



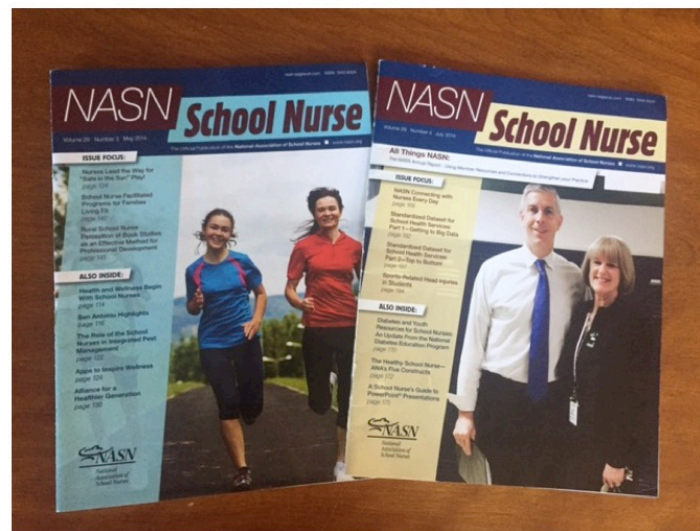
Taking Care Of Ourselves: Wellness for Us

Abigale Pelletier, RN BSN Richmond Middle School
rmshealthoffice.weebly.com, @rmsnurse , Abigalepelletier@dresden.us
2017

Objectives

- ❧ Introduction to NASN And ANA Healthy Nurse Initiatives.
- ❧ Identify and Review Current Data on Health of Registered Nurses.
- ❧ Utilize A Personal Health Assessment Tool
- ❧ Write a small achievable health habit

National Association of School Nurses and American Nurses Association Health Initiatives



RN Health Initiatives



**National Association of
School Nurses**

**2014 Organizational affiliate
to ANA Healthy Initiatives.**



American Nurses Association

2013 Healthy Nurse Initiative

Resources, Health Risk Appraisal, Data

**"...creating and maintaining a balance
and synergy of physical, social, spiritual,
personal and professional well being"**

2017 ANA YEAR OF THE HEALTHY NURSE

- Healthy Nurse. Healthy Nation.

[http://www.nursingworld.org/MainMenuCategories/
ThePracticeofProfessionalNursing/2017-Year-of-Healthy-Nurse](http://www.nursingworld.org/MainMenuCategories/ThePracticeofProfessionalNursing/2017-Year-of-Healthy-Nurse)

What Does The Data Say?

2014

Age Distribution of School Nurses in New Hampshire (n=392)

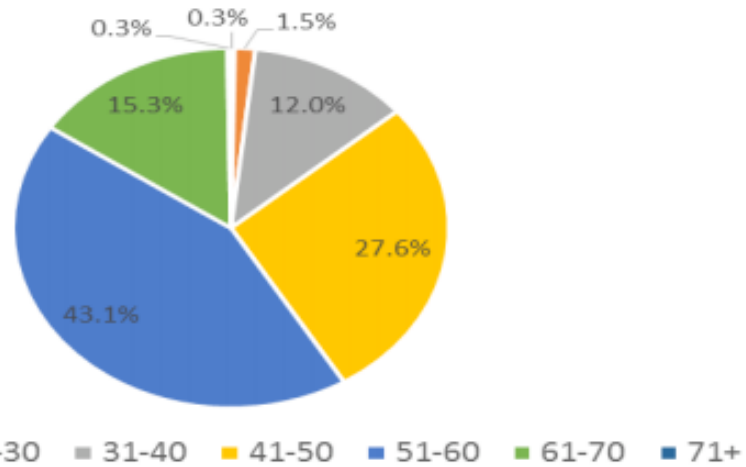


Figure 3: Overall the majority of nurses indicated they were between the ages of 51-60. A small percentage of nurses were under the age of 30 or over 70.

http://education.nh.gov/instruction/school_health/documents/schoolnursesurvey-2014.pdf

