Nurses Modeling Health:
Give Me a Break: Hours Worked Suggest Nurse Wellness

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Nurses Can Improve Health

Most Trusted Professionals

Gallup Poll

Jones, J. M. (2011)
Modeling Healthy Behaviors
Vicarious Learning

Set An Example

3 Million RN’s
United States

19 Million
Worldwide
Nurses

Yet...Only 3%

report

Healthy Lifestyles

Nurses Health Study

Johnson, 2007; Stampfer, Hu, Manson, Rimm, & Willett, 2000
Greater than **50%**

Morbidity and Mortality

Preventable Lifestyle Choices

Deaths attributable to individual risks (thousands) in both sexes

- Smoking
- High blood pressure
- Overweight-obesity (high BMI)
- Physical inactivity
- High blood glucose
- High LDL cholesterol
- High dietary sodium (salt)
- Omega-3 fatty acids (seafood)
- High dietary trans fatty acids
- Alcohol use
- Intake of fruits and vegetables
- Low PUFA (in place of SFA)

Research Question

How do Registered Nurses as knowledgeable HEALTH caregivers perceive and embody healthy lifestyles personally, influence their family, patients and community?
Learning Objectives

1. Explain why RN personal lifestyle practices may influence behavior changes in your family, community and workplace.

2. Describe the relationship between RN personal lifestyle practices and the hours worked.
## Procedure

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<td>2.</td>
<td>Recruitment: Flyers in 3 San Francisco hospitals</td>
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<td>Interviews: 1 hour in-depth at RN home</td>
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<td>Joya</td>
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<td>Amy</td>
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<td>Loretta</td>
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<td>Sophia</td>
<td>24</td>
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<td>Margaret</td>
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Those Who Do: Work < 24 hours/week

“I’ll never get rich but it’s a sacrifice I make for my health”

“Life-Work balance”

“Surviving nights; it’s better to work less”
Those Who Do Not:
Work typically 48 hours week

“I think about taking care of someone else before I think about taking care of myself “

“I’ll do doubles... work 16, 17 hours ... live off granola bars and the coffee”

“Time... the hours nurses work....hard to manage everything together”
Analysis and Interpretation

Sacrifice

HEALTH WEALTH
Envision nurses able to:

- Practice to extent of their license...
- Embody health in the workplace...
- Create communities of unity...

In order to:

Overcome the historical, cultural, structural constraints that limit full health potential


Record 64% Rate honesty, ethics of members of congress low: Ratings of nurses, pharmacists, and medical doctors most positive. Gallup Politics http://www.gallup.com/poll/151460/Record-Rate-Honesty-Ethics-Members-Congress-Low.aspx


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