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Self-Care Practices of Entry Level Registered Nursing Students

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Upon completion, participants will be able to...

- Discuss general findings of mental health in nursing students including background, Covid-19 impact, importance of self-care, and resilience.
- Explain the relationship between self-care, stress, mental health, and burnout in nursing.
- Describe how self-care is threaded throughout a Bachelor of Science program.

Today

Self-Care Practices of Entry Level Registered Nursing Students

Background

Curriculum

Baseline Findings

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How are Nursing Students doing?

COVID-19 – Current literature

Depression

Anxiety



Dr. Stacey Nseir

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Burnout Rates



Nursing Students approximately 1/4

Nurses approximately 1/3

What Can We Do to Help?

Interventions

Visual meditation

Online laughter therapy

Online resilience training program

What is self-care?

- Coping with daily stressors
- Staying physically and emotionally healthy
- Compassion towards self
- Wellness
- Cultivating appreciation for self



Meditative Moment



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Why is Self-Care Important?



ANA Code of Ethics for Nurses with Interpretive Statements Provision #5

“The nurse owes the same duties to self as to others, including the responsibility to promote health and safety, preserve wholeness of character and integrity, maintain competence, and continue personal and professional growth” (2015).

Resilience

Learning cognitive and social skills

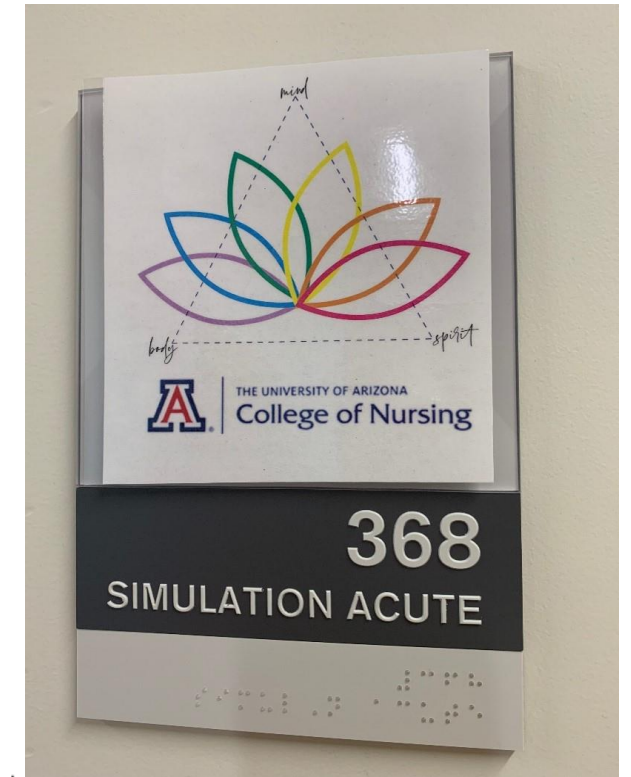
Reframing

Positive attitude



BSN-IH Program History

- ▶ Admitted first cohort of 24 students in August, 2019
- ▶ CON BSN subplan
 - ▶ Admit three times a year – enrollment goal is 72 students per cycle
 - ▶ 16-month program completion cycle
 - ▶ Concept-based curriculum; scaffolded across Levels
 - ▶ Online didactic with in-person seminars and assessments
 - ▶ Focus on Integrative Health
 - ▶ Pharmacology and pathophysiology threaded throughout first three levels
 - ▶ Hybrid clinical model
 - ▶ Emphasis on simulation and self care as significant clinical components



Nursing from An Integrative Health Perspective

- Human beings are whole systems inseparable from their (environment).
- Human beings have the innate capacity for health and wellbeing. (change)
- Nature has healing and restorative properties that contribute to health and wellbeing.
- Integrative nursing is person-centered and relationship-based. (caring)
- Integrative nursing is informed by evidence and uses the full range of therapeutic modalities to support/augment the healing process, moving from least intensive and invasive to more, depending on need and context.
- Integrative nursing focuses on the health and wellbeing of caregivers as well as those they serve. (self-care)
- Koithan, M. & Kreitzer, MJ (2019) *Integrative Nursing*. Oxford University Press.