Survey of NH School Nurses 2015

Excellent Health



■ 80%

■ 20%

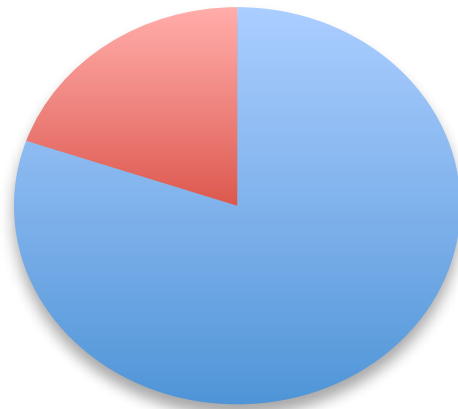
Survey of NH School Nurses 2015

Positive Relationship w/ Admin.



Survey of NH School Nurses 2015

Exercise Daily



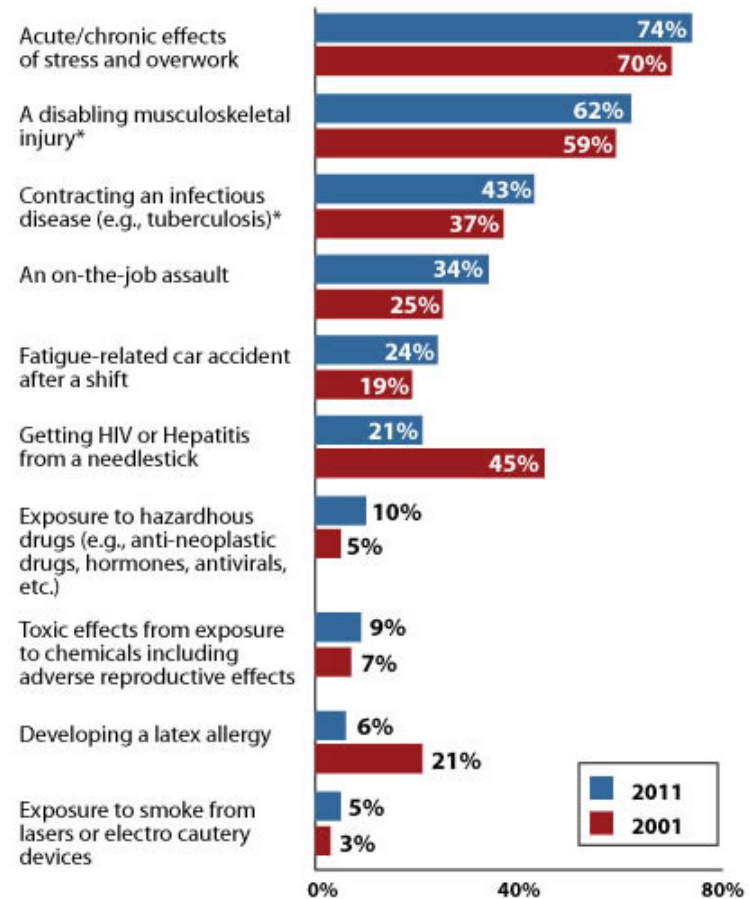
■ 79.50%

■ 19.50%

ANA Health Risk Appraisal 2001 VS. 2011

Pelletier 2017

Top Three Health & Safety Concerns (Q8)



