



# Keeping Nursing Faculty Healthy

CYNTHIA STROBACH, PHD, MSN, ANP, FNP-BC, PMHNP-BC

# Faculty Disclosure

<b>Author</b>	<b>Cynthia Strobach</b>
<b>Conflict of Interest</b>	<b>None</b>
<b>Employer</b>	<b>University of Alaska; Alaska Psychiatric Institute</b>
<b>Sponsorship/ Commercial Support</b>	<b>None</b>

# 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





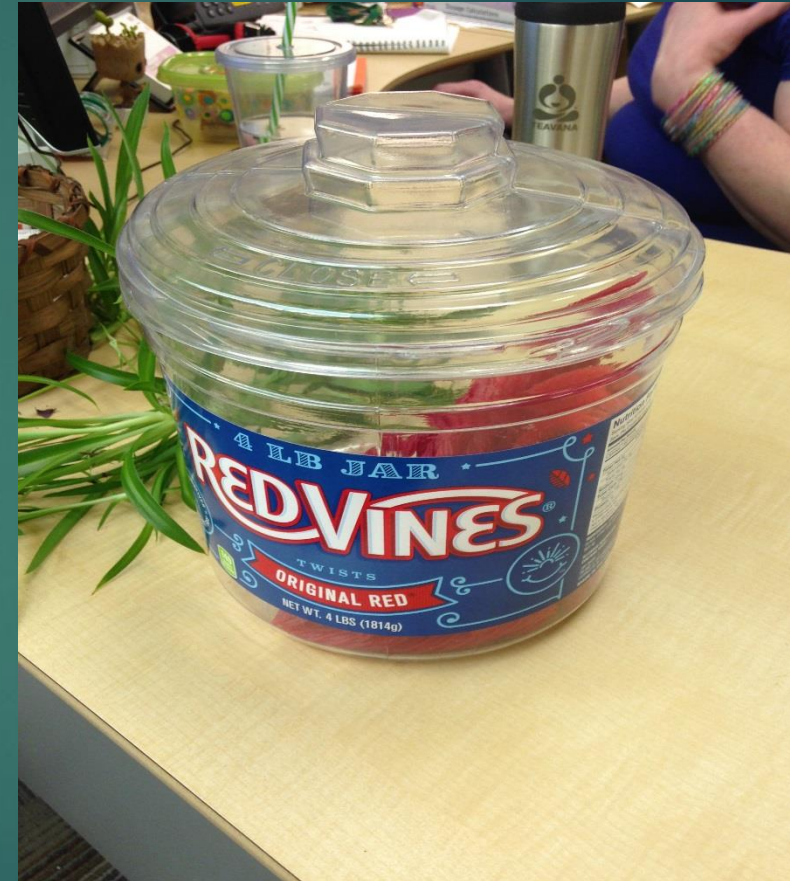
# Wellness Programs



- ▶ 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???