Analyzing Self-Care Initiative of Nursing Students
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Introduction

- Self-care – constant, voluntary, and learned actions performed in order to maintain one’s wellbeing
- Problems: Stress, secondary trauma, burnout, academic dropout, lack of education on self-care, concentration issues, and mood changes

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)

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<th>Number of Participants</th>
<th>Lower Division</th>
<th>RN-BSN</th>
<th>RN-MSN</th>
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Phase II
- Qualitative; Face-to-Face Interviews; Format: semi-structured
- 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
    - Stress Management: 2.45
    - Interpersonal Relationships: 3.09
    - Spiritual Growth: 3.16
    - Nutrition: 2.57
    - Physical Activity: 2.29
    - Health Responsibility: 2.3

Phase II Interview Quotes

- "There was a secondary trauma type situation because you’re affected by your patient type situation and you feel almost powerless to do anything."
- "If I was a power less to do anything."
- "Life and death and it’s really hard to have that bottled up and just be confused."
- "You have to sacrifice family and friends and miss out on things that matter to you to pursue academics."
- "I am trying to learn about other people’s health, but I can’t even keep my health in line."
- "I’ve got so much on me and I try to keep a good detailed calendar, but I am always afraid that I am going to forget something."
- "Having a lot of fears, emotionally with nursing you’re always constantly on the verge of losing things right. There’s always the fear of what it if I don’t make it."
- "The stress of no matter what you do is good enough."
- "Powerless
- "Friends & Family
- "Health
- "Scheduling & Planning
- "Fear of Failure

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

- 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.
- "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

Acknowledgments:
I would like to extend my gratitude towards KCEU Staff Dr. Bernard Hugill and David East for guidance, UAH Office of the Provost, President and OTF Research, Dean Adams, Dr. John Barisci and the College of Nursing,inda Wilkerson and the UAH Honors College, all the research participants, and my talented sister Abigail Murray for the beautiful artwork all of whom have made special contributions to make this experience possible.

References: