Healthy Lifestyle of Nurses and Nursing Students in Italy





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INTRODUCTION

Literature indicates that nurses often do not have a healthy lifestyle.

Health promotion is the process of enabling people to increase control over, and to improve, their health. It moves beyond a focus on individual behaviour towards a wide range of interventions.

Nurses in their role within healthcare and health promotion settings are well situated to address the increasing burden of NCDs which are the main cause of death worldwide.

The study aims to detect Register Nurses and Nursing Students patterns with respect to lifestyle behaviour.

The theoretical model chosen for this study is the Health Promotion Model (HPM) developed by Pender et al. (2011). The model explains the relationships, individual characteristics and experiences, behavior-specific cognitions and affect, and behavioral outcomes. There are four main assumptions underlying the use of this model. First, it is assumed that people want to control their own behavior and have a drive to do so. Engaging in a health-promoting behavior is not a passive occurrence.

The second assumption is that people are constantly interacting with their environment, which has an influence on their actions and decisions.

The third assumption is that healthcare professionals are a part of the interpersonal influences.

The last assumption is that people must alter their environments to promote change before action can occur and be sustained (Pender et al., 2011).

METHOD

A descriptive, cross-sectional research methodology was used.

An on line survey was carried out using Health Promoting Lifestyle Profile II questionnaire (Subscales include Self-Actualization, Health Responsibility, Exercise, Nutrition, Interpersonal Support, and Stress Management).

The development and psychometric evaluation of a Italian version of the Health-Promoting Lifestyle Profile II (HPLP II) is described. The 52-item instrument was translated into Italian and was found to be culturally relevant and reliable.

Registred Nurse and nursing students were selected by a list of hospital and nursing school in Italy.

A link to SurveyMonkey was provided, reminder emails were sent after two weeks. Consent was obteined by participant by «a click» available on the first

Further participation was deemed as consent, since they had to click on a button to begin the survey.

