

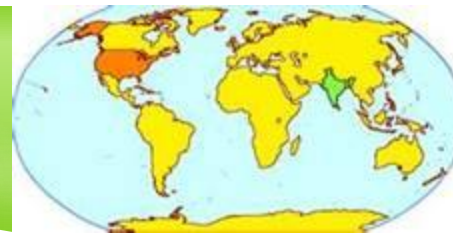
HEALTH BEHAVIORS OF NURSING STUDENTS

Claudia Pineda Benton MSN, RN BC, PHN

Ventura County Public Health

Part time faculty: California State University Northridge (CSUN)

United States



OBJECTIVES

By the end of the presentation the participant will be able to

- ▶ compare the differences of health promotion behaviors among students in a Baccalaureate Science in Nursing (BSN) and Master Science in Nursing (MSN) programs
- ▶ identify the importance of educational health promotion strategies in nursing schools.

INTRODUCTION

► Nursing students



Older population
diverse

Huerta, Rickman, & Uecker (2008)

► Chronic diseases



Disabilities

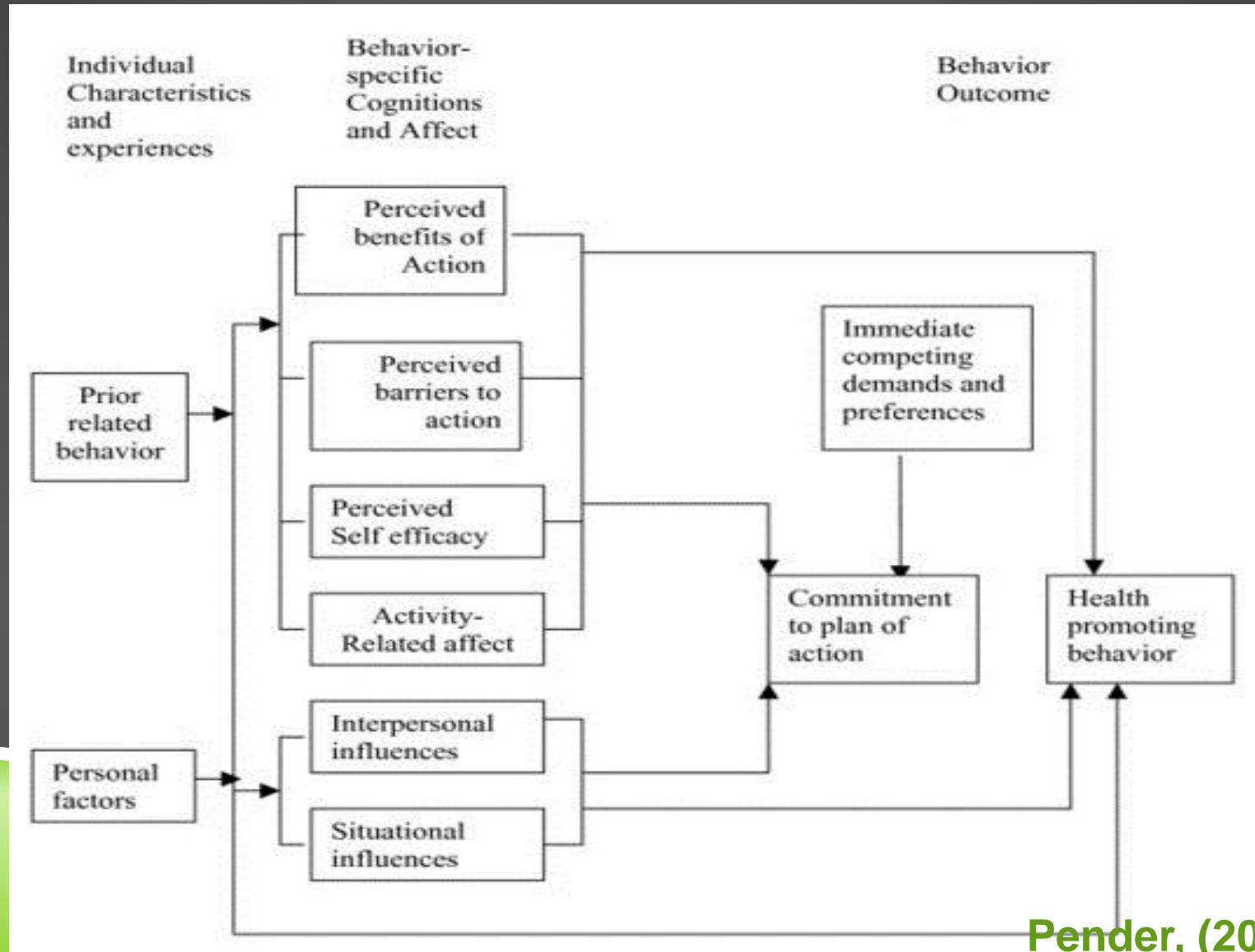
Huerta, Rickman, & Uecker (2008)

