

Title:

Healthy Heroes: A School-Based Health Promotion Initiative Modeling Health Behaviors and Nursing Professionalism

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Session Title:

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Health Promotion, Men and Minorities in Nursing and Pediatrics

References:

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Abstract Summary:

A school based program focused on teaching the pediatric clients lifelong healthy behaviors was established in a suburban Ohio community. Students k-5 were exposed to nursing student with varied backgrounds in race, gender, and age in a prevention based model.

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
The learner will be able to identify why primary based prevention in pediatrics will instill lifelong healthy behaviors.	The researcher will describe qualitative post assessment done with 400+ children in K-5 elementary school after engaging in health heroes program showing them to be more empowered and enabled to care for themselves across the lifespan.
The learner will be able to identify that exposure to nurses of various races, ages and genders at a young age may increase interest in nursing from minority and male youth.	The researcher will share the unintended consequence of the program results that male and minority students working with the children changed their schema of what a nurse is resulting increased interest in nursing as a career field.

Abstract Text:

A health promotion based clinical experience for senior level bachelorette students was created in a suburban school district in Ohio. Students developed their own anticipatory guidance and prevention based curriculum at appropriate development levels to pediatric clients in kindergarten through fifth grade. Students titled their program Healthy Heroes. Students engaged in twenty minute lesson plans with children in small groups to introduce and discuss topics. Topics discussed in breakout sessions included healthy eating and portion control, lice prevention, exercise and limiting of screen time, oral and hand hygiene. Students also introduced caring for individual body systems, such as explain how the kidneys functioned, what can do wrong and how the client keeps their kidneys healthy. This program lasted four months in duration, with weekly visits from the nursing students to the classrooms. At the end of the program pediatric clients reported feeling enabled and empowered to care for themselves. Clients also reported establishing relationships with the students that exuded nursing professionalism, trust, and compassion. Pre and post surveys were completed with the pediatric clients at developmentally appropriate levels. Kindergarten through second grade were asked to draw a picture of nurse and what they do. Third through fifth grade were asked to write a paragraph describing a nurse and what they do. The survey completed at the end of the program resulted data showing the schemas of what a nurse is and what they do changing for the clients. Pre- survey results showed 100% of children describing/drawing a nurse as a white female and 100% as someone who performs only skill based tasks such as injections. The post survey results showed 20% of children defining/drawing a nurse as a racial minority and/or male. Post survey results showed that 40% of the children included education and partnership with the client as a role of the nurse.