

Title:

Nursing Self-Care: Current Evidence and Implementation Strategies for Improving Patient Outcomes and Nurse Well-Being

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Session Title:

Evidence-Based Practice Poster Session 2

Slot (superslotted):

EBP PST 2: Saturday, 29 July 2017: 12:00 PM-1:30 PM

Slot (superslotted):

EBP PST 2: Saturday, 29 July 2017: 2:45 PM-3:30 PM

Keywords:

burnout, nursing and self-care

References:

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Abstract Summary:

This project examines the current evidence, and presents strategies to implement throughout nursing to cultivate self-care behaviors, in nursing education, floor units, and hospitals, to achieve the best possible outcomes

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
The learner will be able to describe possible nursing self-care actions to put into practice.	The presentation will describe different practices, at varying levels of time, that nurses, nursing students, etc. can put into practice to have higher levels of self-care.
The learner will be able to describe how implementing nursing self-care into their practice will translate into better patient outcomes.	The presentation will cover varying levels of evidence that describe how poor nursing self-care causes poorer patient outcomes.

Abstract Text:

The American Nurses Association (ANA) defines a healthy nurse as actively focusing on creating and maintaining a balance of physical, intellectual, emotional, social, spiritual, personal, and professional well-being (Healthy Nurse, Healthy Nation, 2016). While this recommendation may appear simple, the complexity and difficulty of implementing self-care behaviors into a nurse's professional and personal environment is challenging. Poor self-care is a prevalent issue in healthcare (Levtak, 2013). The purpose of this project is to explore the current literature on nursing self-care and its' impact on patient safety, satisfaction, and nurse well-being. Strategies for cultivating self-care behaviors throughout ones' nursing career, and integrating self-care at the unit, and more broadly, promoting a culture within hospitals, which foster staff self-care, will have the greatest impact on patient outcomes, as measured by pre and post intervention patient and staff questionnaires.

A lack of self-care contributes to increased stress, which negatively impacts patient care in a multitude of ways. The 2011 ANA Health and Safety Survey found that the top health and safety concern among nurses is the acute and chronic effects of stress and overwork. (ANA Health and Safety Survey, 2016). Nurses who work with pain or depression reported more medication errors, patient falls and provided a lower quality of care (Levtak, Ruhm, & Gupta, 2014), however, frequent self-care behavior can facilitate stress reduction. A literature review by Letvak (2013) showed 18 studies on improving nurse health. On-site wellness programs, offering Tai-Chi, fitness classes, ergonomic training programs, message, CBT programs, and grief debriefing, significantly improved nurse health. Additionally, hospitals and nursing managers who promote self-care behaviors for staff, as a means of personal empowerment, report fewer

falls and nurse-assessed risks (Purdy et al., 2010). These findings support the need for evidence-based interventions to foster self-care.

Self-care is a skill which must be introduced early, and cultivated throughout one's nursing career. Nursing curriculum should include self-care coursework. Once in the workforce, nurses need the continued support of nursing managers and hospital administrators to ensure self-care is incorporated into the working environment. Adequate staffing, support programs, activities providing opportunities for self-care, and a culture which values wellness are presented in detail. This project will aid in increasing self-care behaviors, and ultimately provide the highest level of care and satisfaction for patients.