► Wellness



Pender's Health
Promotion Model

PENDER'S HEALTH PROMOTION MODEL




Pender, (2002)

INTRODUCTION

- ▶ No studies: healthy lifestyle behaviors of Registered Nurses (RN) in a BSN or MSN program so...
- ▶ What are the health promotion behaviors of RN to BSN students when compared to those of BSN to MSN students and are the behaviors of either population the same or different than those of the students in the Haddad, Kane, Rajacich, Cameron, and Al-Ma'aitah, (2004) study?

PURPOSE

- ▶ Identify health promotion behaviors of students in the RN to BSN and BSN to MSN programs
 - ▶ Differentiate their lifestyle behaviors
 - ▶ Identify cultural differences
 - ▶ Identify the need for curricula changes to promote students' healthy lifestyle behaviors
- 

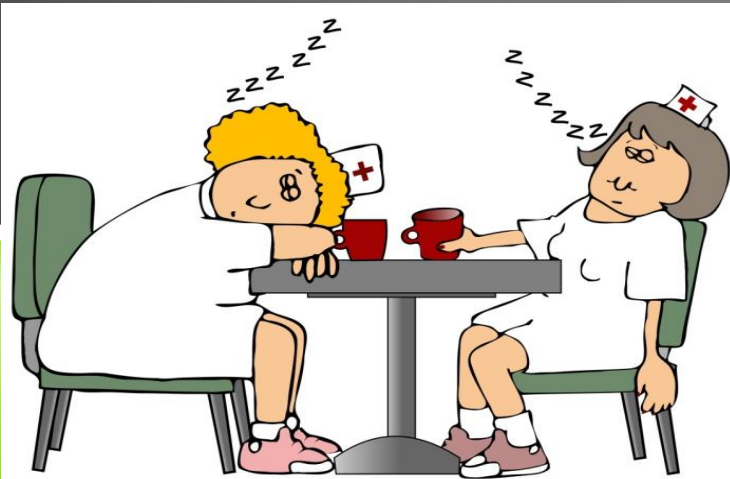
METHODOLOGY

- ▶ Descriptive, comparative, approximate replication
- ▶ Sample: 77 female BSN and MSN students at two California universities



METHODOLOGY

- ▶ *The Health-Promoting Lifestyle Profile II* includes:
**health responsibility, physical activity,
nutrition, interpersonal relations,
stress management, spiritual growth**

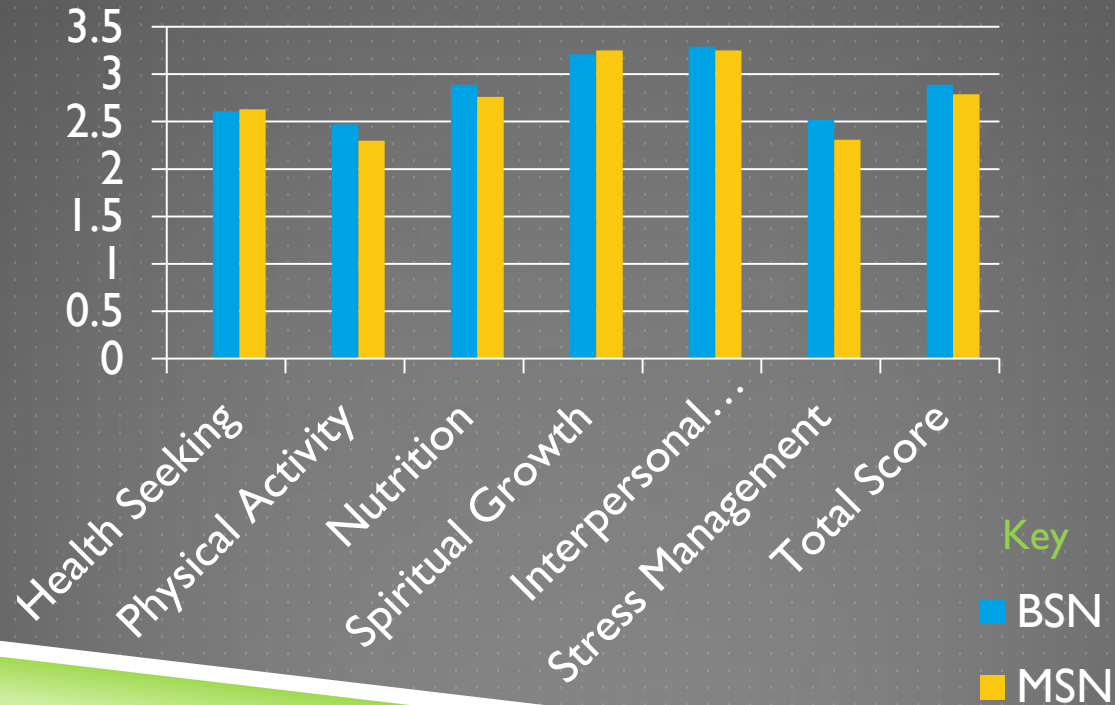


Walker, Sechrist, & Pender, N. J. (1987)