*Wording slightly different from 2001 survey

EXECUTIVE SUMMARY
**AMERICAN NURSES ASSOCIATION
HEALTH RISK APPRAISAL (HRA)**



PRELIMINARY FINDINGS OCTOBER 2013-OCTOBER 2014



<http://www.nursingworld.org/HRA-Executive-Summary>

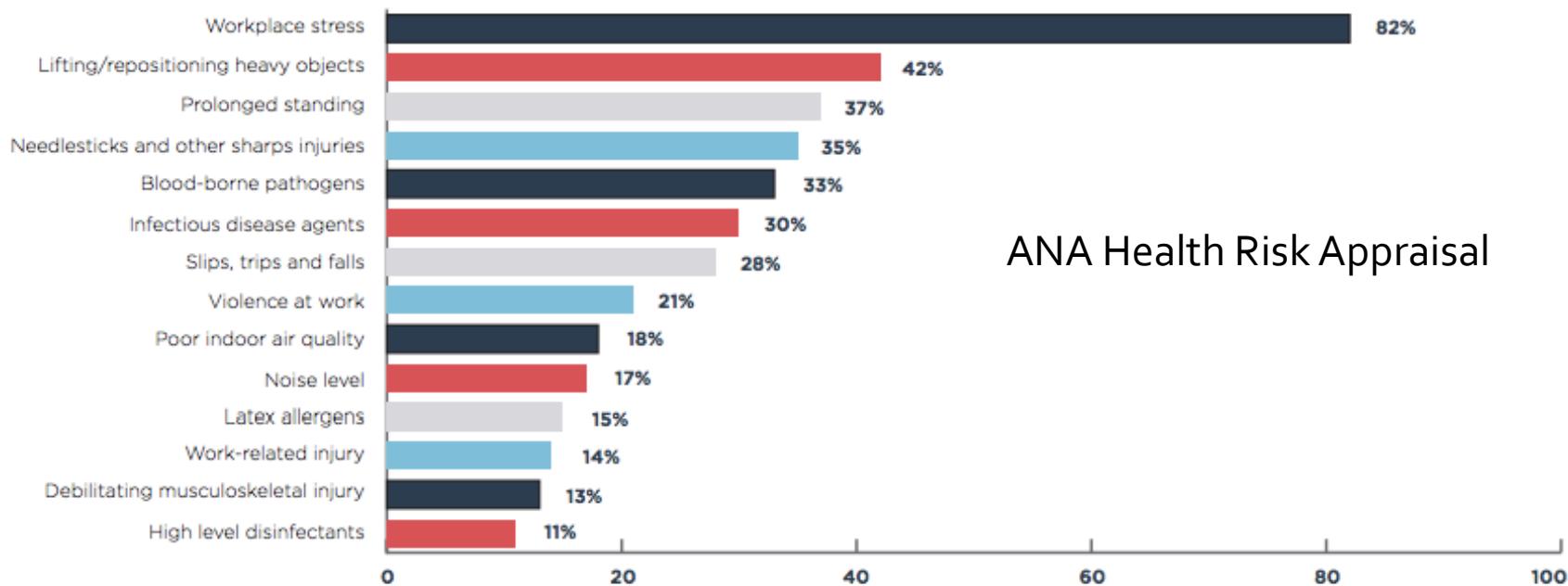
RN Work Place Health Data 2013-2014 via ANA

NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Fatigue/Shiftwo At my primary nursing employment, the usual length of	Fatigue/Shiftwo Combining all my paid employment (and student nursing clinicals),	Fatigue/Shiftwo In my current work environment... - I am often assigned	Fatigue/Shiftwo In one month, I work mandatory or unplanned overtime this	Fatigue/Shiftwo In my current work environment... - I often have to	Fatigue/Shiftwo In my current work environment... - I often have to	Health Do you feel well today?	Health During the past 30 days, for about how many days did pain make it	Health Over the last 2 weeks, for about how many days have you...	Health Would you say that, in general, your health is:
	NA		NA	NA	NA		NA	NA	NA
Health During the past 30 days, for about how many days did poor physical	Health How often do you get the emotional support you need?	Healthy Sleep During the past 30 days, have you woken up or fallen asleep,	Healthy Sleep On average, I get this many hours of sleep in a 24-hour period,	Healthy Work Environment In my current work environment... - I	Healthy Work Environment In my current work environment... - I	Healthy Work Environment In my current work environment... - I	Healthy Work Environment In my current work environment... - I	Healthy Work Environment In my current work environment... -	Healthy Work Environment In my current work environment... -
NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Healthy Work Environment In my current work environment... -	Healthy Work Environment In my current work environment... -	Healthy Work Environment In my current work environment... -	Healthy Work Environment In my current work environment... - I	History Do you keep a record of your personal health information (e.g.	History Does your health care provider update your electronic health	History Have you ever been told by a health care provider that you	History Your BMI	History Are you or do you plan on making any advised behavior	Immunization During the past 12 months, have you had the seasonal flu
NA	NA	NA		NA	NA	NA	NA	NA	NA
Immunization Have you had at least 3 doses of the Hepatitis B vaccine?	Immunization If you are 60 years of age or older, have you received the	Immunization If you are an older adult OR have certain risk factors (including	Nutrition During the past month, about how many servings PER DAY did you	Nutrition How many ounces of sugar-sweetened beverages, such	Nutrition During the past month, about how many servings PER DAY did you	Physical Activity In a typical week, do you engage in aerobic physical	Physical Activity In a typical week, do you perform muscle-	Risks In my current work environment, I believe I am at a	Screening About how long has it been since you last had dental care?
NA	NA	NA	NA	NA	NA	NA	NA	NA	NA

