Title:
Nurses as Role Models for Healthy Lifestyle

Karen Gabel Speroni
Nursing Administration, Inova Loudoun Hospital, Virginia, VA, USA

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CLINICAL SESSION: Collaborative Strategies to Improve the Workplace

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Exercise and Activity, Healthy Lifestyle and Nurse Leader

References:


Abstract Text:

Nurses have a distinct advantage to be a most effective role model of healthy living for all those lives who they touch daily (patients, families and their communities). Nurse leaders are encouraged to empower nurses in their organizations with the knowledge and tools to live a healthier lifestyle and to role model healthy lifestyle for others. Nurses must first be armed with knowledge and support to give them the courage to live a healthy lifestyle, to be a role model for others, and to transition healthy lifestyle into their work environment. The presenter will build upon the core requirement of healthy lifestyle (balancing activity and exercise)\(^1\) to achieve and maintain normal weight, with a discussion of factors associated with healthier living. These include identification of barriers to a healthy lifestyle, techniques to living a healthy lifestyle, techniques for healthier work environments, and nurse-led community programs to educate others on healthy living, including other nurses, our patients, family and community. Ideally, nurses empowered with knowledge about healthy lifestyle should have more courage and vision to most strategically facilitate healthy lifestyle in their workplace, and to be an authentic leader of healthy living, thereby enabling most effective healthy lifestyle role modeling for all.