RESULTS

► Multivariate Analysis of Variance (MANOVA)

Healthy lifestyle behavior



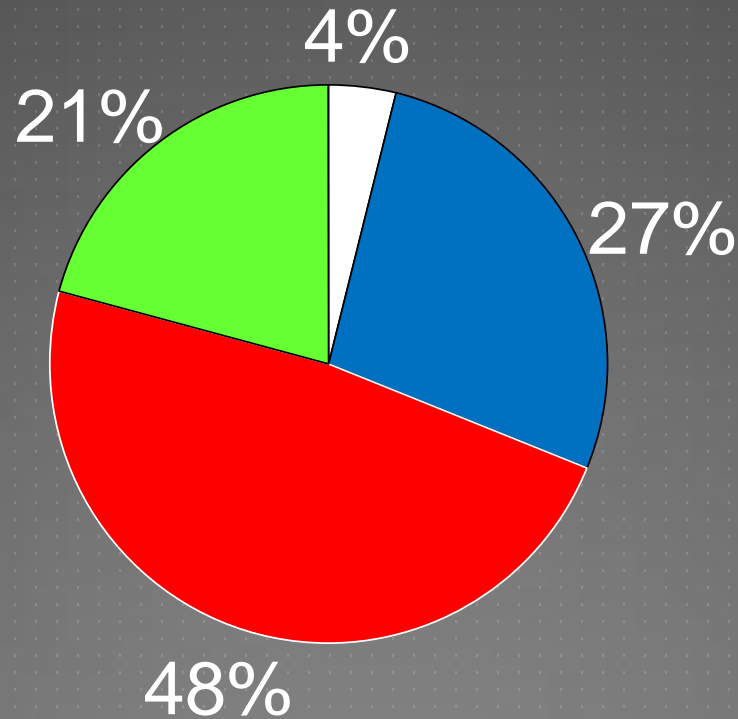
RESULTS





- 1. Never 2. Sometimes 3. Often 4. Routinely
SOMETIMES



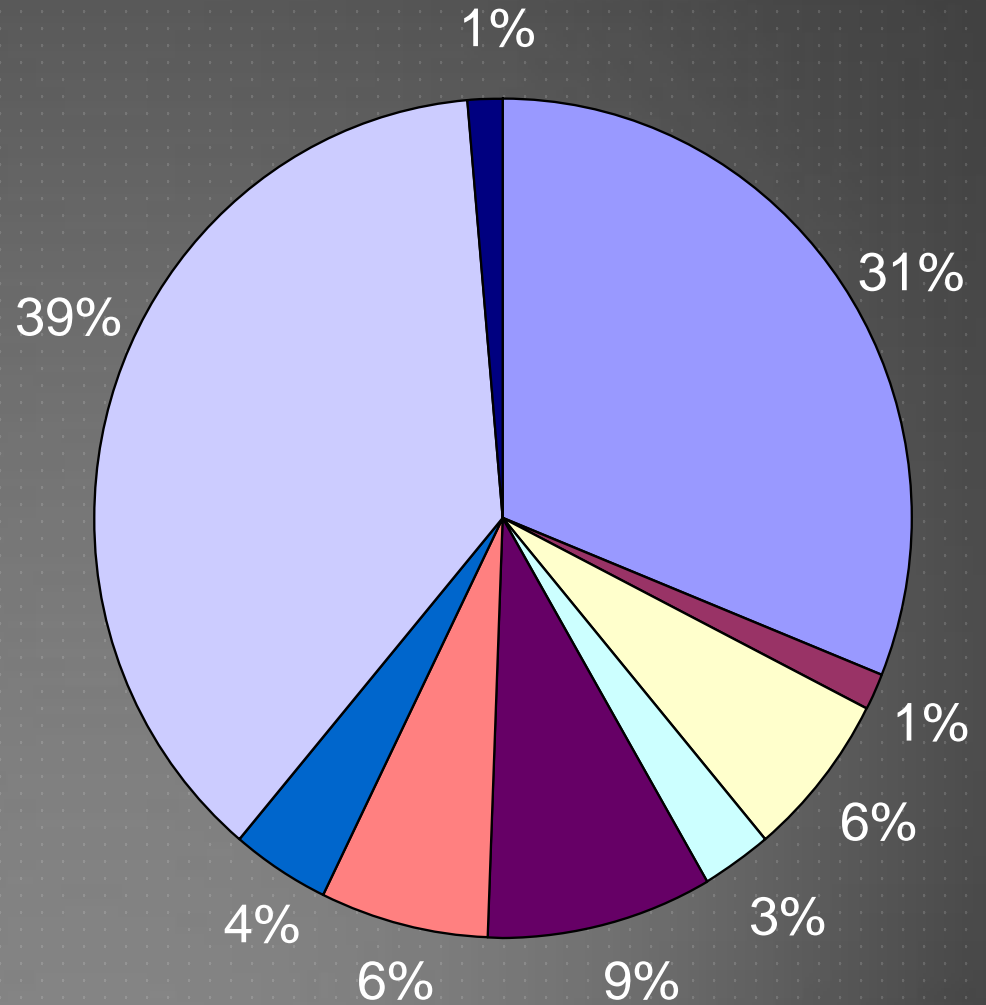
STUDENT AGE



Key:  21-30 years
 41-50 years

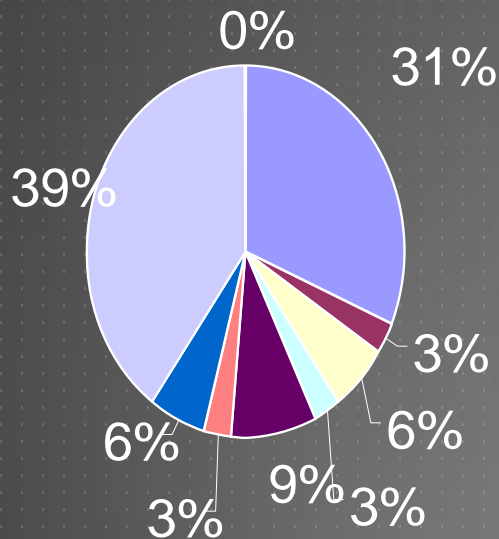
 31-40 years
 51-60 years

ETHNICITY

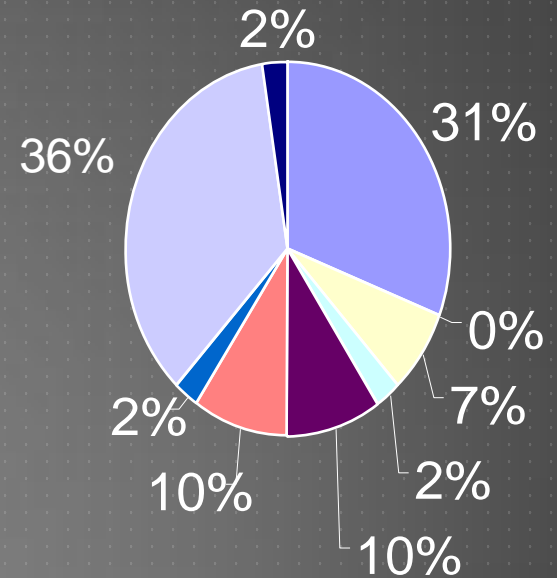


ETHNICITY

BSN



MSN



- Native American
- Asian
- Pacific Islander
- Hispanic/Latino
- European