American Nurses Association Health Risk Appraisal Findings

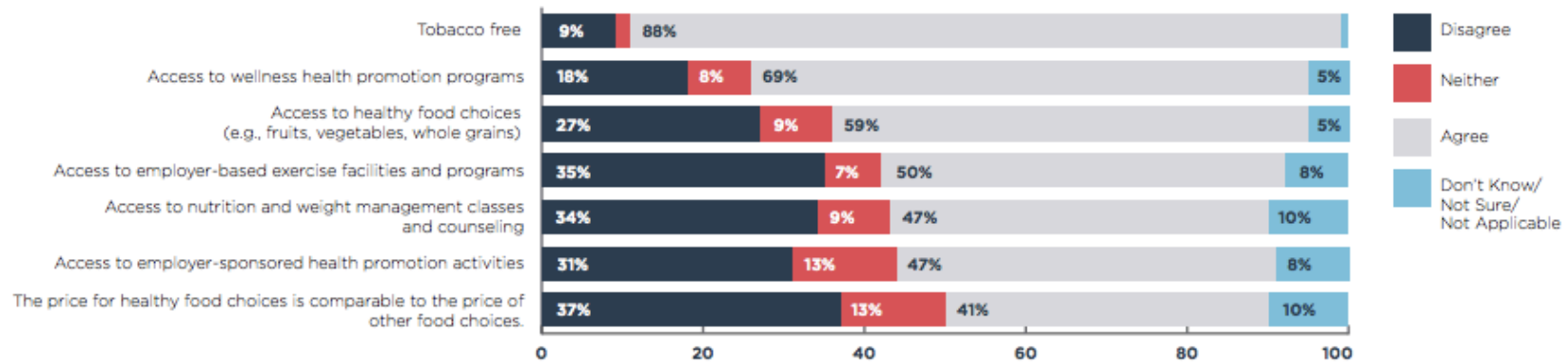
Work Environment Health & Safety Risk Results