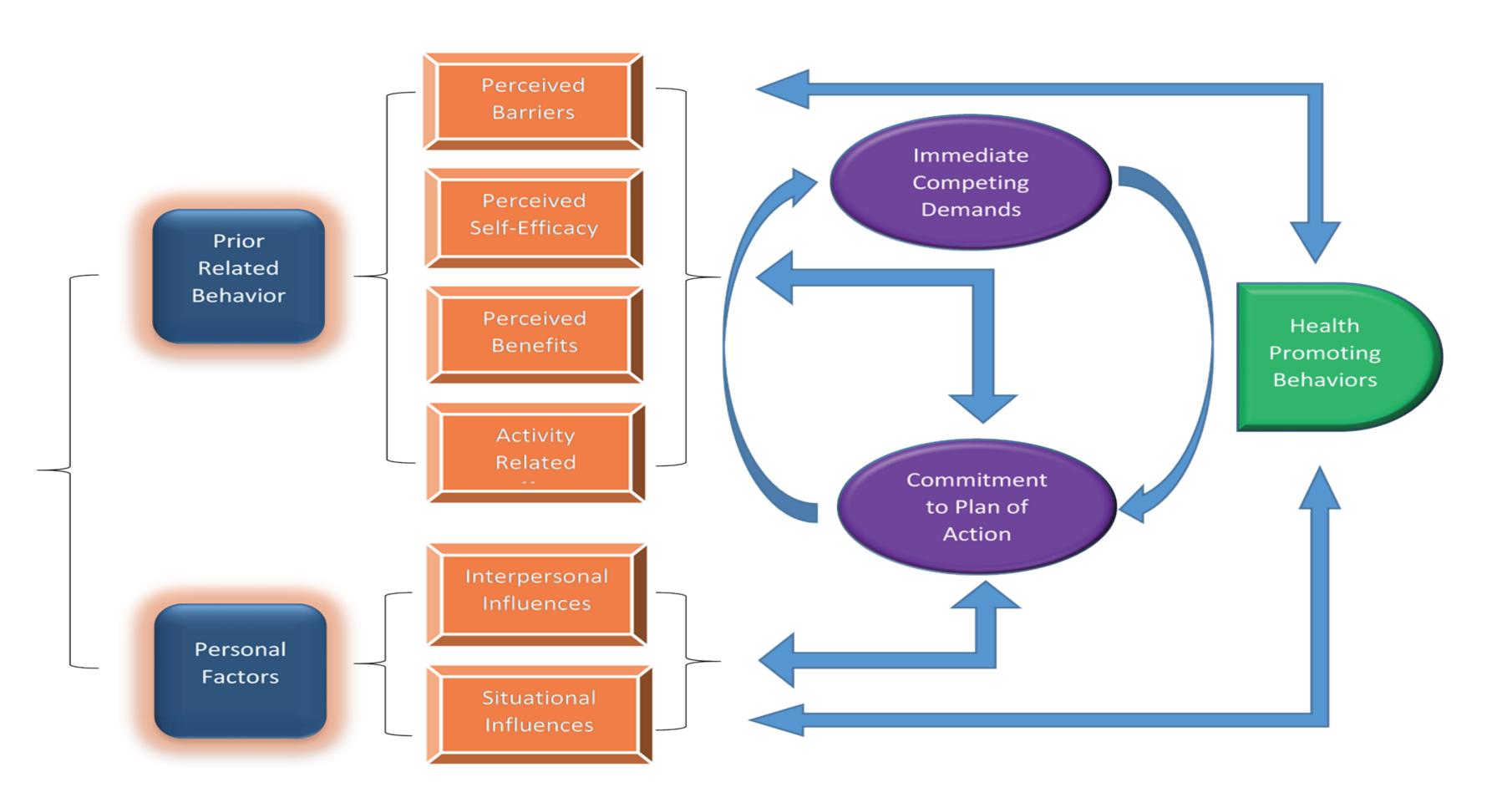
Partecipation was voluntary and anonimous.







