INTRODUCTION AND OVERVIEW

More and more nurses and nurse educators are working in sedentary work roles that require them to be sedentary for long periods of time. Typically nurses working in sedentary roles know intellectually they need to engage in physical activity to stay healthy; however, there are many barriers and challenges preventing nurses working in sedentary roles to engage in adequate physical activity.

Contemporary literature indicates there are numerous physiological impacts on the health status and outcomes for nurses completing fewer than 5000 steps per day. Nurses completing fewer than 5000 steps per day are considered to have a sedentary work role. Nurses completing fewer than 5000 steps per day are at increased risk of developing chronic disease.

Nurses working in sedentary work roles are at increased risk of mortality and morbidity from elevated body mass index (BMI). For example, nurses with an elevated BMI are more likely to experience poor health status and chronic disease resulting in higher rates of work absence, earlier exit from the nursing workforce, or retire early from the nursing workforce.

Obesity is a compelling health issue for nurses and is linked to inactivity and sedentary occupational roles. Fewer than 50% of American adults currently meet the National Guidelines for Physical Activity when compared to the national Clinical Guidelines for Physical Activity Guidelines for Americans. For example, the National Center for Chronic Disease Prevention and Health Promotion indicates all adults should engage in 150 minutes of moderate-intensity aerobic health activity weekly or have 75 minutes of vigorous-intensive aerobic physical activity weekly.

Following the recommended guidelines of the Physical Activity Guidelines for Americans decreases risk of chronic diseases including heart disease, diabetes, and many cancers. The Exercise Benefits-Barriers Scale (EBBS) is a valid and reliable measurement tool that helps identify cognitive and perceptual factors and barriers of persons with regard to exercise and physical activity. The EBBS provides participant insights and insight into one’s ideas about exercise. The EBBS is a valid and reliable tool for use in adults age 18 and older.

PURPOSE

The purpose of this evidence-based intervention is to administer the EBBS to nurses working in sedentary work roles to identify barriers and challenges for these nurses with regard to daily exercise and physical activity. Based on the data and outcomes from the EBBS, an at-work exercise program will be designed for nurses working in sedentary roles to improve their health status and reduce risk of chronic disease.

PROJECT OUTCOMES

The five specific outcomes for this evidence-based practice project are to:

1. Examine the general levels of perceived benefits and barriers to exercise of nurses in an urban college of nursing regarding benefits and barriers to exercise (EBBS) pre and post evidence-based educational intervention;
2. Identify what non-exercising nurse educators perceived to be the biggest benefits of exercise;
3. Assess and assess what non-exercising nurse educators perceived to be the biggest barriers to exercise;
4. Identify how non-exercising nurse educators perceptions of benefits from exercise are related to their perceptions of barriers to exercise;
5. Examine the impact (effect) of the evidence-based educational intervention on nurse pre and post intervention scores on the EBBS.

SIGNIFICANCE OF THE PROBLEM

Nurses and nurse educators are a population who may not get as much planned exercise and activity at work and at home as they need to result in elevated BMI’s. A high BMI greater than 30 predisposes nurses and nurse educators to chronic health issues like chronic disease and illnesses like heart disease and stroke, respiratory problems and muscle and joint problems. The purpose of this DNP EBBS final project is to identify and assess perceived benefits and barriers of nurse educators to create a sustainable behavior change promoting increased physical activity at work and at home to keep the BMI within normal range.

PICOT

The PICOT statement for this DNP EBBS final project is, “in a population of nurse educators over the age of 18 working in a large urban nursing education program (Population), how does an evidence-based educational intervention help nurse educators develop sustainable behavior change strategies to increase physical activity at work and at home (Intervention) as measured on pre and posttest intervention scores on the Exercise Benefits Barriers Scale (EBBS) (Outcome) by the same group of nurse educators (Control) over 8 weeks (Time)?”

CONCLUSION

This EBBS project focuses on exercise benefits and barriers perceived by nurse educators over the age of 18 working in a large urban nursing education program. The overall purpose of this EBBS final project is to help nurse educators develop sustainable behavior change strategies to increase physical activity at work and at home. This poster presentation provides an overview of major components of the EBBS project.