

# Generation- Specific nursing care for Millennial patients



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# Objectives and disclosure

- Identify health-related conditions and issues particular to the Millennial generation
- Discuss nursing strategies relevant for the care of the Millennial patient
- No disclosures or conflicts



# The Millennial Generation

- Born 1980-2000 (ages 17-37)
- 53.5 million people
- Specific traits that affect attitudes, values and beliefs about health care





# A story



# Six categories of considerations





## 1. Become acquainted with health-related conditions and issues particular to the Millennial Generation

- Risky behaviors
- Obesity
- Automotive accidents
- Unique issues related to technology
- Access to health care
- Antibiotic resistance



# Nursing care

- Awareness when taking histories
- Developing relationships
- Preventative care emphasis
- Weight loss counseling, exercise advocacy
- Smoking cessation



## 2. Incorporate mental health components into the care plan

- Financial issues (student debt, job stability)
- Image consciousness (social media)
- Parenting: vigilant and involved (structured, sheltered, special, entitled)
- Difficulty problem-solving





# Nursing care



- Anticipate and be alert for signs of stress
- Stress associated medical conditions
- Individualized stress reduction strategies
- Coaching with decision-making

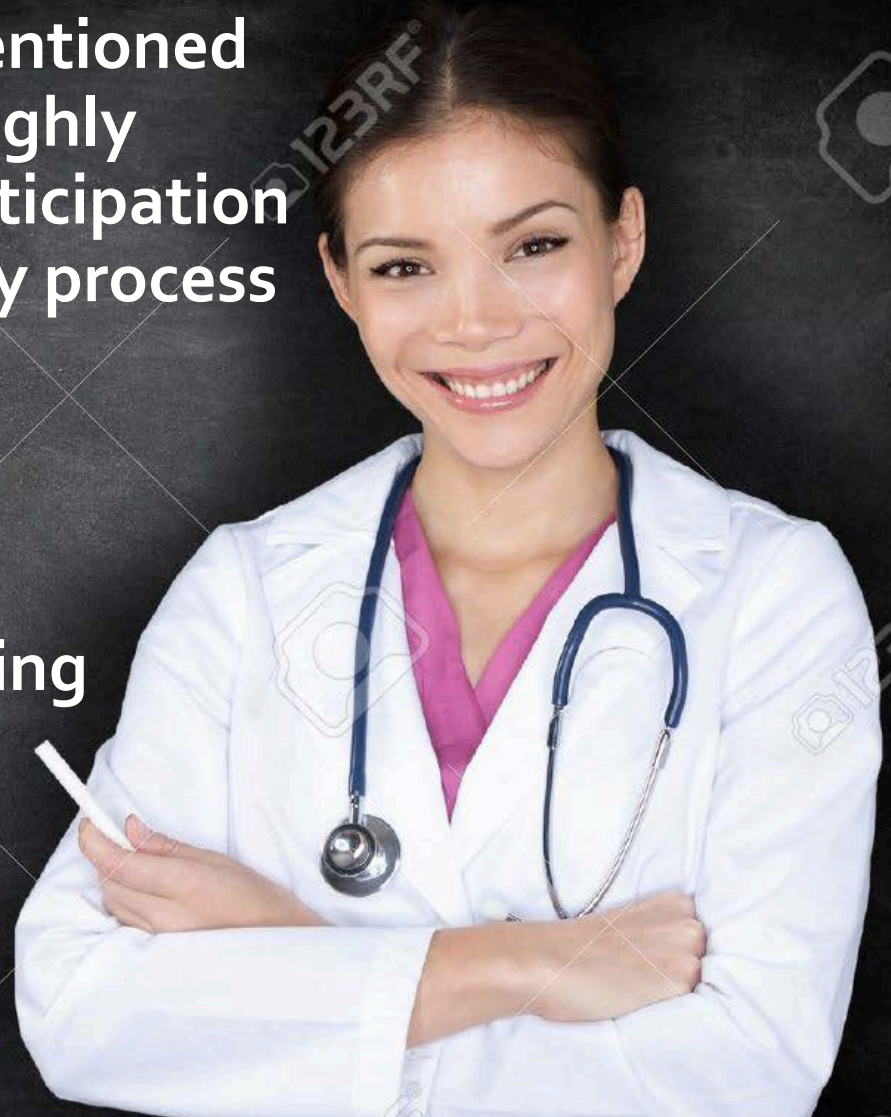
### 3. Consider technology in the plan

- Millennials are digital natives
- Use of social medical and Internet services in health care
- Immediacy
- Teaching: videos, blogs, websites
- Cautions: confidentiality, competence



# 4. Patient teaching strategies

- Technological tools as mentioned
- The generation is more highly educated, may desire participation
- Enjoy challenges, but may process better F2F
- Kinesthetic learners
- Short attention spans:  
    use rehearsal
- Appreciation of story-telling
- Collaborative
- approaches





## 5. Incorporate cultural sensitivity into plan of care



- Culturally diverse generation
- Nurses need to be culturally aware
- Formal courses in cultural care

## 6. Read and contribute to research related to Millennial health

- Issues, preferences, perceptions?
- Social events affecting health?
- Research related to Millennial sub-groups





# Summary

**Awareness of the health care issues particular to the Millennial Generation is the first step in effectively helping them address the health challenges confronting their generation.**





# Thank you

