

Incorporating Healthy Nurse, Healthy Nation TM into an Undergraduate Nursing Course

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Objectives

- Discuss Healthy Nurse, Healthy Nation™ initiatives
- Describe how Healthy Nurse, Healthy Nation™ can be incorporated into an undergraduate nursing course
- Explain the importance of using Healthy Nurse, Healthy Nation™ initiatives to advance *Healthy People 2030*

Background: Healthy Nurse, Healthy Nation TM

- Five focus areas: physical activity, sleep, nutrition, quality of life, and safety
- Web platform that provides:
 - information and resources
 - opportunity for connection
 - data collection ¹



Background: Healthy Nurse, Healthy Nation TM



Background: Healthy Nurse, Healthy Nation™

- Nurses are less healthy than the average American:
 - Stress: 2.8 times more
 - Diet: 30% less nutritious
 - BMI: 5% higher
 - Sleep: 10% less ²
 - Physical Activity: 19% report no aerobic PA in a week
 - Quality of life: 60% report having support but 25% report feeling down or sad for more than 2 weeks
 - Safety: 29% have been verbally or physically abused by a patient or family member in the past year ³

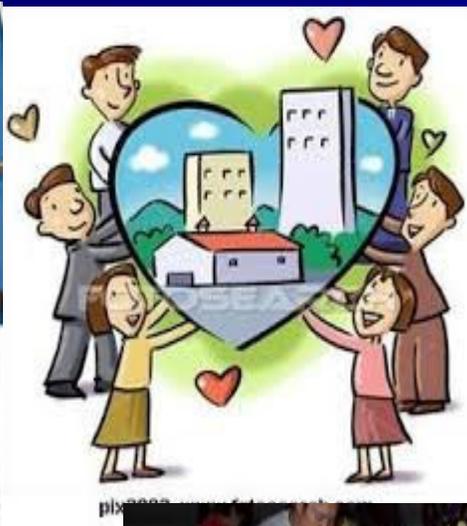


Background: Healthy Nurse, Healthy Nation TM

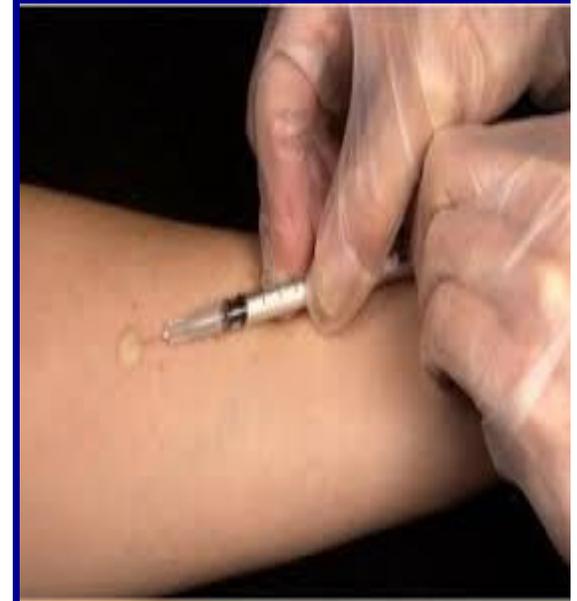
- Nursing students have risk factors too:
 - Physical Activity: Only 20% participate in moderate-intensity aerobic physical activity for 30 minutes 5 to 7 days a week
 - Diet: 5.6% reported eating 5 or more fruits & vegetables daily
 - Stress: 55% reported more than average or tremendous stress ^{3, 4}



Community Health Nursing Faculty Learning Objectives:



Community Health Nursing Student Learning Objectives:



Purpose of the Assignment



- Allow students to:
 - Develop a health education plan focusing on nurses or nursing students
 - Utilize ANA resources to develop the presentation & focus on one key element for education
 - Incorporate *Healthy People 2020/2030* objectives into the presentation

The Assignment

- Clinical time was given for the assignment
- Students worked in pairs
- Preparation before the presentation:
 - Self-select a group of nurses or nursing students
 - Assess the needs of the group prior to developing the health education plan



The Assignment

- Once the assessment was complete, the students identified a problem/ diagnosis, & developed a plan (included goal, objectives & content outline)
- Students then implemented the health education presentation
- Evaluated the presentation with a pre/post test

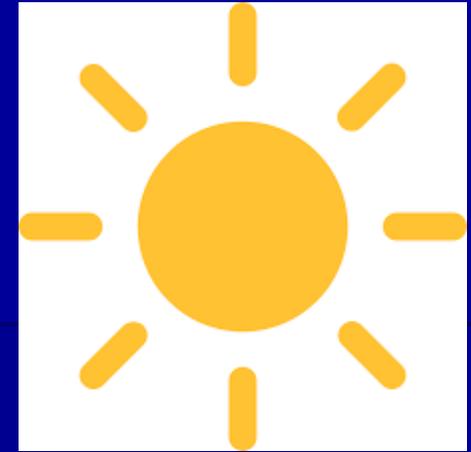


The Assignment

- Students submitted a summary consisting of:
 - Assessment findings of the group
 - Diagnosis/Problem Identification
 - Plan
 - Goal, objectives, content outline
 - Implementation method
 - Evaluation
 - Pre/post test results
 - Reflective statement on areas of improvement)



Overall outcomes



- Fall 2017 & Fall 2018
 - 30 community health nursing student pairs provided health education to 424 nurses and nursing students
 - All pre/post test scores improved
 - Education topics
 - Nutrition, Physical activity, Nurse Fatigue, Flu, Smoking Prevention, Incivility, AEB/Needle Stick, Men's Health, and Sleep Deprivation.

Overall outcomes

- Student Evaluations were positive

Loved
nurses
way unhealthy
important working more Good
enhance students program
education
know creating
feel **health**
comfortable
presentation



Implications

- This assignment provided students the opportunity to:
 - Develop an understanding of nurses/nursing student health needs
 - Understand the connection between US health needs and nurses health needs
 - Enhance health education,
 - leadership, and
 - presentation skills



Conclusion

- Nurses are in a primary position to influence change
- Practical assignment that supports health education & presentation skills
- Enhances student understanding
 - Health Education
 - *Health People 2020/2030*
 - Nurses health needs
 - ANA



References

- ¹ American Nurses Association. (n.d.) Healthy Nurse, Healthy Nation TM Retrieved May 10, 2019 from <https://www.nursingworld.org/practice-policy/work-environment/health-safety/healthy-nurse-healthy-nation/>.
- ² American Nurses Association. (2019). ANA Enterprise and AACN partner to launch student ambassador program. *American Nurse Today*, 14(3), 32.
- ³ American Nurses Association. (2018). Healthy Nurse, Healthy Nation TM 2017-2018 highlights. *American Nurse Today*. Retrieved May 10, 2019 from https://www.nursingworld.org/~4ab629/globalassets/docs/ana/practice/hnhn_17-18highlights.pdf
- ⁴ Chunta, K.S. (2017). Faculty role in promoting nursing student health. *American Nurse Today*, 12(7), 52-54.