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

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Lack of self-care in nursing is the source of several other issues in within the profession. These issues include nurse burn out, lack of job satisfaction, and decreased new graduate retention rates. Practicing self-care as a nursing student would help establish healthy habits and prevent the issues associated with nurses not practicing self-care. In order to implement this theory, I applied for a Seeds of Wellness Grant from Kent State of Wellness (KSoW) through the Diversity in Nursing Association (DNA). DNA received the grant and planned a self-care event featuring eight health related booths. Each booth fit into the American Nurses Association (ANA) Healthy Nurse Healthy Nation Grand Challenge (HNHN GC) five key areas. The booths included fitness, chair massage, mindful moment, make your own trail mix bar, yoga, mental health and coping, blood pressure monitoring, and DNA. The fitness booth was run by a doctoral student from the department of exercise science, and featured an interactive display of proper body mechanics when working out. The chair massage and yoga booth were run by licensed professionals. Mindful moments, blood pressure monitoring, and DNA were run by nursing students. The make your own trail mix bar was run by a graduate student from the nutrition department. The mental health and coping booth was run by two counselors from the department of mental health. The DNA booth used a research tool to assess the participants' perception of self-care before and after completion of the event. After completing the event, the DNA booth also handed out reusable water bottle to promote hydration during class. There were an estimated 200 participants, of those 159 took the pre quiz, and 136 took the post quiz. Nearly 70% of participants reported "strongly agree" when given the statement, "I am likely to engage in self-care activities due to this event."

Title:

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References:

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Abstract Summary:

A look at Kent State nursing students' perceptions of self-care before and after a health focused event based on the ANA's Healthy Nurse Healthy Nation Grand Challenge initiative.

Content Outline:

- Introduction
 - Kent State Seeds of Wellness (KSoW) distributes mini grants to students, faculty, and organizations
 - I applied for a Seeds of Wellness Grant as President of the Diversity in Nursing Association (DNA)
 - DNA received the grant, and decided to host a health event featuring self-care
 - DNA based the event on the ANA's Healthy Nurse Healthy Nation Grand Challenge (HNHN GC) 5 key areas
 - Physical Activity
 - Rest
 - Nutrition
 - Quality of Life
 - Safety
 - There were eight health related booths at the event
 - Fitness
 - Mindful Moments
 - Yoga
 - Trail Mix Bar
 - Mental Health and Coping
 - Chair Massages
 - Blood Pressure Monitoring
 - DNA booth
- Body
 - Point #1 Lack of self-care in nursing is detrimental to the profession
 - Nurses reporting increased burnout
 - In part due to putting patient's needs before their own
 - Nurses report lack of job satisfaction
 - Decreased new graduate retention rates
 - Contributing to the nursing shortage
 - Point #2 self-care should be taught to nursing students
 - Self-care should be taught early
 - Students will be able to form habits before entering the workforce
 - Nursing students rated themselves Agree- Strongly Agree when asked if they are knowledgeable about self care
 - After this event nearly 70% of nursing students reported "I am likely to engage in self-care activities due to this event"
 - Point #3 Nursing students believe they are knowledgeable
 - There was a decrease in Disagree- Strongly disagree after this event referring to nursing student's knowledge about self-care

- Conclusion
 - How this can be integrated in other schools
 - Other nursing organizations can adopt this event
 - It can be replicated with an increased number of booths and university departments
 - Healthy nurses make better nurses
 - As evidenced by the reports of burn out and decreased job satisfaction related to lack of self care

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Professional Experience: I am a BSN graduate of Kent State University. I completed this research, grant, and event during my senior year as the President of the Diversity in Nursing Association.

Author Summary: Jessica Paul earned her BSN from Kent State University College of Nursing. She is currently earning her DNP in Adult Gerontology Acute Care Nurse Practitioner from Saint Mary's College of Nursing.