

A decorative floral pattern in shades of gray and white, featuring stylized leaves and small flowers, covers the top portion of the slide.

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

1. Dunstan, D.W., Thorp, A.A., & Healy, G.N. (2011). Prolonged sitting: is it a distinct coronary heart disease risk factor? *Curr Opin Cardiol*, 26 (5), 412-9.



Let's Twist



Get Up and Move!



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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....



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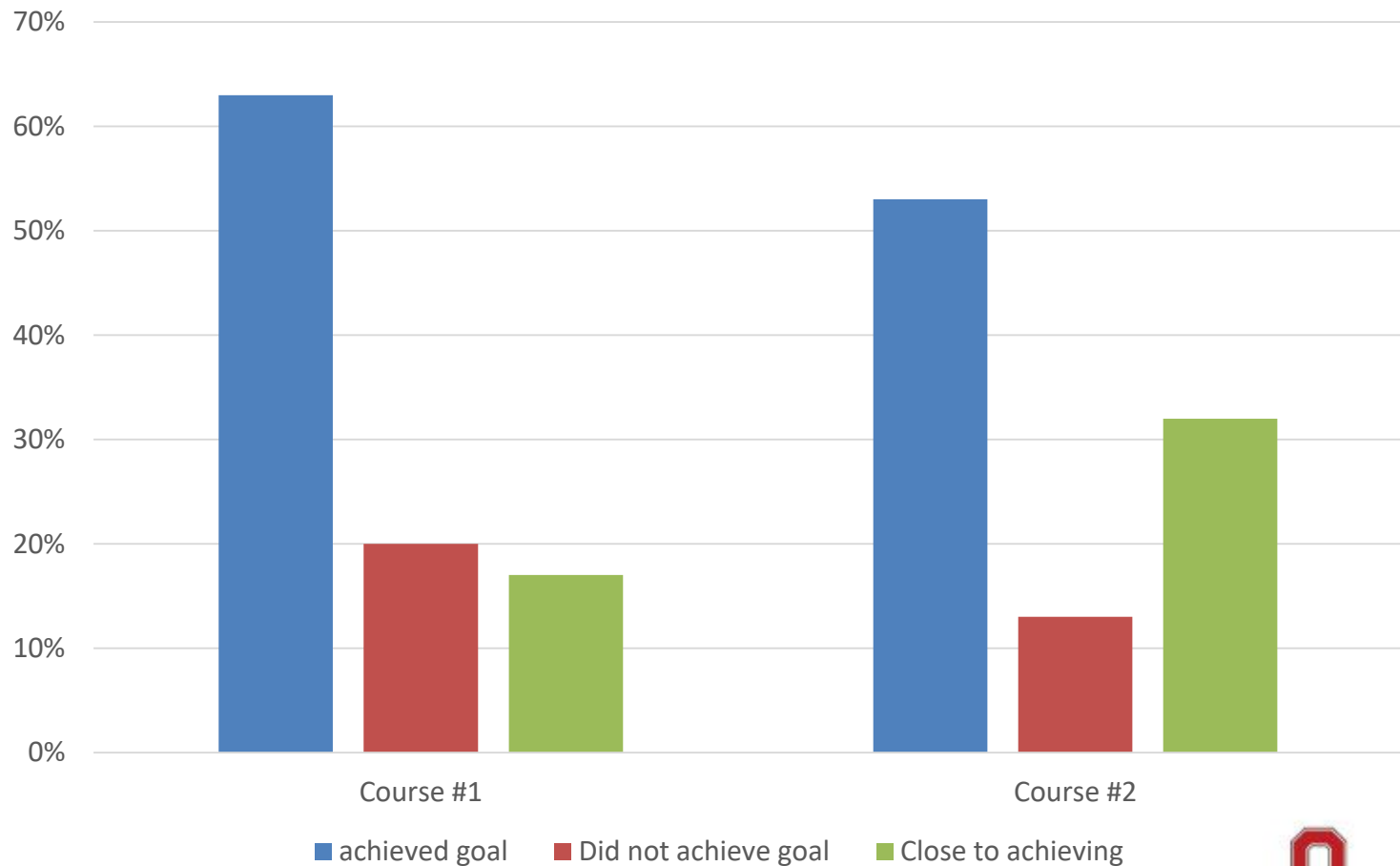
Examples of Wellness Activities

- Mental Health
 - Mindfulness
 - Guided Imagery
 - Yoga
 - Positive Affirmations
 - Gratefulness
 - Burnout lecture



Outcomes

Achieved wellness goal



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.¹”

- Institute of Medicine, 2013

1 Institute of Medicine (2013). Population health implications of the affordable care act: workshop summary.



National Initiatives and Goals

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



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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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