

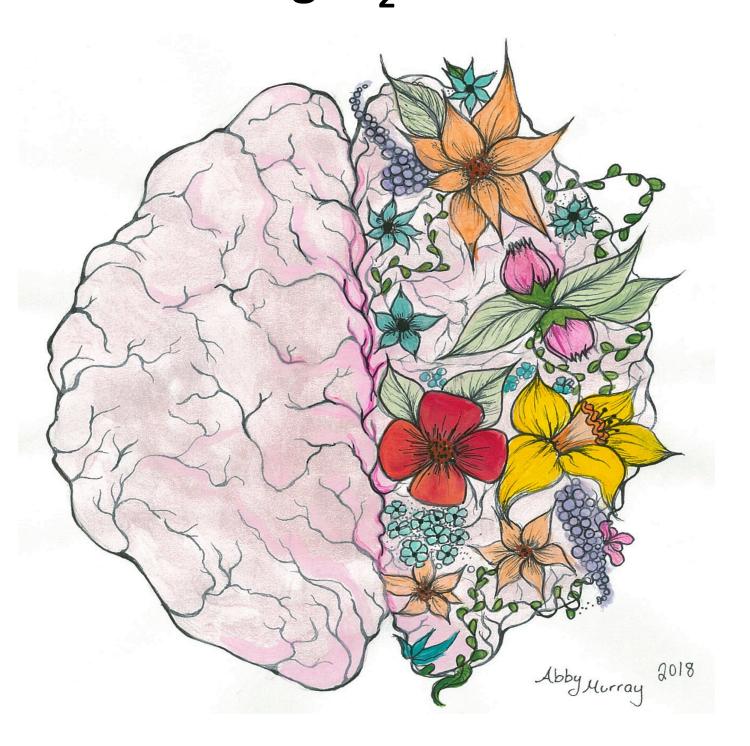
# Analyzing Self-Care Initiative of Nursing Students

SHERSITY OAR PARAMETERS OF NURSEN AND AUNTSVILLED

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## Introduction

- <u>Self-care</u> constant, voluntary, and learned actions performed in order to maintain one's wellbeing <sub>1</sub>
- Problems: Stress, secondary trauma, burnout, academic dropout, lack of education on self-care, concentration issues, and mood changes 2

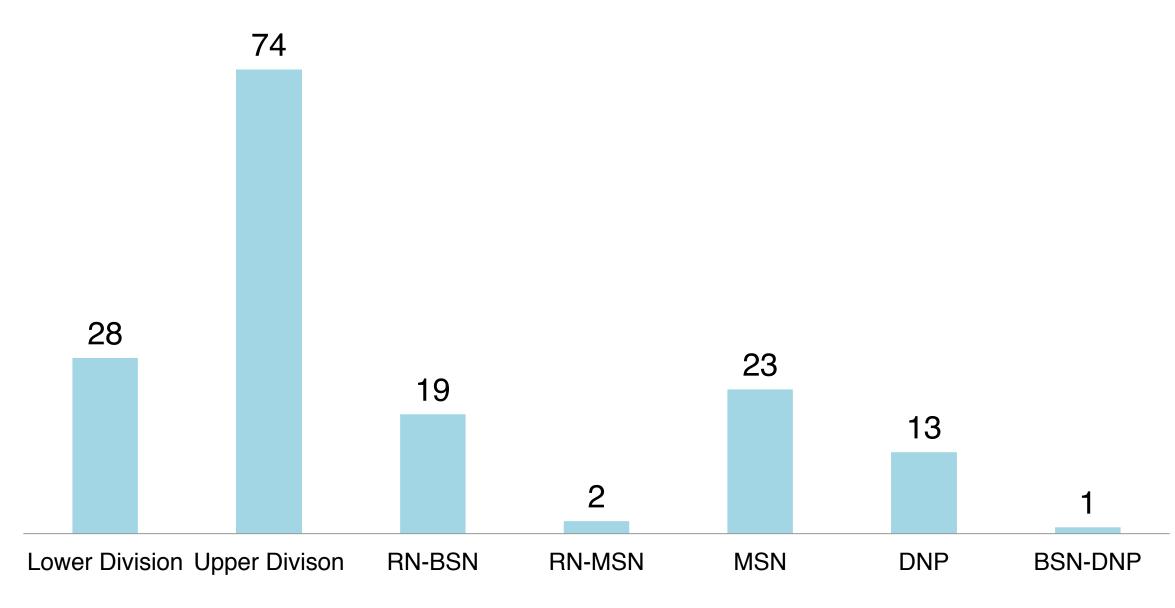


# Mixed Method Study

### Phase I

- Quantitative survey consisting of 52 questions using Health-Promoting Lifestyle Profile II
- Self-report of health-promoting lifestyle habits