- Multi-Ethnic
- White non-Hispanic
- Undeclared/Other
- Black/African American


RESULTS

► Demographics

- Children at home
- Marital status
- Years living in USA if foreign born

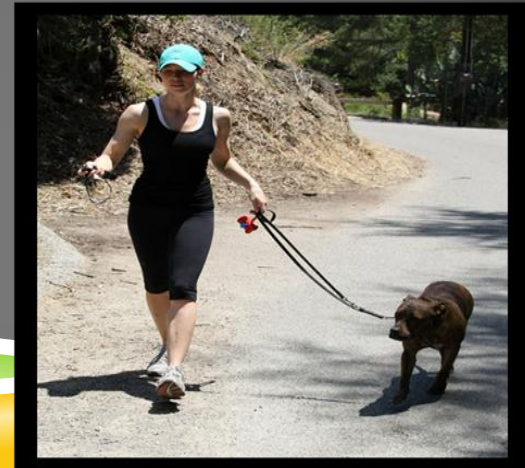


DISCUSSION

- ▶ Health promotion behaviors: 2.5 (sometimes)
 - ▶ No significant difference of health promotion behaviors: RN to BSN and MSN students
 - ▶ Nutrition had a significant cultural difference
 - ▶ Similar behaviors compared to first year BSN students of Haddad, et al. (2004)
- 

