

## Creating Healthy Work Environments VIRTUAL 2021

### Promoting Interprofessional Collaborations to Strengthen a Healthy Work Environment Through a Diabetes Prevention Event

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**Purpose:** Interprofessional education has shown promising results in improved student learning outcomes and patient satisfaction rates (Oosterom, 2019). In academia and clinical practice, nurses seek opportunities for educating pre-licensure healthcare students in the community setting through outreach and service activities, while providing these services can also strengthen the work environment and health of the community. A healthy work environment starts with the health of the employees. In order to strengthen a workplace through healthy living, a series of events were offered through employee health and wellness services in collaboration with faculty, students, and clinicians from nursing, nutrition, medicine, restaurant management, behavioral health, kinesiology, physical therapy, and health coaching.

**Methods:** A literature review was conducted to examine the state of the science related to interprofessional collaboration and healthy work environments. Using the literature, a program was adapted to meet the needs of employees through a diabetes prevention event. (See results)

**Results:** Using an interprofessional approach, clinicians can create a healthy work environment for all employees. Diabetes is a growing public health concern, with one in three Americans living with type 2 diabetes (CDC, 2018). Research has shown that healthy living including physical activity, proper nutrition, sleep, and quality of life can prevent type 2 diabetes (Arnold et al., 2019; Mehta et al., 2017; Qaseem et al., 2017). For employees and community members with diabetes or prediabetes, this event focused on increasing diabetes knowledge in an effort to prevent and/or delay diabetes-related health complications, improve hemoglobin A1C, decrease weight, and increase communication with health care providers (Chen et al., 2015; Garber et al., 2020; McGill et al., 2020). Free health screenings were conducted by healthcare professionals working within the university and referrals were made as needed. This interprofessional event also educated employees about the collaborative services that the university health clinics provide for the prevention and management of diabetes.

**Conclusion:** Incorporating interprofessional collaborations to strengthen a healthy work environment can be mutually beneficial to all involved. In today's changing landscape of healthcare, interprofessional collaboration is essential for better patient outcomes. Faculty, clinicians, and students reported various benefits of this engaging diabetes prevention event to address an important issue and collaborate with interprofessional colleagues to better address the whole health of the employee.

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#### **Title:**

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#### **Keywords:**

behavioral change, healthy work environment and interprofessional collaboration

### **Abstract Summary:**

The purpose of this presentation is to provide an example of an interprofessional event focused on healthy living. This presentation demonstrates the collaboration of students, researchers, and clinicians from various professionals (nursing, nutrition, medicine, restaurant management, behavioral health, kinesiology, physical therapy, health coaching) to strengthen a workplace through healthy living.

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