHIC NURSING

Further training courses offer the possibility of further training in Anthroposophic Nursing. Further training courses that lead up to the Specialist examination must be accredited by the International Forum for Anthroposophic Nursing (IFAP).

Further training is divided into a foundation course and an advanced training course. An individually structured further education programme is also possible.

2.1 FOUNDATION COURSES

The foundation courses comprise a minimum of 200 learning units (1 unit = 45 minutes) during which the whole range of Anthroposophic Nursing is introduced. Depending on the focus of an individual course some topics are taught in greater depth. The range of topics is divided in the categories Anthroposophical Foundations of Diagnosis and Nursing (1-5), Nursing Interventions (6-9), the Healing Impulse in the Interdisciplinary Therapy Team and Personal and Professional Development (10-12) with possible cross references with regard to method and content. Course providers adjust the following range of themes to their particular target group.

- The four nature realms, the four elements, temperaments, the members of the human organization.
- Body-soul-spirit, functional threefoldness, thinking-feeling-will, tria principia
- Life processes, learning processes, biographical rhythms, planets, metals.
- The twelve senses, nursing gestures, the zodiac, world views
- Understanding disease (or: health and sickness)
- Rhythmical einreibungen according to Wegman / Hauschka
- Compresses, poultices, baths
- Therapeutic washing, body care, prophylaxes, nursing for particular diseases and in special life situations, nursing for mental and psychosomatic illnesses, pain, dementia etc.
- Patient support, social care, counselling
- Support at birth, death and in crucial life situations
- Medicines, anthroposophic medicines
- Art therapies, eurythmy therapy
- Inner development, looking after oneself

2.2 GAINING A FOUNDATION COURSE QUALIFICATION AS PART OF A NURSING TRAINING

An anthroposophically oriented training centre can offer its students a foundation course qualification. To be able to do this the training centre needs to be accredited by the International Forum for Anthroposophic Nursing. Criteria for Accreditation are:

- Students must be informed about the offer and have to enroll within a certain timeframe
- Students have to proof their specific studies in Anthroposophic Nursing by a suitable procedure during their training.
- At least one year professional practice after the vocational training in a setting in which Anthroposophic Nursing can be practiced.

2.3 ADVANCED TRAINING COURSES

A successfully completed foundation course is usually the condition for admittance to an advanced training course. In the advanced training courses all the themes specified under 2.1. are studied in-depth. Duration and structure depend on the qualifications a student has gained so far. Advanced training courses are modular and allow for facultative attendance. They require a high percentage of private study. Foundation courses and advanced training courses should meet current national professional standards and, in principle, make state recognition possible.

2.4 INTEGRATED AND ADVANCED TRAINING COURSES

Integrated foundation and advanced training courses integrate the range of topics which are to be included as required in the handbook over their entire curriculum.

2.5 INDIVIDUAL FURTHER TRAINING PROGRAMMES

Individual further training programmes are possible in principle, if the route specified above is not suitable for personal or professional reasons. The following general principles apply:

- The student has to find a mentor. This can be a Specialist or Specialists in Anthroposophic Nursing (IFAN) who have completed a mentor training.
- The mentor checks the student's portfolio and establishes a further training goal with the student.
- Student and mentor set up an individual further training programme that includes private study as well as the attendance of further training courses.
- The mentor continuously supervises the student's progress.

- If, after a sufficient period of anthroposophic nursing practice (5 years as a rule), the established further training goal has been reached, the mentor will recommend the student for the Specialist examination.
- The relationship between student and mentor is voluntary and based on mutual trust. Any fees to be paid have to be mutually agreed.

3. AWARDING THE TITLE OF 'ANTHROPOSOPHIC NURSING SPECIALIST (IFAN)'

The International Forum for Anthroposophic Nursing in the Medical Section of the School of Spiritual Science awards a certificate that authorizes the student to use the title 'Anthroposophic Nursing Specialist (IFAP)'.

The certification has the purpose to define the skills expected of an 'Anthroposophic Nursing Specialist' and to guarantee that the title holders possess certain knowledge and skills.

The certificate does not reflect a willingness of its holder to represent Anthroposophic Nursing through membership in the School of Spiritual Science at the Goetheanum.