CONCLUSIONS

- ▶ Similar health promotion behaviors (BSN/MSN)
- ▶ Foreign nursing workforce
- ▶ Need of healthy lifestyle educational strategies
- ▶ Health Promotion Model use
- ▶ Health Promotion/Illness Prevention research



RECOMMENDATIONS

- ▶ Research with larger sample
- ▶ Longitudinal study of lifestyle changes
- ▶ Promote lifestyle changes in all the nursing programs



REFERENCES

- ▶ Haddad, L. , Kane, D. , Rajacich, D. , Cameron, S. , & Al-Ma'aitah, R. (2004). A comparison of health practices of Canadian and Jordanian nursing students. *Public Health Nursing*, 21(1), 85-90.
- ▶ Huerta, C. G. , Rickman, K. , & Uecker S. (2008). Concerns of the health professional. In J.A. Maville, & C. G. Huerta. *Health Promotion in Nursing* (2nd ed. , pp. 418-435). Clifton Park, NY: Thomson Delmar.
- ▶ Pender, N. (2002) *The Health Promotion Model*. Retrieved from University of Michigan:
http://www.nursing.umich.edu/faculty/pender_nola.html
- ▶ Walker, S. N., Sechrist, K. R., & Pender, N. J. (1987). The health-promoting lifestyle profile: Development and psychometric characteristics. *Nursing Research*, 38(2), 76-81



PLAN B Presentation



NEXT SLIDES

Health Behaviors of Nursing Students



CLAUDIA PINEDA BENTON MSN, RN BC, PHN
VENTURA COUNTY PUBLIC HEALTH
PART TIME FACULTY: CALIFORNIA STATE
UNIVERSITY NORTHRIDGE (CSUN)
UNITED STATES



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- identify the importance of educational health promotion strategies in nursing schools.

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• Nursing students → Older population
diverse

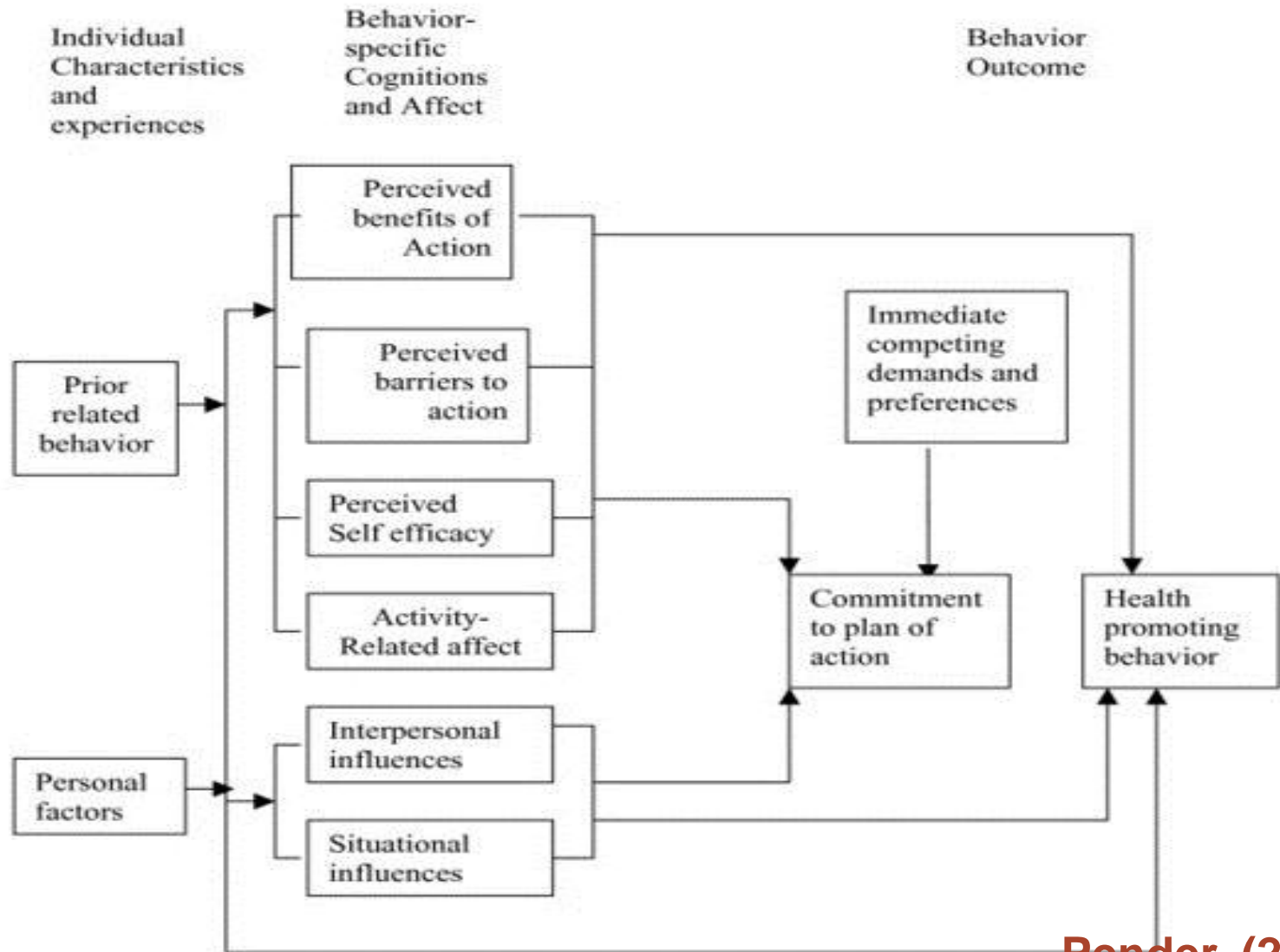
Huerta, Rickman, & Uecker (2008)

