

Title:

Healthy Lifestyle of Nurses and Nursing Students

Walter De Caro, PhD, MSc

Department of Public Health and Infectious Disease, Nursing Research Unit, Sapienza University of Rome, Roma, Italy

Elisabetta Corvo, PhD

Canterbury Christ Church University, Canterbury, United Kingdom

Julita Sansoni, MSc

Department of Public Health and Infectious Disease, Sapienza University of Rome, Roma, Italy

Session Title:

Scientific Posters Session 2

Keywords:

health education, health promotion and healthy Lifestyle

References:

Blake, H., Stanulewicz, N., & Griffiths, K. (2016). Healthy lifestyle behaviours predict health promotion attitudes in pre-registered nurses. *Journal of Nursing Education*.

Hurley, S. (2015). Nurses' Perceptions of Self as Role Models of Health.

Ley, S. H., Ardisson Korat, A. V., Sun, Q., Tobias, D. K., Zhang, C., Qi, L., ... & Hu, F. B. (2016). Contribution of the Nurses' Health Studies to uncovering risk factors for type 2 diabetes: diet, lifestyle, biomarkers, and genetics. *American Journal of Public Health, 106*(9), 1624-1630.

Abstract Summary:

Nurses in their role of health promoter are well situated to address the increasing burden of NCDs which are the main cause of mortality worldwide. However literature indicates that nurses often do not have a healthy lifestyle.

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
Healthy lifestyle and models	connection model - health
NCD and health education	epidemiology information for education

Abstract Text:

Purpose: Nurses in their role of health promoter are well situated to address the increasing burden of Non communicable diseases (NCDs) which are the main cause of mortality worldwide. As Ana defined "a healthy nurse as one who actively focuses on creating and maintaining a balance and synergy of physical, intellectual, emotional, social, spiritual, personal and professional wellbeing. A healthy nurse lives life to the fullest capacity, across the wellness/illness continuum, as they become stronger role models, advocates, and educators, personally, for their families, their communities and work environments, and ultimately for their patients" However current literature indicates that nurses and also students of nursing science often do not have adequate levels of healthy lifestyle. The study aims to detect Register Nurses and Nursing Students patterns with respect to lifestyle behaviour.

Methods: A survey on line and paper was carried out using Health Promoting Lifestyle Profile II questionnaire (Subscales include Self-Actualization, Health Responsibility, Exercise, Nutrition, Interpersonal Support, and Stress Management) and some demographic items to a convenience sample of Registered Nurse at Hospital and community level and student of nursing of different university in Italy.

Results: 1704 nurses and nursing student filled in properly the questionnaire. The medium age is 36.5 years old (22 years for nursing students), 81% are women (74% of student). Results of Health Promoting Lifestyle Profile II HPLPII score are rather disappointing with median value $122.73 \pm 17.65SD$, good but for nurses should be higher. Marital status, work intensity, overweight-obesity status and smoking influence the questionnaire values.

Conclusion: Results display a sample which suggests that it is probably not yet fully acquired nor the importance of lifestyle on health, or the role model, also in terms of image, that nurses should have for population. Nurses should be more aware about their role in health care and in society and should develop all their skills as health promoter in order to have more influence on individuals health behaviour.