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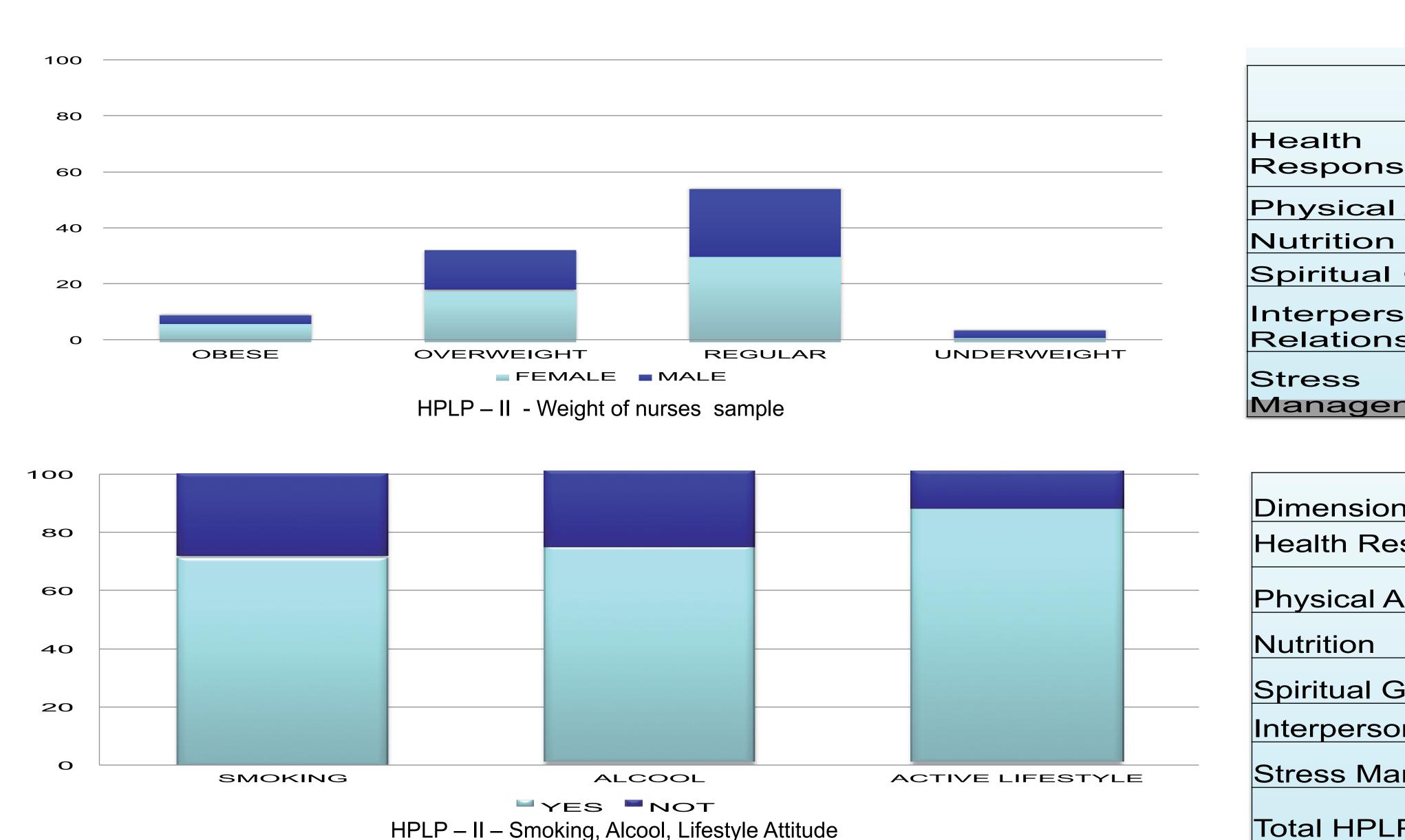
- Right Attitude + Right Mindset
- + Right Foods
- + Right Supplements
- + Right Exercise