• Chronic diseases → Disabilities

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• Wellness → Pender's Health
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- Differentiate their lifestyle behaviors
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- Identify the need for curricula changes to promote students' healthy lifestyle behaviors

Methodology

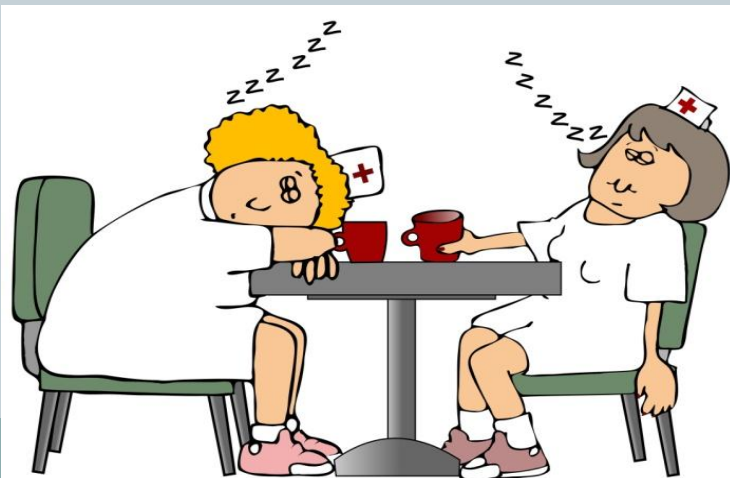
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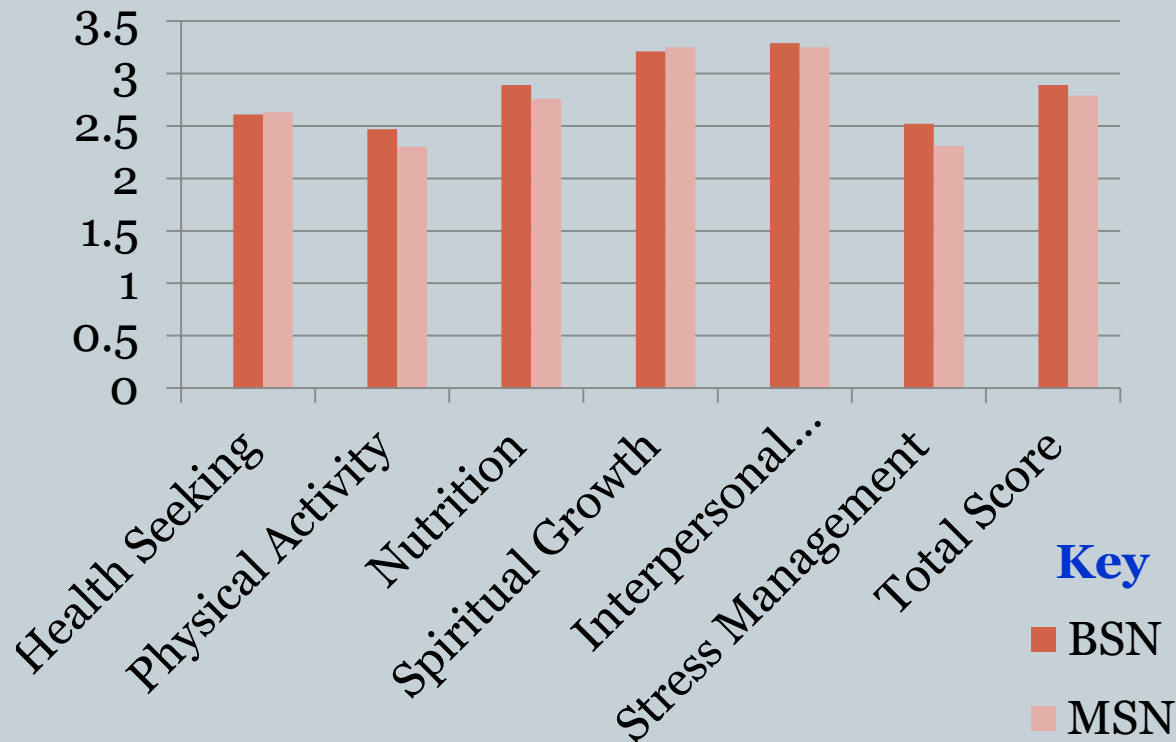


