Implications for Practice

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Purpose

- Purpose: Promote student assessment of their personal health status and support positive changes using the nursing process and evidence-based practice.

Background

- Self-care should be a life long habit
- Nursing students identify academic and clinical stressors
- Nursing programs focus on academic achievement
- Student stressors impede ability to learn and function
- Nursing students often sacrifice own self care
- Instructors must assess student psychological status as well as academic performance
- Positive habits of self care may influence future health as nursing professionals
- Nursing programs should institute self care promoting activities throughout the program

A healthy nurse “actively focuses on creating and maintaining a balance and synergy of physical, intellectual, emotional, social, spiritual, personal and professional wellbeing.”


Instructional Design

Semester long application of the nursing process to care of self

Setting: Two sophomore (entry level) baccalaureate nursing courses: Introduction to Professional nursing and Health Assessment

Assess
- Complete the ANA HealthyNurse Risk Appraisal©

Diagnose
- Identify area of self care deficit

Plan
- Research for evidence-based interventions (including one Complementary and Alternative Therapy).
- Create a SMART goal for the project

Implement
- Implement interventions over an 8 week period

Evaluate
- Determine if the SMART goal was met and identify implications for future nursing practice, including self-care.

Evaluation

Outline
Faculty feedback
Rough draft
Peer review
Final Scholarly Paper
Final grades divided across 2 courses

Results

Most frequent self care deficits identified in sophomore students:
- Stress
- Anxiety
- Inadequate sleep hygiene
- Poor nutrition/Weight changes
- Inactivity

Implications for Practice

- Inside view of students’ self-perceived stress, anxiety, and coping levels.
- Opportunity to guide students who are overwhelmed
- Offers students opportunity to apply the nursing process on a personal level.
- Encourages students to continue self care into remainder of nursing program and future nursing career.