# Number of Participants (n=160)



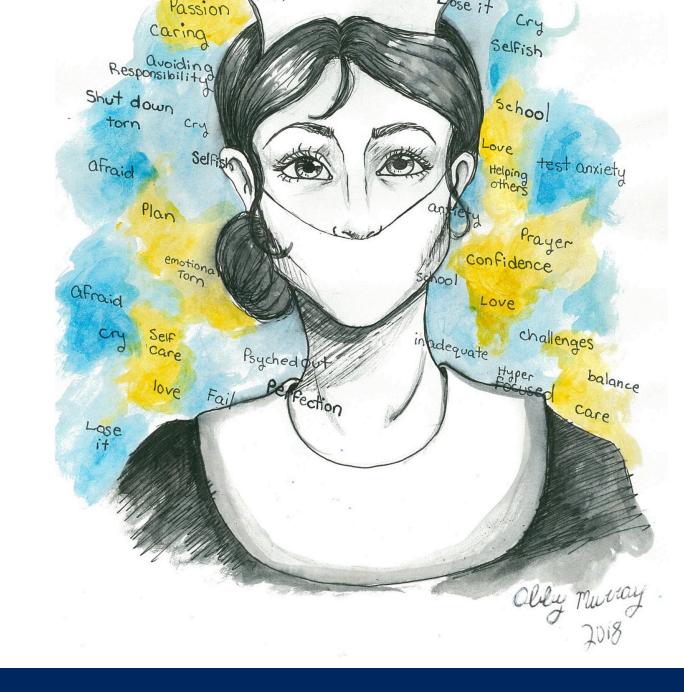
### Phase II

- Qualitative; Face-to-Face Interviews; Format: semistructured
- 9 participants total 8 upper division; 1 graduate

### Results Phase I **Health-Promoting Lifestyle Profile II Subcategories Averages Ordinal measurement scale:** Never = 1, Sometimes = 2, Often = 3, Routinely = 4 2.45 Stress Management Interpersonal Relationships 3.16 Spiritual Growth 2.57 **Nutrition** 2.29 Physical Activity Health Responsibilty **Phase II Interview Quotes** "There was a secondary trauma "Life and death and it's really type situation because you're hard to have that bottled in affected by your patient type **Powerless** did not talk about it and just situation and you feel almost be confused." powerless to do anything." "You have to sacrifice family and **Friends** friends and miss out on things that "Get a good group of friends who you trust to keep you matter to you to pursue motivated." "You want to apply your knowledge "I am trying to learn about other not only to your patient but to Health people's health, but I can't even yourself, so you know how to take keep my health in line." care of yourself in the future." "I've got so much on me and I try to **Scheduling** "Being able to manage your time keep a good detailed calendar, but I am throughout the day or throughout always afraid that I am going to forget the semester because that will help a **Planning** something." lot with your stress level." "Having a lot of fears... emotionally with nursing you're "The stress of no matter what always constantly on the verge of ---- Fear of Failure you do is good enough..." am I doing things right. There's always the fear of what if I don't make it."

# Significance

- Self-care is directly linked to the happiness and work ethic of the health care provider and decrease in medical errors and increase in patient satisfaction
- Rarely is there an interest in the self-care of health care providers



## Conclusions

### Phase I

- Nursing Students often do not relate what they are learning to their own health.
- Some of the strong characteristics of nursing students are working towards long term goals and being aware of what is important in life.

#### Phase II

- "Make a list of things that make you happy, because whenever you are stressed, you are going to go back to those things."
- "Stay grounded and find ways you can cope your stressors."
- Examples of Self-care activities: cooking, jogging, praying, pet therapy, attending counseling, deep breathing, fostering friendships

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