

### 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/Workplac eSafety/Healthy-Nurse

### Background

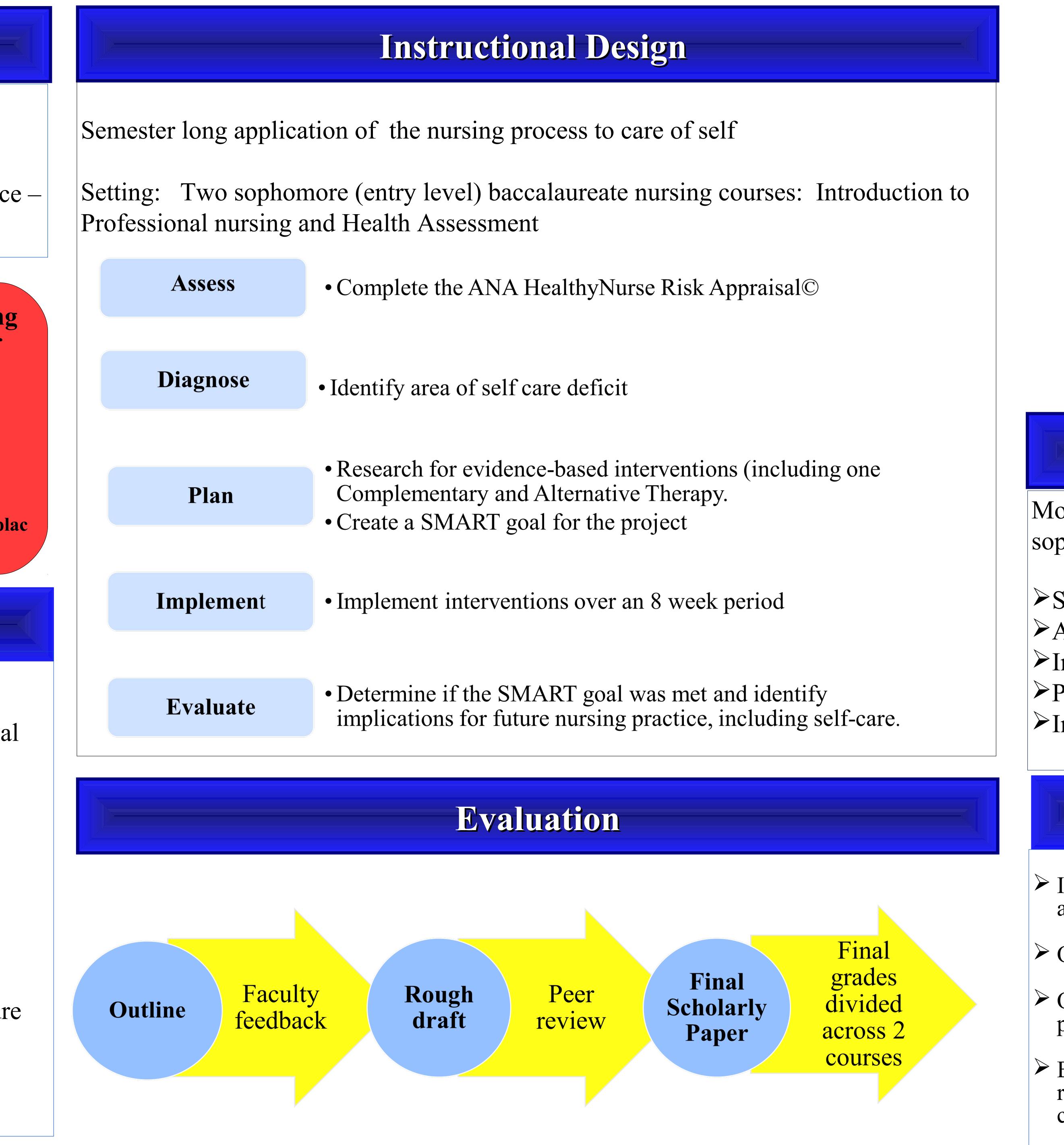
- Self-care should be a life long habit
- Nursing students identify academic and clinical stressors
- Nursing programs focus on academic achievement
- Student stressors impede ability to learn and function
- Nursing students often sacrifice own self care
- Instructors must assess student psychological 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

## **Promoting Self Care for Nursing Students**

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### Results

Most frequent self care deficits identified in sophomore students:

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

### **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 continues self care into remainder of nursing program and future nursing career.