The Nurse Entrepreneur

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The Issues

• Nurse entrepreneurship is a growing trend
• Entrepreneurship brings unique challenges and stressors
• Self-care practices may counter these
Study Overview

• Participants
  – 44 Nurse entrepreneurs
  – Recruited through professional organizations

• Measures
  – Original online survey
  – Mindful Self Care Scale – Short (Cook-Cottone & Guyker, 2017)
Participants: Gender

Gender

- Male: 6.80%
- Female: 93.20%

Male | Female
---|---
6.80% | 93.20%
Participants: Race/Ethnicity

- White/Caucasian: 79.50%
- Black/African-American: 13.60%
- Asian/Asian-American: 4.50%
- Latino/Hispanic: 2.30%
Participants: Employment

- Business only: 56.80%
- Business + PT Job: 13.60%
- Business + FT Job: 27.30%
- Business + 2 or more jobs: 2.30%
Mindful Self Care Domains
(Cook-Cottone & Guyker, 2017)

- Physical Care
- Supportive Relationships
- Mindful Awareness
- Self-Compassion/Purpose
- Mindful Relaxation
- Supportive Structure
## Mindful Self Care Domains
*(Cook-Cottone & Guyker, 2017)*

<table>
<thead>
<tr>
<th>Domain</th>
<th>Mean</th>
<th>SD</th>
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<tbody>
<tr>
<td>Supportive Relationships</td>
<td>4.34</td>
<td>.75</td>
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<tr>
<td>Mindful Awareness</td>
<td>4.26</td>
<td>.77</td>
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<tr>
<td>Self-Compassion/Purpose</td>
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<td>.67</td>
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<td>Mindful Relaxation</td>
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<td>.71</td>
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<tr>
<td>Supportive Structure</td>
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<tr>
<td>Physical Care</td>
<td>3.40</td>
<td>.74</td>
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</table>
Empowerment Motivators

“PUSH” MOTIVATORS

- Work/Life Balance: 47.7%
- Mobility: 31.8%
- Money: 18.2%
Empowerment Motivators

“PULL” MOTIVATORS

<table>
<thead>
<tr>
<th></th>
<th>Meaning</th>
<th>Autonomy</th>
<th>Growth</th>
<th>Impact</th>
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<tbody>
<tr>
<td>%</td>
<td>90.9%</td>
<td>77.3%</td>
<td>77.3%</td>
<td>75.0%</td>
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</table>
What are the Challenges?

Challenges

- Juggling: 34.1%
- Time management: 47.7%
- Balancing family vs business: 34.1%
- Helping others vs helping myself: 36.6%
Conclusions

• Psychological empowerment more motivating than structural empowerment
• Balancing self and other needs is a big challenge
• Social support is key to overcoming challenges
• Self-care may increase in later career stages
The Nurse Entrepreneur:
Empowerment Needs, Challenges, and Self-Care Practices