2013-2014



ANA Health Risk Appraisal

Work Environment Results

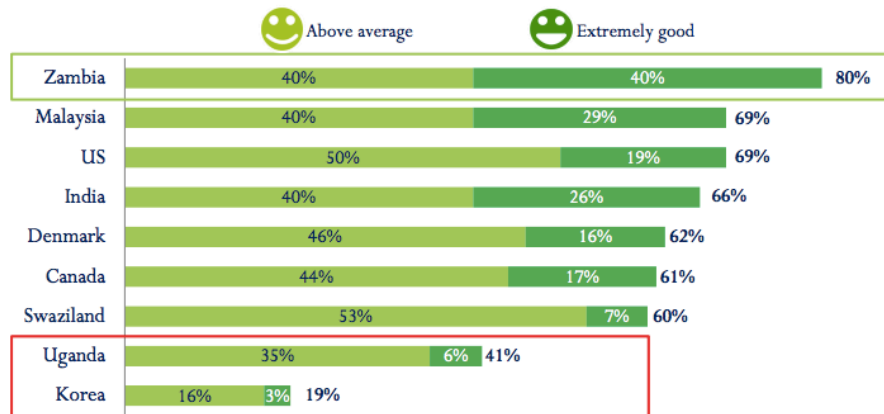


Grow Your Wellness Health Assessment

<http://hra.growyourwellness.com/>

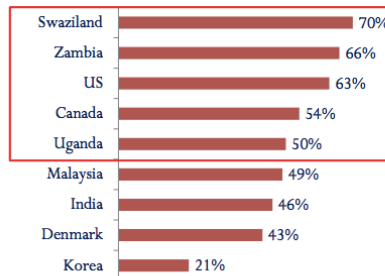
Majority of nurses self-report health to be better than the average, but not necessarily consistent with survey health related responses

- 80% of Zambian nurses believe their health is above average or extremely good
- But just 1 in 5 Korean nurses believe their health is above average, and just 2 in 5 nurses in Uganda



High BMI scores were reported among nurses across a number of countries

Body Mass Index (BMI) scores
% reported as overweight and obese



- BMI scores derived from self-reported weight and height data reveal 50% or more of nurses in Swaziland, Zambia, US, Canada and Uganda are overweight or obese
- In part a result of dietary choices and exercise frequency, neither largely supported by workplace

The Nurses Health Study

The
Nurses' Health Study



Home History Publications About For Participants For Researchers Do

Findings: Some Highlights

NursesHealthStudy.Org

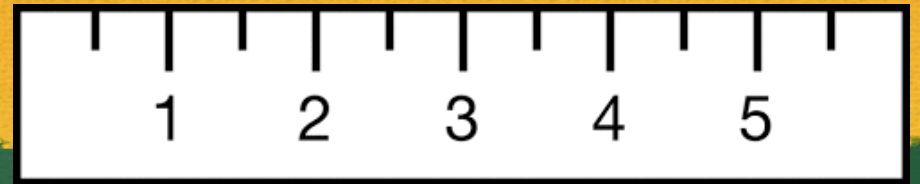
Findings: Some Highlights

	BREAST CANCER	CORONARY HEART DISEASE (CHD)/STROKE	COLON CANCER	HIP FRACTURE	COGNITIVE FUNCTIONING	EYE DISEASE
Diet	Higher intake of red meat increases risk of premenopausal breast cancer.	A Mediterranean-type diet reduces risk of incident CHD and stroke. Fish intake reduces risk of stroke. Nut and wholegrain consumption reduces risk of CHD. Refined carbohydrates and trans fats increase risk.	Higher intakes of folate, vitamin B6, calcium and vitamin D reduces risk. High intake of red and processed meats increases risk.	Reduction of risk with calcium supplement use among women with low calcium diets; higher dietary calcium intake has no effect. Vitamin D intake reduces risk and retinol intake increases risk.	Higher vegetable intake, especially green leafy vegetables, reduces risk of cognitive impairment.	Some antioxidants reduce risk of cataracts and AMD. Higher intake of fish may reduce risk of cataracts and AMD.
Physical Activity	Physical activity (>3 hours/week) reduces risk.	Physical activity, including walking, reduces risk of CHD and stroke.	Physical activity reduces risk.	More physical activity, including walking, reduces risk of hip fracture.	Moderate physical activity reduces risk of cognitive impairment.	No relation to age related eye diseases.

Assessing Your Health



Are You Ready?

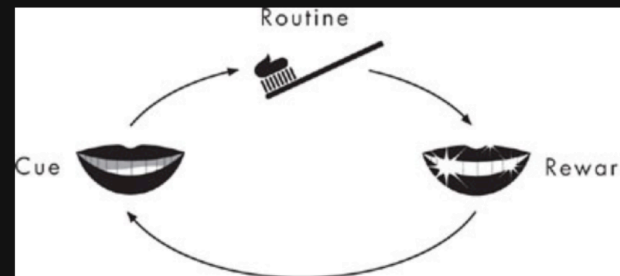


MOTIVATION
ABILITY
TRIGGER
(M.A.T)