3.1 SKILLS EXPECTED OF AN 'ANTHROPOSOPHIC NURSING SPECIALIST'

He/she

- acknowledges IFAP's 'Guidelines for Good Anthroposophic Nursing Practice'
- is able to establish a diagnosis of the members of the human organisation and derive, justify and reflect on the necessary care procedures. (Reference to anthroposophy: the members of the human organisation and functional threefoldness)
- is able to analyze life processes, learning processes or biographical rhythms and derive, justify and reflect on the necessary care procedures. (Reference to anthroposophy: life processes, learning processes, biographical rhythms, metal therapy)
- is able to establish a nursing plan based on the 12 senses or the nursing gestures and to implement, justify and reflect on the resulting care procedures. (Reference to anthroposophy: concept of the 12 senses, concept of the nursing gestures).
- Is able to carry out and evaluate a full-body einreibung. (Reference to anthroposophy: Rhythmical einreibungen according to Wegman / Hauschka)

- is able to indicate the main external applications (compresses, poultices, baths) and can appropriately implement and evaluate them. (Reference to anthroposophy: External applications in anthroposophic medicine and nursing).
- is able to adjust care procedures to the given biographical, social and cultural situation and convey them. (Reference to anthroposophy: patient support, social care, counselling)
- is able to indicate and implement the main nursing procedures in biographical threshold and crisis situations. (Reference to anthroposophy: birth, death, threshold experiences)
- is able to explain general nursing issues of a specialist field in the light of anthroposophy and can correctly implement, justify and evaluate nursing procedures. (Reference to anthroposophy: practical application of the anthroposophical insight into the human being in nursing)
- is able to explain typical diseases of a specialist field in the light of anthroposophy and adjust the nursing plans accordingly. (Reference to anthroposophy: The understanding of disease in anthroposophic medicine.)
- is able to justify, from an anthroposophical point of view, the indication of medicines for external use and to prepare external applications in a way that is appropriate for the substances. (Reference to anthroposophy: knowledge of the anthroposophic pharmacology)
- knows how art therapies work and uses an art form (such as music, literature, painting, modelling, eurythmy) to enhance personal development. (Reference to anthroposophy: the arts)
- looks after his/her personal development, cultivates the working together with others and is aware of his/her responsibility for the development of Anthroposophic Nursing. (Reference to anthroposophy: self-development, looking after oneself, working together, responsibility)

3.2 APPLYING FOR THE CERTIFICATE

Professional nurses can apply to the International Forum for Anthroposophic Nursing for accreditation as 'Anthroposophic Nursing Specialist (IFAN) if they

- have completed a state recognized training in a nursing profession,
- have successfully completed further training in Anthroposophic Nursing that qualifies for the Specialist examination,
- are members of a professional organization or a study group in Anthroposophic Nursing that is represented in the International Forum for Anthroposophic Nursing

3.3 PROOF OF QUALIFICATION

The following proof of qualification is needed for admittance to the Specialist examination:

- State Certificate of Nursing
- Proof of a minimum of five years of practical nursing experience
- Proof of the successful participation in a further training course in Anthroposophic Nursing or an equivalent qualification.

3.4 EXAMINATION

The title 'Anthroposophic Nursing Specialist (IFAP)' is granted following a personal examination. The above-mentioned qualifications have to be submitted in full before the examination. The examination has a theoretical and a practical part:

Theoretical part:

- The candidate has to submit and explain to the examining body three nursing reports that include anthroposophic diagnoses, descriptions of applications and evaluations. For nurses who are active in teaching, nursing management or research, these can also be supervisions of and comments on three such nursing reports.
- The presentation is followed by a structured professional conversation.
- The theoretical examination lasts for a maximum of 45 minutes.

Practical part:

- Demonstration of a full-body einreibung and an external application.
- The practical examination lasts for a maximum of 45 minutes.

Passing the examination

- The candidate has passed the examination if both examiners declare the examination to have been successful in all parts.
- A candidate who fails to pass the examination can repeat it after six months at the earliest. Renewed admission is granted by the examiners who ascertain on the basis of a written report from the candidate that sufficient professional further training has taken place in the meantime. A reduced examination fee applies.

3.5 CERTIFICATE

- The certificate is supplied by the International Forum for Anthroposophic Nursing. It authorizes the candidate to use the title 'Anthroposophic Nursing Specialist (IFAN)'
- The certificate holder undertakes to recognize the professional code of conduct for Anthroposophic Nursing and commits to ongoing further training.

DIAGRAM OF THE FURTHER TRAINING PROCESS FOR BECOMING AN ANTHROPOSOPHIC NURSING SPECIALIST (IFAN)

