

Title:

Generation-Specific Nursing Care for Millennial Patients

Linda Johanson, EdD, MS(n)

Department of Nursing, Appalachian State University, Boone, NC, USA

Session Title:

Innovative Patient Education

Slot:

K 03: Tuesday, 31 October 2017: 9:00 AM-9:45 AM

Scheduled Time:

9:20 AM

Keywords:

Millennial Generation, nursing care and patients

References:

Davidson, E. (2011). Generation 1.5-A different kind of millennial student. *The Journal of Physician Assistant Education*, 22(2), 13-19.

Freund, T., Everett, C., Griffiths, P., Hudon, C., Naccarella, L., and Laurant, M. (2015). Skill mix, roles and remuneration in the primary care workforce: Who are the healthcare professionals in the primary care teams across the world? *International Journal of Nursing Studies*, 52(3), 727-743.

Hawala-Druy, S, and Hill, M. (2012). Interdisciplinary: Cultural competency and culturally congruent education for millennials in health professions. *Nurse Education Today*, 32(7), 772-778.

The Institute of Medicine and National Research Council. (2015). *Investing in the Health and Well-Being of Young Adults*. Washington, DC.

Karam, E., Clymer, S., Elias, C., and Calahan, C. (2014). Together face-to-face or alone at your own pace: Comparing traditional vs. blended learning formats in couple and family relationship coursework. *Journal of Instructional Psychology*, 41(1-4), 85-93.

Kann, L., McManus, T., Harris, W., Shanklin, S., Flint, K., Hawkins, J., Queen, B.,

- Lowry, R., O'Malley Olsen, E., Chyen, D., Whittle, L., Thornton, J., Lim, C., Yamakawa, Y., Brener, N., Zaza, S. (2015). Youth risk behavior surveillance. *MMWR Surveillance Summaries*, 65(6), 1-174
- Lerner, C. (2015). Parenting in the 2000s: Learning From Millennial Moms and Dads. *Zero to Three*, 36(2), 2-7.
- Levin, E. (2016). The State of Mental Health in Millennials. Retrieved from <http://www.levintherapy.com/philadelphia-therapist-blog/state-mental-health-millennials/>
- Manafy, M. (2011). *Dancing with digital natives*. Medford, NC. Cyberage Books..
- Roberts, D., Newman, L., and Schwartzstein, R. (2012). Twelve tips for facilitating Millennials' learning. *Medical Teacher* 34(4), 274-278.
- Stephens, T. and Gunther, M. (2016). Twitter, millennials, and nursing education research. *Nursing Education Perspectives*, 37(1), 23-27.

Abstract Summary:

Much has been written about teaching students of the Millennial Generation, however there is little regarding generation-specific nursing care of Millennial patients. This article presents six categories of considerations for nurses caring for patients of the Millennial generation based on the characteristics, attitudes and values that have influenced them.

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
State particular Influences common to the Millennial Generation that have caused the emergence of specific health care needs and impact their attitudes, values, and beliefs about health care.	The Millennial Generation (or Generation Y) includes those who were born between the years 1980 and 2000 and now comprises approximately 53.5 million people (Frye, May, 2015), or roughly 27% of the population in the United States. Much has been written regarding characteristic traits of this generation and how those traits shape and influence the learning needs of students of health care professions. Equally, literature can be found regarding how intergenerational dynamics can affect the workplace environment as graduates enter the health care professions. However, not as much has been devoted to a discussion of delivering nursing care tailored for the Millennial Generation patient. This generation of present-day young