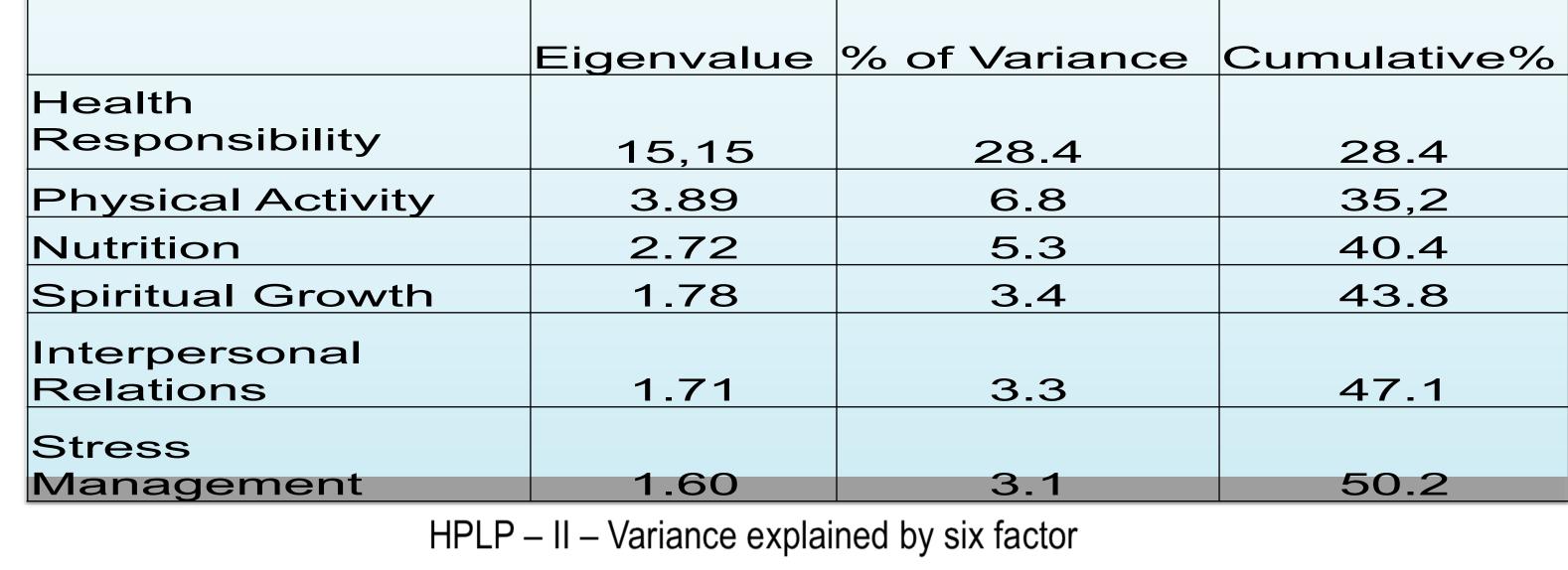
Healthy Lifestyle

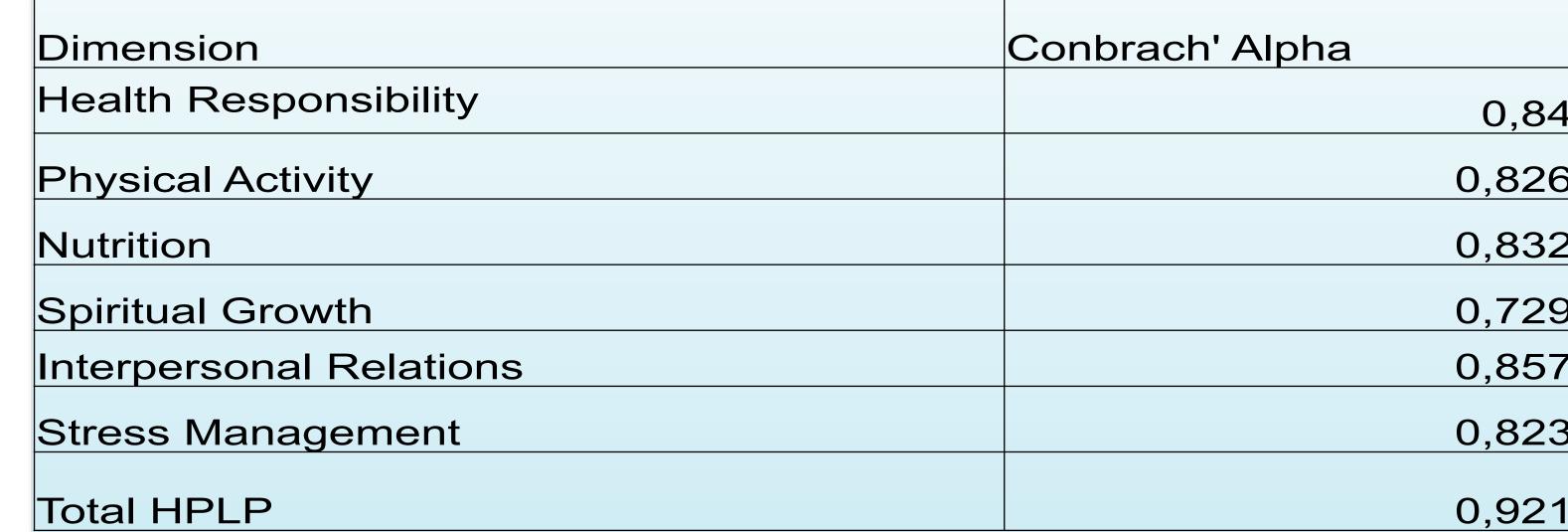
RESULTS

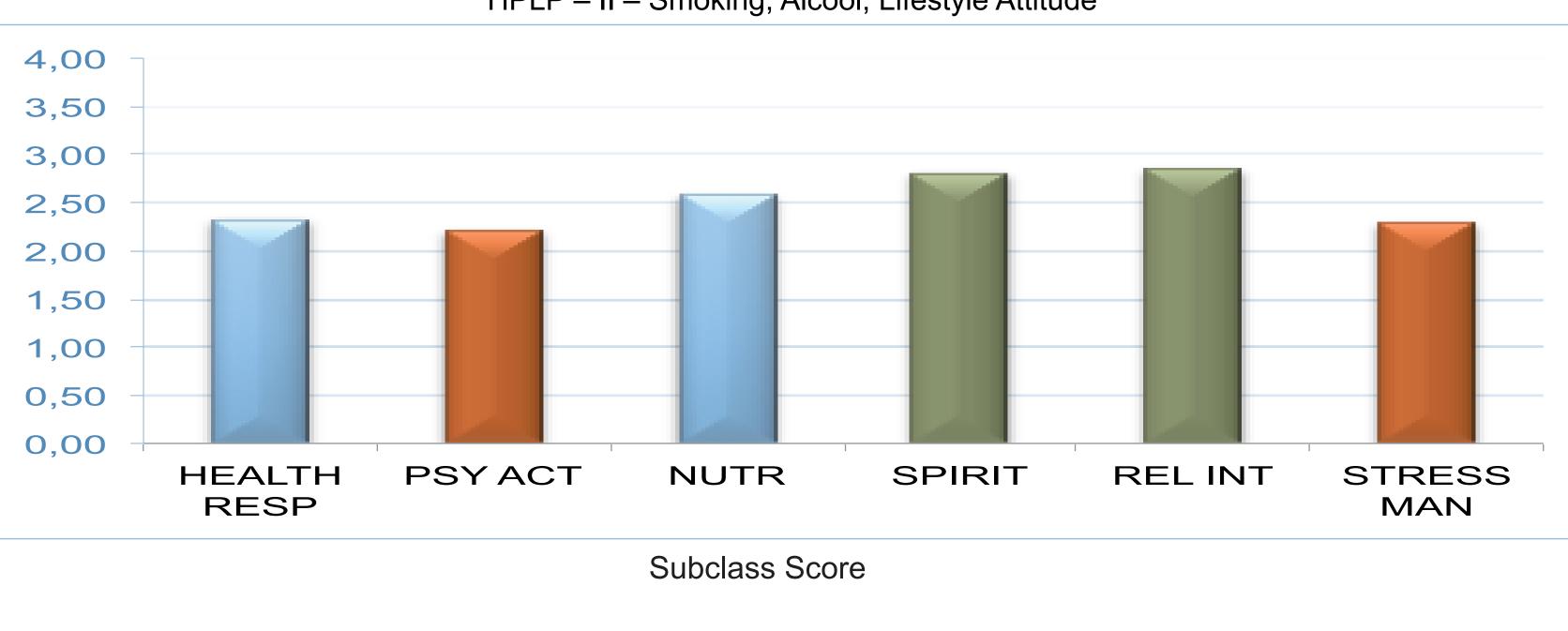
1704 nurses and nursing student filled in properly the questionnaire. The medium age is 36.5 years old (22 years for nursing studends), 81% are woman (74% of student). Results of of Health Promoting Lifestyle Profile II HPLPII score are rather disappointing with median value 122.73 ± 17,65SD, good but for nurses should be higher. Marital status, work intensity, overweightobesity status and smoking influence the questionnaire values. The Italian version of the HPLP II was evaluated using factor analysis and reliability measurement.

