Well-Being Initiative for On-Line Nursing Students

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Introduction

- Nurse burnout
  - Nursing shortage
  - Increased institutional costs
- On-Campus Initiative
The Eight Dimensions of Wellness are:

- Emotional
- Environmental
- Financial
- Intellectual
- Occupational
- Physical
- Social
- Spiritual

https://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness
On-Campus event

- On-campus event (April 2018)
- Survey response rate (99%) = 198 students
- 4 focus groups = 30 students
Results

<table>
<thead>
<tr>
<th>Do you...</th>
<th>M (SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• believe the University has a vested interest in your health and personal wellness?</td>
<td>3.27 (.81)</td>
</tr>
<tr>
<td>• believe the University has a culture and environment that promotes health and wellness for its faculty, staff, and students?</td>
<td>3.39 (.74)</td>
</tr>
<tr>
<td>• believe the leaders at the University are actively engaged in promoting and role-modeling health and wellness?</td>
<td>3.33 (.73)</td>
</tr>
<tr>
<td>Do you...</td>
<td>M (SD)</td>
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<tr>
<td>• think health and wellness programs are readily available to you at the University?</td>
<td>2.94 (.81)</td>
</tr>
<tr>
<td>• think that the communications you receive about wellness programs, activities, and services are clear?</td>
<td>3.04 (.83)</td>
</tr>
<tr>
<td>• think that it is important for the University to promote health and wellness for faculty, staff and students?</td>
<td>4.48 (.64)</td>
</tr>
<tr>
<td>And...</td>
<td>M (SD)</td>
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<td>-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
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<tr>
<td>• Have you found it easy to engage in health and wellness programs and activities at the University?</td>
<td>2.56 (.8)</td>
</tr>
<tr>
<td>• How satisfied are you with the current wellness programs and services offered at the University.</td>
<td>2.98 (.54)</td>
</tr>
<tr>
<td>• To what degree does the SON support your participation in health and wellness activities and events?</td>
<td>2.97 (.76)</td>
</tr>
<tr>
<td>And...</td>
<td>M (SD)</td>
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<tr>
<td>-----------------------------------------------------------------------</td>
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<tr>
<td>• To what extent do you believe the University cares about your health and personal wellness?</td>
<td>3.29 (.77)</td>
</tr>
<tr>
<td>• To what extent do you agree with the statement, “I have a substantially higher overall wellbeing because of the University”?</td>
<td>2.43 (.93)</td>
</tr>
<tr>
<td>• It is difficult to balance my home/family/work life and academic responsibilities.</td>
<td>3.99 (.95)</td>
</tr>
</tbody>
</table>
Lessons Learned

1. Lack knowledge of university health and wellness resources
2. Importance of culture and environment promoting wellness
3. Not easy to engage in wellness as on-line students
4. Overall wellbeing not better because at GW
5. Overwhelmed with work/life balance
6. Too much busy work in courses
7. Obtaining clinical sites is a stressor
Moving Ahead: SON

• Review courses to reduce busy work
• Assistance obtaining clinical sites
• Asynchronized resources - self-help videos, fact sheets
• Synchronized resources - evening, not lecture-format
Professional Well-Being Initiative

Preparing you to face the challenges of providing high-quality patient care in different clinical settings is our most important charge as a nursing school. But the demands of a career in nursing can take a toll on even the hardest of us, which is why we must also cultivate resilience and self-awareness in the face of adversity and stress.

The Professional Well-Being Initiative is designed to develop knowledge and skills to help you cope with stress and adversity in a healthy, proactive way. You will be able to apply what you learn in this new initiative to manage the many tasks and deadlines of our program, then carry that knowledge and awareness with you well beyond this program in professional practice.

“We’re preparing our students to take on not only the challenges of providing high-quality care in different clinical settings, but also to tackle the issues of burnout and work-related stress that are causing so many nurses to exit the profession.”

https://nursing.gwu.edu/wellness
Self Help Library

Many students manage the normal, day to day stresses and challenges of college on their own, or with the support of friends and family and/or faith and other communities. In addition to the support of loved ones, information and basic guidance through the Colonial Health Center’s Self Help Library can provide you with information and education that can help resolve personal difficulties and help you acquire the skills, attitudes, and knowledge that will enable you to take full advantage of your experiences at GW.

- Colonial Identities
- Managing My Busy Life
- Healthy Mind, Stronger Me
- Colonials Helping Colonials
Examples of Self Help

- Colonial Identities

- Managing My Busy Life

Colonials are busy and it can be challenging to learn how to manage your schedule when pulled in many directions. Learn how to manage time, address procrastination, and reduce test anxiety—all while keeping sleep and self-care a priority.

- Coping with Stress (pdf)
- Organization and Stress Management (pdf)
- Prioritization Worksheet (pdf)
- Procrastination and Prioritization (pdf)
- Sleep Tips (pdf)
- Test Anxiety Tips (pdf)

- Healthy Mind, Stronger Me

- Colonials Helping Colonials
Moving Ahead: University

- Colonial Health: on campus resources
- Crisis information: 911, local hospital and CRISIS TEXT service
Crisis text line

https://www.crisistextline.org/
Think-Pair-Share

• **Think** about wellness activities you are currently offering in your program/school [or would like to do];
  • What are the facilitators and barriers to implementing? Observable outcomes? [make notes on the cards provided]

• **Pair** with a person sitting close to you; and

• **Share** what you are doing /would like to do

➤ Share with colleagues in room


The eight dimensions of wellness (2019, January 3). Retrieved from https://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness