Keeping Nursing Faculty Healthy

CYNTHIA STROBACH, PHD, MSN, ANP, FNP-BC, PMHNP-BC
# Faculty Disclosure

<table>
<thead>
<tr>
<th>Author</th>
<th>Cynthia Strobach</th>
</tr>
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<tr>
<td>Conflict of Interest</td>
<td>None</td>
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<tr>
<td>Employer</td>
<td>University of Alaska; Alaska Psychiatric Institute</td>
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<tr>
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<td>None</td>
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Goals and Objectives

- **Session Goal:**
  - Provide information on nursing faculty wellness

- **Session Objectives:**
  - Discuss the importance of nursing faculty wellness
  - Identify barriers and incentives to nursing faculty wellness
  - Describe interventions to improve nursing faculty wellness
Wellness, and Illness

- Preventable illnesses
  - Cardiac disease
  - Stroke
  - Cancer
  - Diabetes

- Decreasing risks
  - Physical activity
  - Healthy weight
Nurses’ Health

- Importance
- Shortage
- Stress
- Injuries
- Health Habits
- Role models
- Faculty
Wellness Programs

- Weight management
- Physical activity
- Stress reduction
- Smoking cessation
- Substance abuse
- Benefits
Nursing Faculty Wellness

- Defining wellness
- Benefits of healthy behaviors
- Wellness activities and behaviors
- Barriers
- Motivation
- Role models
Improving Health and Wellness

- Incentives
- Personal relevance
- Culture of wellness
- Advertising
- Theory of Planned Behavior
- Health Promotion Model
- Social change
Questions???