BSN-IH Curriculum

Level 1

Well child/well adult

Introduction to Adults with
Common Conditions

Self Care

Level 2

OB

Pediatrics

Adults with Common Conditions

Self Care



Scaffolding

Level 3

Adults with Complex Conditions

Behavioral Health

Self Care

Level 4

Leadership

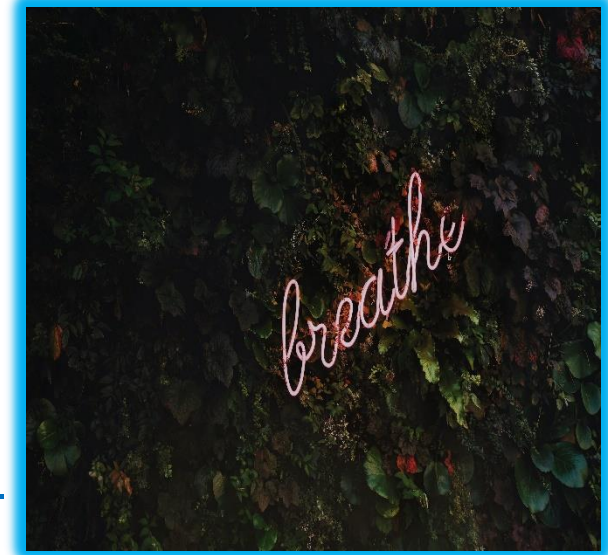
Community

Transition to Practice (moved from 12 12-hr TTP shifts to 12 10-hr TTP shifts)

Self Care



Threading Integrative Modalities



First Semester - Start with the end in mind –
Mindfulness Reflections

Managing Stress

Mindfulness without Judgement

Communication

Implementing Self Care

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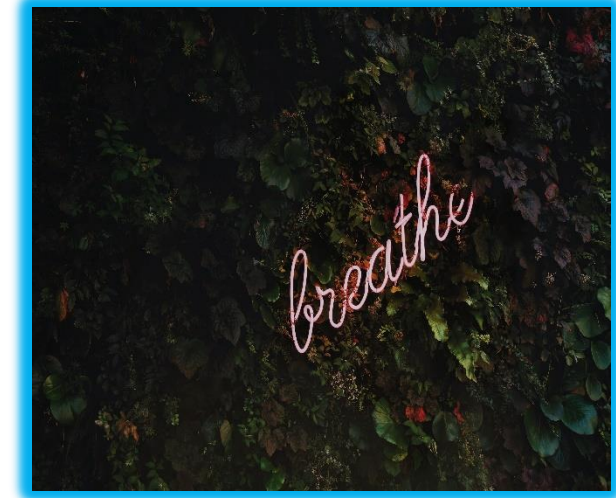


Threading Integrative Modalities

Second semester – Strategies the Nurse Can Use in Practice

Use of meditation and yoga poses to enhance students' mindful presence during clinical lab

Alternate therapies (essential oils, hand massage) for symptom management





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Font: Arial, 11, Bold, Italic, Underline, Text color, Background color, Font color, Font size, Font style.

Paragraph: Bulleted list, Numbered list, Decrease indent, Increase indent, Paragraph style, Paragraph spacing, Paragraph orientation, Paragraph alignment.

Styles: Styles pane.

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Adobe Acrobat: Create and Share Adobe PDF, Request Signatures.

Voice: Dictate.

Sensitivity: Sensitivity pane.

Editor: Editor pane.

Reuse Files: Reuse Files pane.

