

Title:

Assessing Presenteeism and Interest in "One Body" Stress Reduction Fitness Program in a Healthcare Setting

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Session Title:

Poster Presentations

Slot (superslotted):

PST: Friday, April 8, 2016: 10:00 AM-10:45 AM

Slot (superslotted):

PST: Friday, April 8, 2016: 12:00 PM-1:15 PM

Slot (superslotted):

PST: Friday, April 8, 2016: 2:30 PM-3:15 PM

Slot (superslotted):

PST: Friday, April 8, 2016: 6:00 PM-7:00 PM

Slot (superslotted):

PST: Saturday, April 9, 2016: 7:30 AM-8:30 AM

Slot (superslotted):

PST: Saturday, April 9, 2016: 10:00 AM-10:45 AM

Slot (superslotted):

PST: Saturday, April 9, 2016: 12:00 PM-1:15 PM

Keywords:

Stress , Mental & Physical Stress Reduction Fitness Program and Presenteeism

References:

References: Barrington, W., E., Ceballos, R., M., Bishop, S., K., McGregor, B., A., and Beresford, A., S. (2012). Perceived stress, behavior, and body mass index among adults participating in a worksite obesity prevention program, Seattle, 2005-2007. *Center for Disease Control and Prevention*, (9), 1-10. Brown, H. E., Gilson, N. D., Burton, N. W., & Brown, W. J. (2011). Does Physical Activity Impact on Presenteeism and Other Indicators of Workplace Well-Being?. *Sports Medicine*, 41(3), 249-262. Callen, B.I., Lindley, L.C., Niederhauser, V.P. (2013). Health Risk Factors Associated With Presenteeism in the Workplace. *Journal Of Occupational And Environmental Medicine*. 55(11),1312-1317 Chen, L., Hannon, P.A., Laing, S., Kohn, M.J, Clark, K., Pritchard, S., Harris, J. R. (2015). Perceived Workplace Health Support Is Associated With Employee Productivity. *American Journal of Health Promotion* 29(3), pp.139-46 Chu, A.H.Y., Koh.D., Moy.F.M., Müller-Riemenschneider, F. (2014). Do Workplace Physical Activity Interventions Improve Mental Health Outcomes? *Occupational Medicine*, 64 (4): 235-245 Merrill, R. M., Aldana, S. G., Pope, J. E., Anderson, D. R., Coberley, C. R., & Whitmer, A. W. (2012). Presenteeism According to Healthy Behaviors, Physical Health, and Work Environment. *Population Health Management*, 15(5), 293-301. <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469>

Abstract Summary:

Investigators seek to identify whether or not presenteeism exists in a Connecticut-based health care agency. Exploring evidence of presenteeism and assessing interest of staff to participate in a mental and physical stress reduction fitness program may help provide a basis to design appropriate interventions to address presenteeism.

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
Does presenteeism exist in this population	Results of study.
Does the study population exhibit an interest in a stress reduction fitness program such as "One Body."	Results of study.

Abstract Text:

A strong correlation between stress and impairments of the human body, both mental and physical has been reported (Barrington, et al., 2012). Further, concept of Presenteeism may be a manifestation of stress. Brown, et al. (2011), defined presenteeism as "being on the job but performing below par" (decreased productivity) due to poor mental and physical health symptoms. A study by Callen, et al. (2013), found that unresolved psychological and physical stress can result in an increased prevalence of presenteeism - **employees are physically present, but due to emotional and/or physical problems, they are distracted and work productivity is decreased.** Brown, et al.(2011), Merrill, et al. (2012), and Chen, et al. (2015), stated physical fitness programs alone serve as effective interventions for alleviating symptoms of presenteeism. In addition, the Mayo Clinic (2015), has indicated that mental or physical fitness programs are effective interventions for managing and controlling human stress (<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469> and <http://newsnetwork.mayoclinic.org/discussion/use-mindfulness-to-improve-well-being/>).

Traditional fitness programs focus on mental (i.e. mindfulness, relaxation) or physical (i.e. dance/aerobics) exercise. There is limited research regarding the impact of a combined mental and physical fitness program (Chu, et al., 2014). The purpose of this research project is to assess for evidence of presenteeism and to evaluate interest for a stress reduction mental and physical fitness program that is based on a wholistic (whole person) mind-body relationship called "One Body."

The research survey results will be used answer two specific research questions: (1) does presenteeism exist in this population, (2) does the study population exhibit an interest in a stress reduction fitness program such as "One Body."

This quantitative and exploratory, descriptive research study will utilize a web-based survey hosted by Survey Monkey. Following IRB approvals the survey will be distributed for two weeks in October-November 2015. Data analysis and construction of manuscript will occur December 2015- March 2016.

Research results are pending but it is thought that the "One Body" fitness program may help a health care agency staff manage stress. Offering employees a mechanism to manage their stress could alleviate the symptoms that underlie presenteeism, improve the quality of an individual's experience within the working environment, and may lead to increased employee productivity.