HEALTH BEHAVIORS OF NURSING STUDENTS

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OBJECTIVES

By the end of the presentation the participant will be able to

- compare the differences of health promotion behaviors among students in a Baccalaureate Science in Nursing (BSN) and Master Science in Nursing (MSN) programs
- identify the importance of educational health promotion strategies in nursing schools.
INTRODUCTION

- Nursing students ➔ Older population diverse
  Huerta, Rickman, & Uecker (2008)
- Chronic diseases ➔ Disabilities
  Huerta, Rickman, & Uecker (2008)
- Wellness ➔ Pender’s Health Promotion Model
PENDER’S HEALTH PROMOTION MODEL

Pender, (2002)
INTRODUCTION

- No studies: healthy lifestyle behaviors of Registered Nurses (RN) in a BSN or MSN program so...

- What are the health promotion behaviors of RN to BSN students when compared to those of BSN to MSN students and are the behaviors of either population the same or different than those of the students in the Haddad, Kane, Rajacich, Cameron, and Al-Ma’aitah, (2004) study?
PURPOSE

- Identify health promotion behaviors of students in the RN to BSN and BSN to MSN programs
- Differentiate their lifestyle behaviors
- Identify cultural differences
- Identify the need for curricula changes to promote students’ healthy lifestyle behaviors
METHODOLOGY

- Descriptive, comparative, approximate replication
- Sample: 77 female BSN and MSN students at two California universities
The Health-Promoting Lifestyle Profile II includes:
health responsibility, physical activity, nutrition, interpersonal relations, stress management, spiritual growth

Walker, Sechrist, & Pender, N. J. (1987)
RESULTS

- Multivariate Analysis of Variance (MANOVA)

Healthy lifestyle behavior

![Bar chart showing healthy lifestyle behavior for Health Seeking, Physical Activity, Nutrition, Spiritual Growth, Interpersonal Stress Management, and Total Score. The chart compares BSN (Blue) and MSN (Orange) with a key at the bottom.]
RESULTS


SOMETIMES
STUDENT AGE

Key:
- **White**: 21-30 years
- **Blue**: 31-40 years
- **Red**: 41-50 years
- **Green**: 51-60 years

- 21-30 years: 4%
- 31-40 years: 27%
- 41-50 years: 48%
- 51-60 years: 4%
RESULTS

- Demographics
  - Children at home
  - Marital status
  - Years living in USA if foreign born
Health promotion behaviors: 2.5 (sometimes)

No significant difference of health promotion behaviors: RN to BSN and MSN students

Nutrition had a significant cultural difference

Similar behaviors compared to first year BSN students of Haddad, et al. (2004)
CONCLUSIONS

- Similar health promotion behaviors (BSN/MSN)
- Foreign nursing workforce
- Need of healthy lifestyle educational strategies
- Health Promotion Model use
- Health Promotion/Illness Prevention research
RECOMMENDATIONS

- Research with larger sample
- Longitudinal study of lifestyle changes
- Promote lifestyle changes in all the nursing programs
REFERENCES


Health Behaviors of Nursing Students

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**Healthy lifestyle behavior**

![Graph showing healthy lifestyle behavior across different categories like Health Seeking, Physical Activity, Nutrition, Spiritual Growth, Interpersonal... with key for BSN and MSN]
Results


SOMETIMES
ETHNICITY

BSN

39% Native American
6% Asian
9% Pacific Islander
3% Hispanic/Latino
6% European
3% Multi-Ethnic
31% White non-Hispanic
3% Black/African American

MSN

36% Black/African American
2% Native American
10% Asian
7% Pacific Islander
2% Hispanic/Latino
2% European
10% Multi-Ethnic
10% White non-Hispanic
2% Undeclared/Other
0% Black/African American
Results

- **Demographics**
  - Children at home
  - Marital status
  - Years living in USA if foreign born
Discussion

- Health promotion behaviors: 2.7 (sometimes)
- No significant difference of health promotion behaviors: RN to BSN and MSN students
- Nutrition had a significant cultural difference
- Similar behaviors compared to first year BSN students of Haddad, et al. (2004)
Conclusions

- Similar health promotion behaviors (BSN/MSN)
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