The Habit Loop



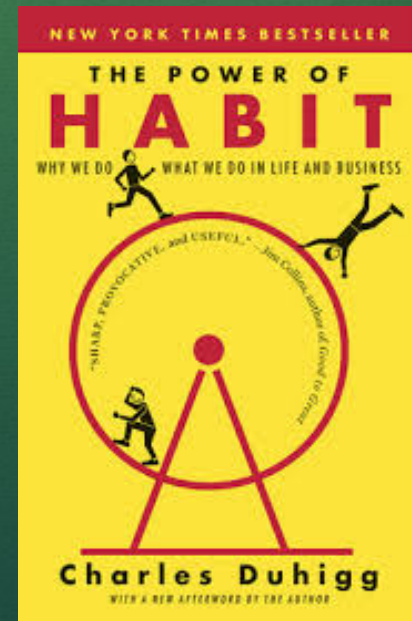
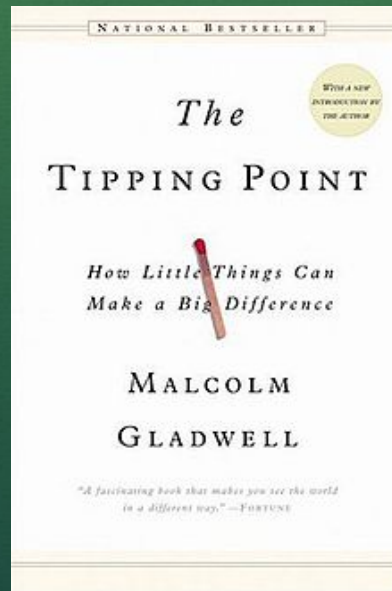
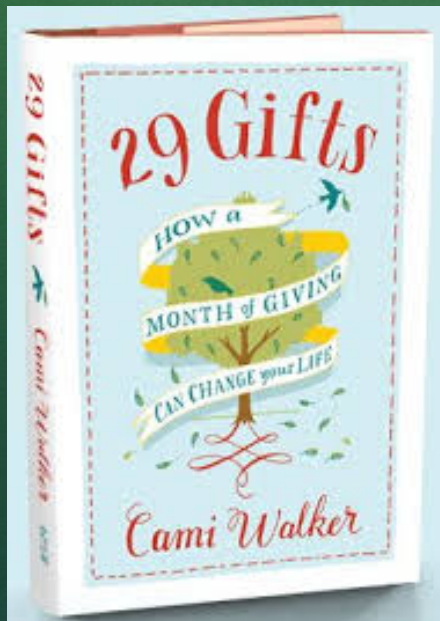
Moreover, the reward, as Hopkins envisioned it, was even more enticing. Who, after all, doesn't want to be more beautiful? Who doesn't want a prettier smile? Particularly when all it takes is a quick brush with Pepsodent?



HOPKINS'S CONCEPTION OF THE PEPSODENT HABIT LOOP

After the campaign launched, a quiet week passed. Then two

Behavior Change and Health



Tools For Long Term Change

- ☞ Pro/Con List Of Health Change
- ☞ Tiny Habit (<http://bjfogg.com/>)
- ☞ Substitutes- Instead of _____, I will _____
- ☞ Commitment- Write it down.
- ☞ Rewards- Rewires your brain!



