

Your Health - Don't Leave it to Luck: Analyzing Nursing Students' Perceptions of Self-Care

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Background

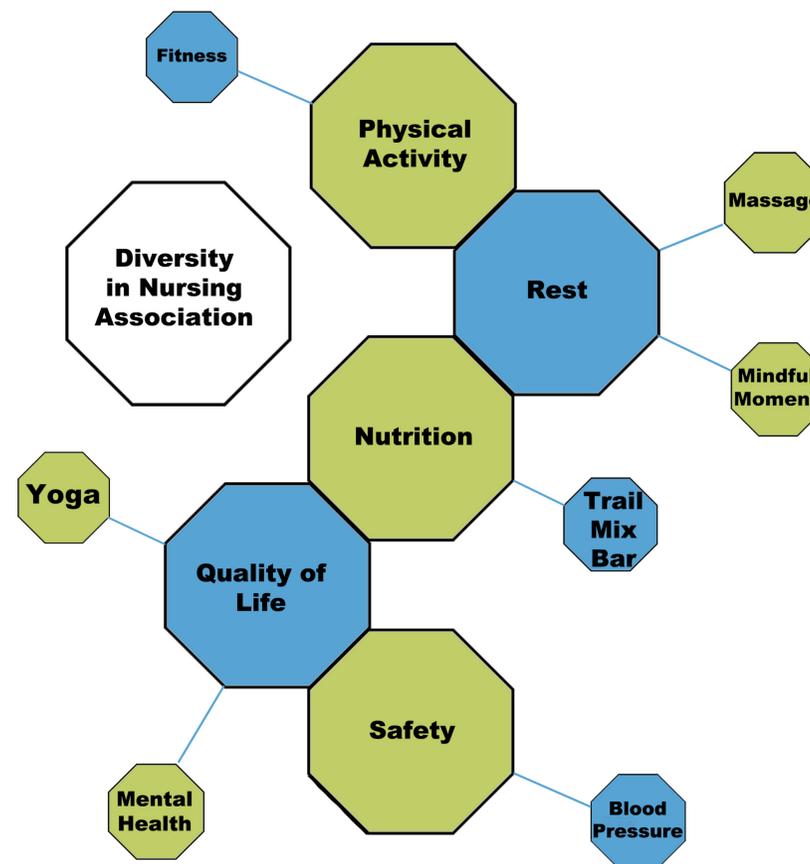
- **Area of interest:** Self-care in nurses and nursing students.
- **Trigger for the question:** Lack of self-care in nursing is directly related to increased burnout, decreased job satisfaction, and decreased new graduate retention rates (Padykula, 2017).
- **Significance:** Practicing self-care as a nursing student may help new graduate nurses establish a healthy baseline and knowledge for self-care (Webber, Guo, Mann, 2013).
- **Research question:** How are nursing students' perceptions of self-care affected by targeted health and wellness booths based on the key areas of the ANA's Healthy Nurse, Healthy Nation Grand Challenge (HNHN GC)?

Methods

- A professional development course is included in the curriculum is a required course for all nursing students in my cohort. In that course, research is conducted.
- One of the research topics is self-care. Gathering data about this topic lead to The Diversity in Nursing Association's application for a Seeds of Wellness Grant.
- Kent State of Wellness (KSoW) is a new department the University has established to achieve the goal of being the healthiest campus in the nation by 2020. KSoW distributes \$1,000 mini Seeds of Wellness Grants to select students, faculty, and organizations that apply.
- The Diversity in Nursing Association (DNA) received a grant to host a health fair, "Your Health - Don't Leave it to Luck!" which featured eight booths inspired by the HNHC GC.
- The HNHN GC states that engaging nurses in key areas (physical activity, rest, nutrition, quality of life, and safety) will increase the overall health of the population.

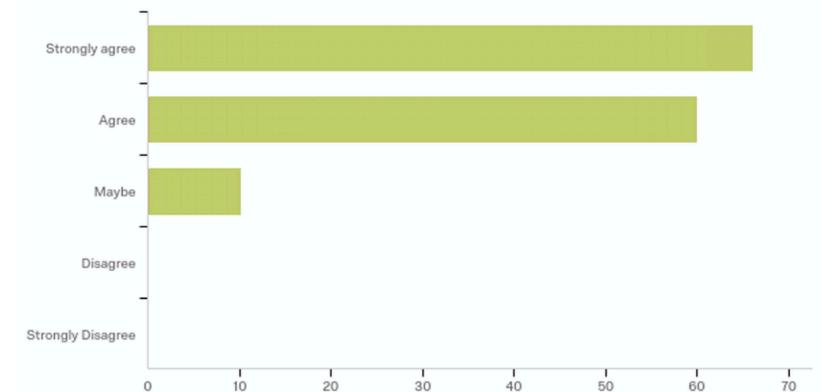
Event Details

- Booths at the event included: DNA, fitness, massage, mindful moment, make your own trail mix bar, yoga, mental health, and blood pressure monitoring.
- A tool was developed to assess the participant's perception to self care before and after completion of the event.
- An estimated 200 participants attended the event Of those participants, 159 took the pre quiz and 136 took the post quiz, while some participants chose to abstain from either quiz.



Survey Results

- Participants answers to "I am likely to engage in self-care activities due to this event."



Implications

- This event could serve as a model for other nursing leaders to replicate, and could potentially be expanded to any campuses for all majors.
- The Kent State College of Nursing could join as a partner in the HNHN GC and promote self-care annually with this health fair.
- This event could be used as a community outreach event in courses such as Community Health Nursing.