NURS 451 Nursing Field Immersion in Integrative Management of Complex Conditions

Principle 1: Human beings are whole systems inseparable from their environments.	Principle 2: Human beings have the innate capacity for health and wellbeing.	Principle 3: Nature has healing and restorative properties that contribute to health and wellbeing.	Principle 4: Integrative nursing is person-centered, and relationship based.	Principle 5: Integrative nursing practice is informed by evidence using a full range of therapeutic modalities, from least invasive to more.	Principle 6: Integrative nursing focuses on the health and wellbeing of caregivers as well as those they serve.
Discuss the importance of environmental factors and its influence on wellbeing. How does hospitalization and acute illness affect homeostasis? How ethical dilemmas affect nurse's ability to provide wholistic care?	Discuss effects of acute illness on emotional and spiritual wellbeing. Affects of spiritual care on the innate capacity and wellbeing.	Discuss how use of natural lighting can affect health and wellbeing. How does natural lighting contribute to prevention of delirium?	Describe how caregivers and family members influence patient recovery and health management. How does family presence in critical care setting affects patient outcomes and communication among health care team members?	Provide examples on how various integrative modalities can be incorporated in the plan of care.	Introduce mindfulness activity and discuss its effects on caregiver wellbeing.

Threading Integrative Modalities

Fourth Semester –
Putting the Pieces Together
Integrative Health Capstone
Self Care Reflections revisited from L1



Guided Imagery



Baseline Data



Demographics

Current program at the College of Nursing

	n	Percent
BSN-traditional	10	14.5
BSN-IH	30	43.5
MEPN-Phoenix	8	11.6
MEPN-Tucson	21	30.4
Total	69	100



American Indian/Alaska Native	2	2.9
Asian American/Pacific Islander	3	4.3
White, not of Hispanic origin	42	60.9
Hispanic/Latino	18	26.1
Multiracial	2	2.9
Other (please specify)	2	2.9
Total	69	100

Demographics-2

Gender	n	Percent
Male	10	14.5
Female	59	85.5
Total	69	100



Age in Years	n	Mean	SD
BSN-traditional	10	21.1	2.7
BSN-IH	28	23.4	5.4
MEPN-Phoenix	7	28.0	3.1
MEPN-Tucson	18	31.5	8.0

Baseline Health

N=55

Acid Reflux/GERD	2	Hypermobility disease	1
ADD/ADHD	8	Hypertension	1
Allergies	7	IBS	2
Anxiety	26	Inflammatory Disorder	1
Asthma	6	Mild Insomnia	1
Binge eating disorder	1	IC (Interstitial Cystitis?)	1
Celiac disease	2	Joint Issues	2
Depression	17	OCD	2
DM	1	Overweight	2
Endometriosis	1	PCOS	1
Epilepsy	1	Premenstrual Dysphoric Disorder	1
Eosinophilic esophagitis	1	Rumination syndrome (GI Disord	1
Gastroparesis/intestinal dysmotil	1	Thyroid Disorder	3
		Tremors	1
Comorbid anxiety/depression	14		

Measures

PHQ-2

GAD-2

Connor Davidson
Resiliency Scale

Perceived Stress Scale-4

Mindful Self-Care Scale

- Physical Care
- Supportive Relationships
- Self-compassion and Purpose
- Supportive Structure
- Clinical
- General



Baseline Means

	N	Min	Max	Mean	SD
GAD2	66	0	6	2.8	1.9
PSS4	66	0	15	5.8	3.3
PHQ2	66	0	6	1.3	1.5
Resilience	65	13	40	28.0	6.7
Mindful Physical Care	67	1.13	4.38	2.7	0.6
Mindful Supportive Relationships	68	2.2	5	4.1	0.7
Mindful Self-Compassion & Purpose	66	1.67	5	3.3	0.9
Mindful Supportive Structure	65	1.5	5	3.9	1.0
Mindful Clinical	66	8	30	19.0	4.6
Mindful General	66	3	15	7.7	3.4

Mindful Self-Care Scale



Physical Care

I drank at least 6 to 8 cups of water

I ate a variety of nutritious foods (e.g., vegetables, protein, fruits, and grains)