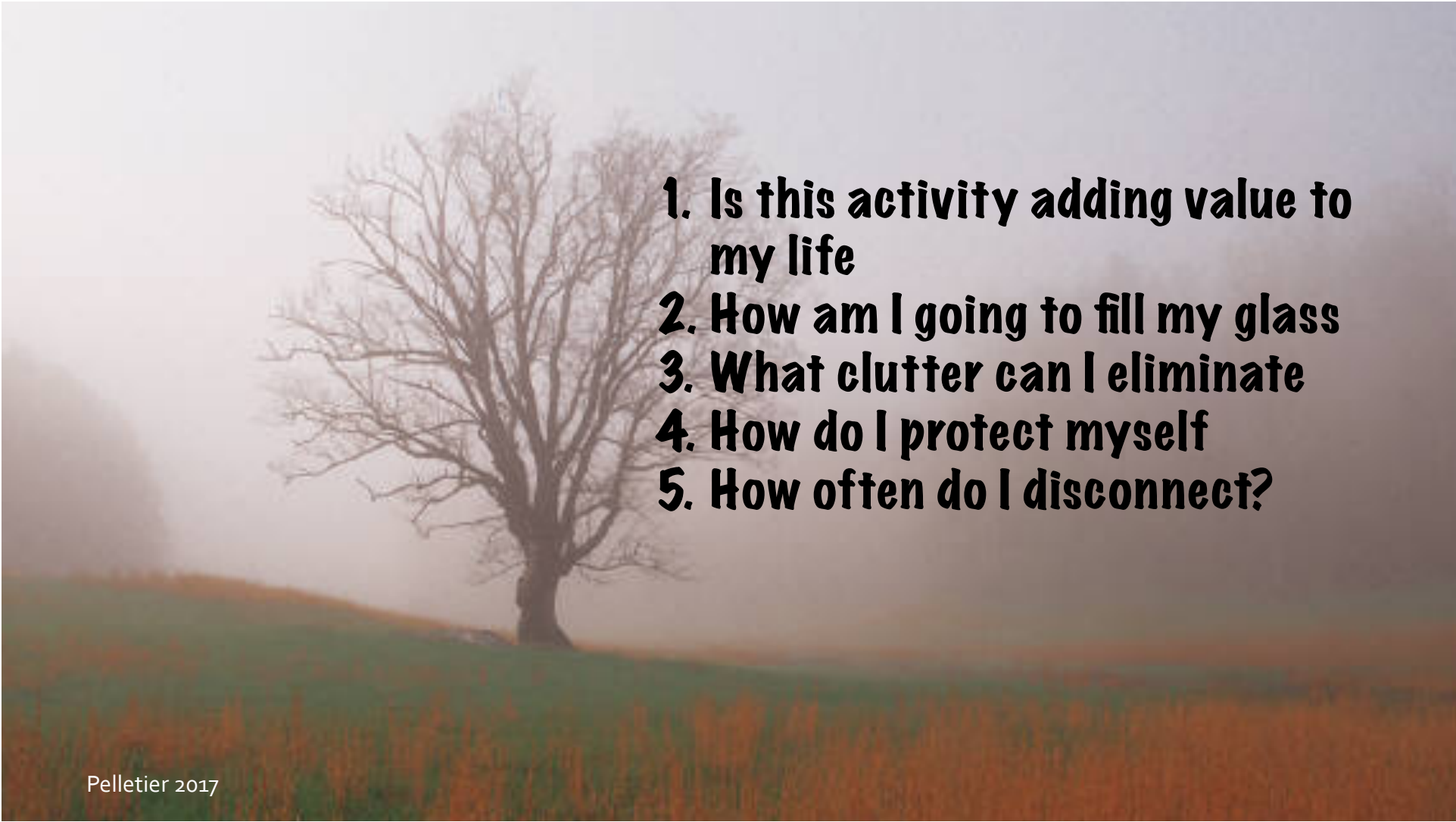
After I < insert anchor behavior >

I will < insert tiny habit >

Then I will < choose a way to celebrate >

Sustaining Life Long Health Habits

- + Self Assess
- + Keep It Small- design habit for behavior not the goal
- + Support
- + Routine
- + Be Kind to Yourself. Forgive

- 
- A photograph of a large, leafless tree standing on a grassy hill. The scene is shrouded in a thick, white fog, creating a somber and quiet atmosphere. The tree's branches are intricate and bare, silhouetted against the mist. The ground is covered in green grass, and the overall lighting is soft and diffused.
- 1. Is this activity adding value to my life**
 - 2. How am I going to fill my glass**
 - 3. What clutter can I eliminate**
 - 4. How do I protect myself**
 - 5. How often do I disconnect?**

**IF YOU'RE STILL
LOOKING FOR
THAT ONE PERSON
WHO CAN
CHANGE YOUR LIFE,
TAKE A LOOK
IN THE MIRROR.**

THEGOODVIBE.CO