"Healthy Nurse...?"

Peter Stoffan, DNP, MPA, RN, CCRN, NEA-BC, CPXP

Wellness Bingo

HOW MANY SQUARES CAN YOU FILL?

Woke up early (not work related) in the past two weeks	Performed a breathing exercise	Ate deliberately	Listened to music just because	Spoke kindly to yourself
Took an intentional walk in the past week	Participated in a journal or reflection activity	Set a daily intention	Told someone you loved them	Reviewed finances and made a plan
Set a hydration goal	Went on a jog/run	FREE SPACE	Did some yoga or pilates	Took an intentional break from technology
Sent a note of appreciation	Met with a mentor in the past month	Went to bed early on purpose	Met a hydration goal	Made or started an arts and crafts project
Cooked a healthy meal	"Treated yourself"	Connected with a friend you haven't in over a month	Decluttered one space	Learned something new on purpose



'Please put your own oxygen mask on before helping others..."

Are Nurses successful health-promoting role models?

"For nearly every indicator, the health of America's nurses is worse than that of the average American..."

(ANA, 2022)

THE POOR HEALTH OF NURSES IS A GLOBAL PARADOXICAL

PHENOMENON

BACKGROUND





$1.6 \rightarrow 650$

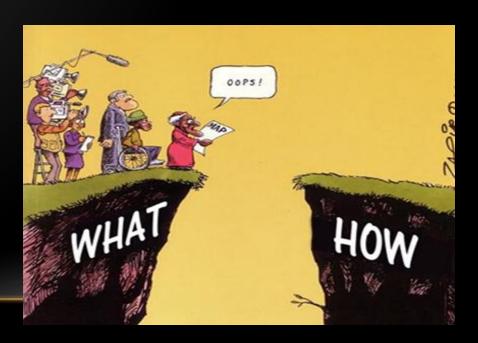
30

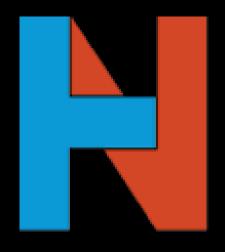
43%

46.6%

LITERATURE REVIEW

Self-care works! SURPRISE!





HEALTHY NURSE HEALTHY NATION

leading the way to better health

"I believe that everything affecting our society affects nurses and that eventually will hemorrhage over to the nursing profession."

Denetra Hampton, RN, documentary filmmaker of Racism: The African American Nursing Experience Short Film

(NASEM, 2021)

https://www.healthynursehealthynation.org/





WHAT IS THE HEALTHY NURSE, HEALTHY NATION™?

If all 4 million registered nurses increased their personal wellness and then their families, co-workers and patients followed suit, what a healthier nation we would live in! That is the goal of Healthy Nurse, Healthy Nation™, a program of the American Nurses Association Enterprise to connect and engage nurses, employers, and organizations around improving health in six areas: mental health, physical activity, nutrition, rest, quality of life, and safety.

Nurses are less healthy than the average American. Research shows that nurses are more likely to be overweight, have higher levels of stress, and get less sleep. As the largest and most trusted health care profession, nurses are critical to the health of the nation. Healthy nurses are great role models for their patients, colleagues, families, and neighbors.

Healthy Nurse, Healthy Nation Implementation Model



Engage Nurses on 3 Levels

Individual

Organizational

Interpersonal

Educators And Advocates For Health



Improve Their Health In Key Areas



Physical Activity

Rest
Z
Z
Z
Z



Nutrition



Safety

Mental Health





Create a Healthy Nurse Population, and in turn...

A Healthier Workforce

Effective, Safe, Sustainable Health Care

Role Models Of Health

(ANA, 2022)

"Traditionally, burnout is viewed as an individual issue. However, reframing burnout as an organizational and collective phenomenon affords the broader perspective necessary to address nurse burnout." (Jun, J., et al., 2021)

https://www.myamericannurse.com/a-call-for-healthyrole-models/

All Nurses are Leaders = OPPORTUNITY

What do you do for yourself?

What do you do for your teams/colleagues?

What do you do for your patients or communities?

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