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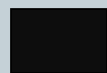
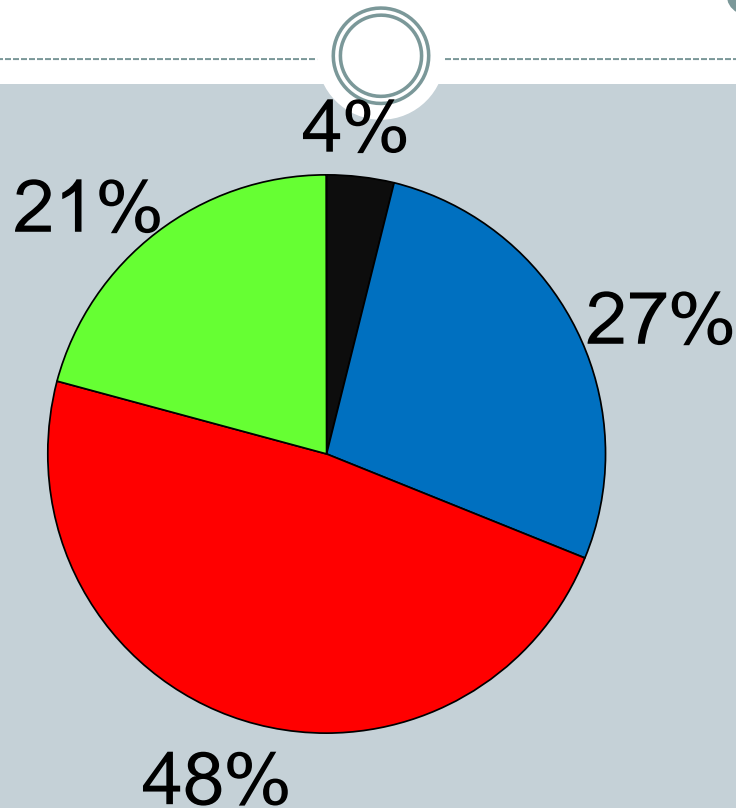
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- SOMETIMES



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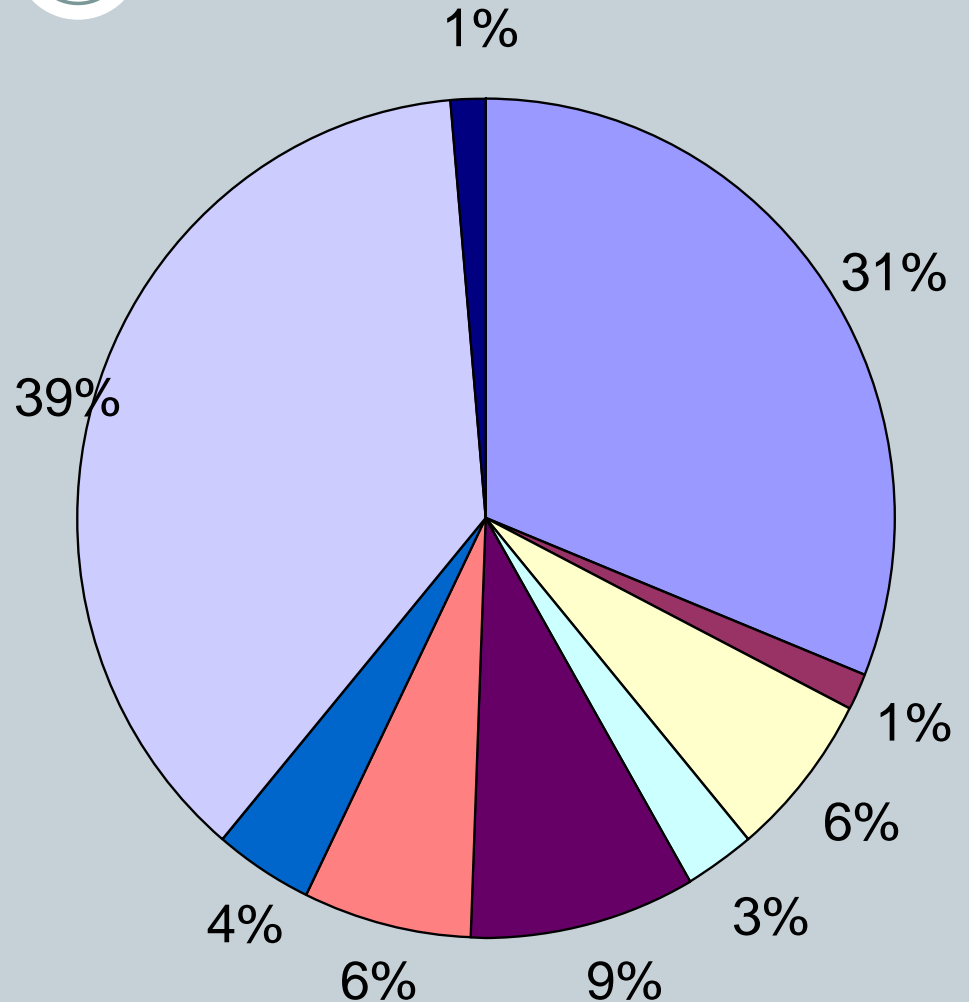