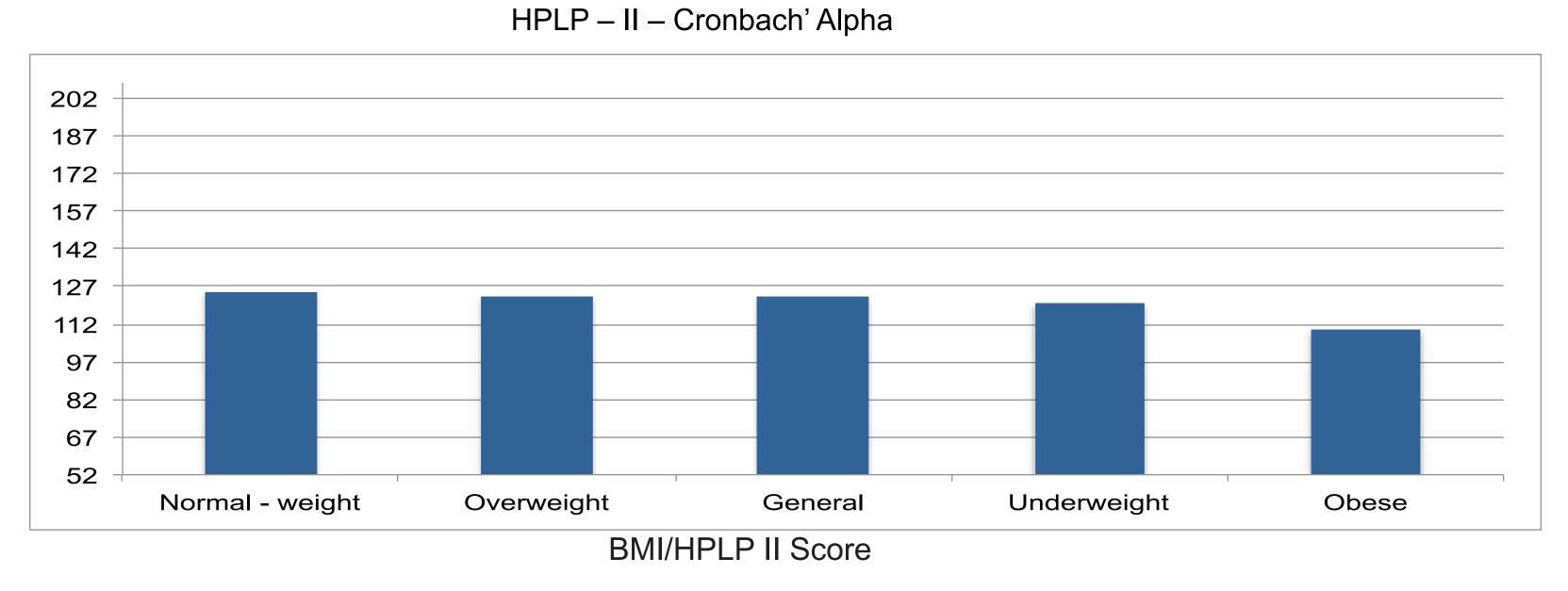
The Cronbach alpha reliability coefficient for the total scale was 0.92. Factor analysis confirmed the six-dimensional structure of the HPLP-II. Marital status, workload, overweight-obesity status and smoking have specific influence to the HPLP questionnaire values.











CONCLUSION

According to the results Nurses and nursing student in Italy do not have fully acquired the importance of lifestyle for their own health as well as the role model that they should play for population.

Overall, the Italian HPLP II is a suitable instrument for measuring the health promoting behaviors.

The information presented in this study can be useful for nursing leaders and healthcare providers to provide direction for the implementation of healthy lifestyle-related interventions at all level.

The findings from this study can also direct future research to explore the phenomenon of healthy lifestyle behaviors of nurse and nursing students. Nurses should be more aware about their role in health promotion within health care settings as well as in the whole society, thus they could have a stronger influence on individuals' health behaviour.