

Promoting Self Care for Nursing Students

Susan Bonhotal, MSN RN

Melissa A. Hall, DNP, ANP-BC, FNP-BC, GNP-BC

Susan A. Seibert, MSN, RN



Purpose

- Purpose: Promote student assessment of their personal health status and support positive changes using the nursing process and evidence-based practice.

A healthy nurse “actively focuses on creating and maintaining a balance and synergy of physical, intellectual, emotional, social, spiritual, personal and professional wellbeing.”

ANA. (2015). Heathy Nurse. Retrieved from <http://www.nursingworld.org/MainMenuCategories/WorkplaceSafety/Healthy-Nurse>

Background

- Self-care should be a life long habit
- Nursing students identify academic and clinical stressors
- Nursing programs focus on academic achievement
- Student stressors impede ability to learn and function
- Nursing students often sacrifice own self care
- Instructors must assess student psychological status as well as academic performance
- Positive habits of self care may influence future health as nursing professionals
- Nursing programs should institute self care promoting activities throughout the program

Instructional Design

Semester long application of the nursing process to care of self

Setting: Two sophomore (entry level) baccalaureate nursing courses: Introduction to Professional nursing and Health Assessment

Assess

- Complete the ANA HealthyNurse Risk Appraisal©

Diagnose

- Identify area of self care deficit

Plan

- Research for evidence-based interventions (including one Complementary and Alternative Therapy.
- Create a SMART goal for the project

Implement

- Implement interventions over an 8 week period

Evaluate

- Determine if the SMART goal was met and identify implications for future nursing practice, including self-care.



Results

Most frequent self care deficits identified in sophomore students:

- Stress
- Anxiety
- Inadequate sleep hygiene
- Poor nutrition/Weight changes
- Inactivity

Evaluation



Implications for Practice

- Inside view of students' self-perceived stress, anxiety, and coping levels.
- Opportunity to guide students who are overwhelmed
- Offers students opportunity to apply the nursing process on a personal level.
- Encourages students to continue self care into remainder of nursing program and future nursing career.