Incorporating Wellness into Nursing Education

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Objectives

(1) describe the link between the health status and behaviors of health care providers and patient outcomes,
(2) identify three ways to incorporate wellness and self-care into nursing student curricula,
(3) describe a successful wellness academic program for nursing students, and
(4) understand the importance of commitment and leadership by the field of nursing to promote population health and prevent chronic disease.
Health in Health Care Providers
Why Wellness in Curricula?
LECTURCIZE = A LECTURE INCORPORATING EXERCIZE
Why Do We Need To Lecturcize?

- Consistent independent associations have been observed between sitting time/sedentary behaviors and elevated all-cause and cardiovascular disease mortality risk.¹

Let’s Twist
Get Up and Move!
Faculty Wellness Toolbox

• Designed for faculty by faculty with the goal of incorporating wellness into curricula
• Contains 11 sections
• Provides quick links and resources for faculty to use in their courses
Faculty Toolbox

- Exercise/movement
- Self care
- Mental Health
- Nutrition
- Hydration
- Sleep

- Crazy Inspiring stuff
- Maximize study activities
- Time management
- Seasonal
- Faculty Wellness Resources
Other Ideas for Wellness Integration

- Wellness goals for semester
- Personal wellness plan for semester
- Wellness discussion boards
- Evidence based projects and presentations around wellness
- Pop-up Wellness Activities
Extra Credit Exemplar

• Optional, receive 0.5-1 point per week for completing

• Identify one wellness goal for the term

• Create one brief wellness activity to be completed each week
Extra Credit Exemplar

• Participate in the weekly wellness activity then must submit 2 things:
  – Brief overview of what they did that week for the wellness assignment
  – How they are doing with their wellness goal
Extra Credit Exemplar

• Try to incorporate family members/friends

• Vary activities
  – Nutrition
  – Exercise
  – Mental health
Examples of Wellness Activities

• Nutrition
  – Nutrition lecture
  – Trying a new healthy recipe
  – Read nutrition guidelines
  – Incorporating more fruits and vegetables for the week
Examples of Wellness Activities

• Exercise
  – 10 minute full body workout
  – Bollywood/LaBlast dancing
  – Wellness walk
  – YouTube “Just Dance” videos
  – Strength training
Let’s Try One....
Examples of Wellness Activities

• Mental Health
  – Mindfulness
  – Guided Imagery
  – Yoga
  – Positive Affirmations
  – Gratefulness
  – Burnout lecture
Outcomes

Achieved wellness goal

Course #1
- Achieved goal
- Did not achieve goal
- Close to achieving

Course #2
- Achieved goal
- Did not achieve goal
- Close to achieving
Outcomes

• High participation rates
  • 4% did not participate in any wellness activities during course #1, 61% completed all activities
  • 7% did not participate in any wellness activities during course #2, 54% completed all activities

• 95% wanted the weekly wellness activities to continue

• 51% said they would still participate even if extra credit was not offered
Why Is Population Health Important?

“To improve the health of a population requires acting to transform the places where people live, work, study and play.”

- Institute of Medicine, 2013

National Initiatives and Goals

Nursing needs more leaders!! Let’s take the lead on health promotion and wellness national initiatives.
Conclusions

• The importance of self care needs to start early in nursing education and be continually emphasized throughout nursing programs.
• Personal wellness should be integrated as an expectation and not an exception.
• Nursing should be leaders in the field of wellness.
Questions?
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