	<p>adults presents particular challenges with respect to their health care. Influences common to this generation have caused not only the emergence of specific needs, but also characteristics that impact their attitudes, values, and beliefs about health care. Awareness of these dynamics will provide nurses with tools for planning and implementing patient-centered care for this special demographic group. The following six categories of considerations will provide guidance for nurses caring for patients of the Millennial Generation.</p>
<p>Identify six categories of considerations for nurses with examples of interventions for each that will provide guidance when caring for patients of the Millennial Generation.</p>	<p>Presentation of the following six categories of considerations with suggestions for nursing interventions to provide guidance for nurses caring for patients of the Millennial Generation. 1. Become acquainted with health-related conditions and issues particular to the Millennial Generation. (They are more likely to be obese, tend to engage in several health damaging and risky behaviors such as drinking alcohol, smoking cigarettes, use of marijuana, risky sexually behavior, suicide attempts, and bullying, vehicular accidents, genome mapping can create stress and ethical dilemmas, face issues regarding ways to effectively battle serious infections) Nurses need to be aware of these risks and issues as they are taking health histories, and be careful not to make assumptions 2. Incorporate mental health components into the care plans for Millennials (Related to the transition from adolescence to adulthood, unprecedented economic and technological changes. Stress over financial issues, such as student debt and job stability, image consciousness resulting from heavy use of social media.) Nurses should not stereotype, but might anticipate that Millennials will exhibit signs of stress, and possibly stress-associated medical conditions as well. Incorporation of individualized stress-reduction strategies into the plan of care. 3. Consider technology in the plan of care (Considered digital natives, accustomed to immediacy) There is great potential for the use</p>

	<p>of social networking and Internet services in health care. Teaching possibilities, maintain caution about confidentiality of sensitive patient data 4. Patient teaching strategies to consider (They are more highly educated, confident, ambitious, and a generation that enjoys challenges, tend to be visual and kinesthetic learners) Strategies for nurses that include experiential teaching methods and interactive demonstrations will coincide with their learning styles 5. Incorporate cultural sensitivity into the plan of care (The Millennial Generation in the US is the most culturally diverse of any generation.) Nurses caring for young adults today will need to be culturally aware and utilize cultural knowledge and sensitivity to competently care for a group of patients that is ethnically quite diverse. 6. Read and contribute to research efforts related to Millennial health. There is a current trend in nursing toward evidence-based care and increasing recognition of the role of nurses in research efforts. There are many applicable and important avenues for research that would contribute to the body of knowledge regarding healthcare for the Millennials.</p>
--	--

Abstract Text:

The Millennial Generation (or Generation Y) includes those who were born between the years 1980 and 2000 and now comprises approximately 53.5 million people (Frye, May, 2015), or roughly 27% of the population in the United States. Much has been written regarding characteristic traits of this generation and how those traits shape and influence the learning needs of students of health care professions. Equally, literature can be found regarding how intergenerational dynamics can affect the workplace environment as graduates enter the health care professions. However, not as much has been devoted to a discussion of delivering nursing care tailored for the Millennial Generation patient. This generation of present-day young adults presents particular challenges with respect to their health care. Influences common to this generation have caused not only the emergence of specific needs, but also characteristics that impact their attitudes, values, and beliefs about health care. Awareness of these dynamics will provide nurses with tools for planning and implementing patient-centered care for this special demographic group. The following six categories of considerations will provide guidance for nurses caring for patients of the Millennial Generation.

1. Become acquainted with health-related conditions and issues particular to the Millennial Generation. The current generation of young adults is comparatively more likely to be obese, and engage in several health damaging and risky behaviors such as drinking alcohol, smoking cigarettes, suicidal behavior, and bullying.

2. Incorporate mental health components into the care plans for Millennials. The current generation of youth is living in a time of unprecedented economic and technological changes. Stress over financial

issues, such as student debt and job stability, can contribute to depression, as can a focus on image consciousness resulting from heavy use of social media.

3. Consider technology in the plan of care. Millennials are digital natives who have grown up using computers and the Internet. They have been characterized as being technologically savvy and having a preference for social media networking.

4. Tailor patient teaching. Millennials are well-acquainted with technology, and therefore technological tools such as social media and the Internet could also be useful for patient teaching. However, there are other teaching modalities that will be compelling for Millennial patients as well. This generation is more highly educated, and it is likely they will want to know about their health and be participants in planning and interventions for care. They have been described as being confident, ambitious, and a generation that enjoys challenges.

5. Incorporate cultural sensitivity into the plan of care. The Millennial Generation in the US is the most culturally diverse of any generation to date.

6. Read and contribute to research efforts related to Millennial health. There is a current trend in nursing toward evidence-based care and increasing recognition of the role of nurses in research efforts. There are many applicable and important avenues for research that would contribute to the body of knowledge regarding healthcare for the Millennials.