41-50 years



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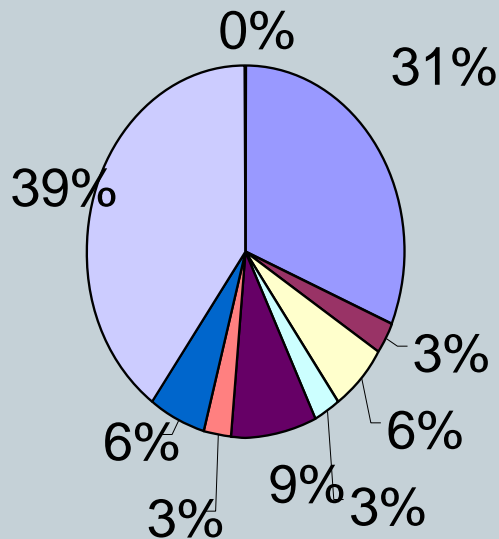
Ethnicity



ETHNICITY

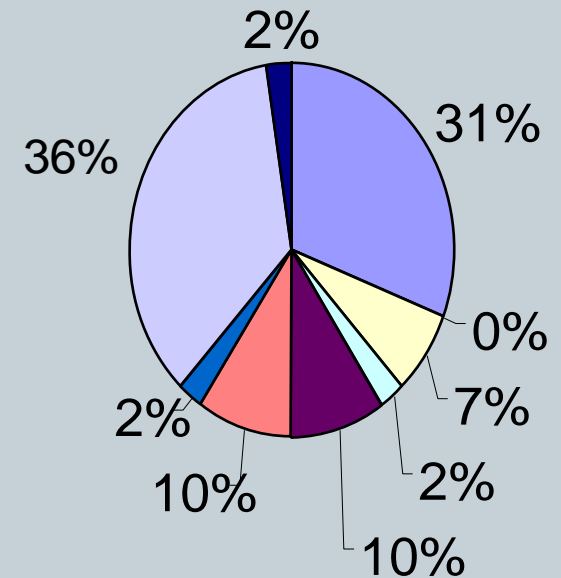


BSN



- Native American
- Asian
- Pacific Islander
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- White non-Hispanic
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MSN



Results

○ Demographics

- ✦ Children at home
- ✦ Marital status
- ✦ Years living in USA if foreign born



Discussion

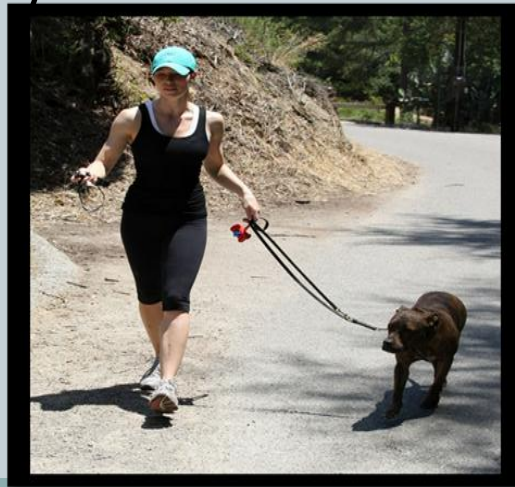


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Recommendations

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