Title:
Incorporating Wellness into Nursing Education

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Session Title:
Enhancing Health/Wellness of Students, Faculty, and Staff in Academic Settings: Evidence-Based Strategies for Success

Slot:
F 17: Friday, 28 July 2017: 2:30 PM-3:45 PM
Scheduled Time:
2:50 PM

Keywords:
nurse health, nursing curricula and student wellness

References:


Abstract Summary:
Current nursing pedagogy lacks integration of student wellness and self-care. This presentation will discuss innovative ways to incorporate wellness and self-care into nursing education as well as discuss the central role of nursing leadership in population health promotion and chronic disease prevention.

Learning Activity:

<table>
<thead>
<tr>
<th>LEARNING OBJECTIVES</th>
<th>EXPANDED CONTENT OUTLINE</th>
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<tbody>
<tr>
<td>1) The learner will be able to describe the link between</td>
<td>a. There will be a presentation and discussion of the evidence related to the health of</td>
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<td>the health status and behaviors of health care providers</td>
<td>providers and patient outcomes.</td>
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<td>and patient outcomes.</td>
<td>a. A Faculty Wellness Toolkit will be detailed.</td>
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<td>b. A concept termed “Lecturcizing” will be explained and demonstrated.</td>
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<td>c. Exemplars of assignments, discussion boards, and evidence-based projects on wellness</td>
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<td>2) The learner will be able to identify three ways to</td>
<td>will be described.</td>
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<td>incorporate wellness and self-care into curricula.</td>
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Abstract Text:

Purpose: Despite the central role of nursing in patient health promotion and education, current nursing pedagogy lacks integration of student wellness and self-care. The purpose of this presentation is to discuss the rising need to integrate wellness and self-care into nursing education and place nursing at the forefront of national health promotion initiatives.

Methods: Faculty are incorporating innovative strategies into their educational pedagogy to improve the health of nursing students and promote wellness throughout the nursing profession. Various methods of integrating wellness into curricula include: a faculty wellness toolkit; the concept of “lecturcizing;” using national disease prevention initiatives, such as Healthy People 2020 and Million Hearts, as teaching tools and a means of improving student wellness; and incorporating a variety of assignments and projects related to wellness into nursing courses. An exemplar of an optional, multi-dimensional wellness program that was integrated into a large online RN-BSN course will be discussed. Students were asked to identify a wellness goal at the beginning of the semester. Each week, students were given a short wellness activity to complete. Examples of wellness activities were such things as guided imagery, dancing videos, and trying a new healthy recipe. At the end of each week, students were asked to submit a document stating they completed the wellness activity and how they were progressing with their wellness goal. Student participation rates were tracked and a follow-up survey was administered.

Results: Participation rates were high with 61% completing all wellness activities and only 4% choosing not to engage in any wellness activities. Eighty percent of students who participated in the wellness activities reported either achieving their wellness goal or were close to achieving their wellness goal. Ninety-five percent of students wished to continue wellness activities in the course.

Conclusion: Emphasizing the health of the provider, not just the patient, needs to start during entry into the profession with nursing education. Nurses need to demonstrate leadership by practicing and advocating for health promotion, disease prevention and population health.