I planned my meals and snacks

I exercised at least 30 to 60 minutes

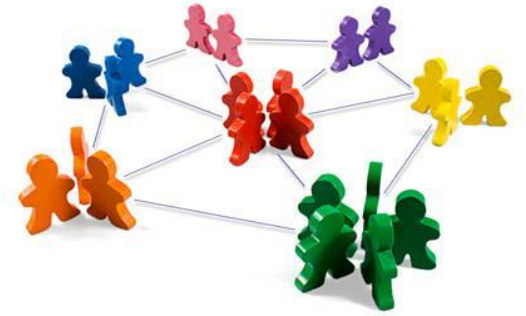
I took part in sports, dance or other scheduled physical activities (e.g., sports teams, dance classes)

I did sedentary activities instead of exercising (e.g., watched tv, worked on the computer)- reversed score

I planned/scheduled my exercise for the day

I practiced yoga or another mind/body practice (e.g., Tae Kwon Do, Tai Chi)

Mindful Self-Care Scale



Supportive Relationships

I spent time with people who are good to me (e.g., support, encourage, and believe in me)

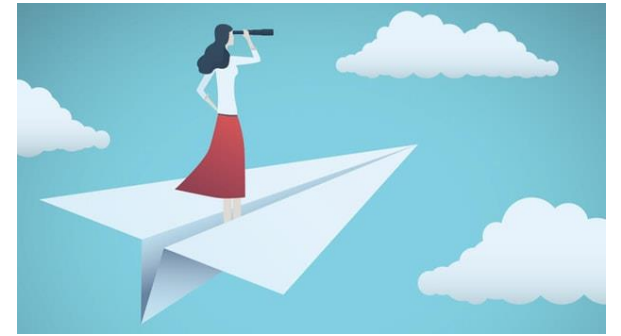
I felt supported by people in my life

I felt that I had someone who would listen to me if I became upset (e.g., friend, counselor, group)

I felt confident that people in my life would respect my choice if I said “no”

I scheduled/planned time to be with people who are special to me

Mindful Self-Care Scale



Self-Compassion and Purpose

I kindly acknowledged my own challenges and difficulties

I engaged in supportive and comforting self-talk (e.g., “My effort is valuable and meaningful”)

I reminded myself that failure and challenge are part of the human experience

I gave myself permission to feel my feelings (e.g., allowed myself to cry)

I experienced meaning and/or a larger purpose in my work/school life (e.g., for a cause)

I experienced meaning and/or larger purpose in my private/personal life (e.g., for a cause)

Mindful Self-Care Scale

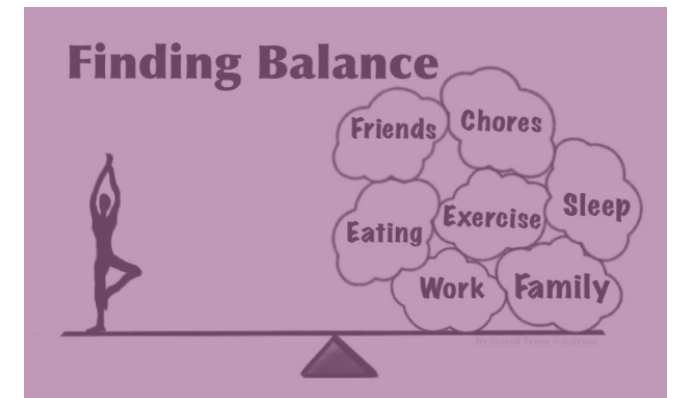
Supportive Structure

I kept my work/schoolwork area organized to support my work/school tasks

I maintained a manageable schedule

I maintained balance between the demands of others and what is important to me

I maintained a comforting and pleasing living environment



Mindful Self-Care Scale



Clinical

I took time to acknowledge the things for which I am grateful

I planned/scheduled pleasant activities that were not work or school related

I used deep breathing to relax

I meditated in some form (e.g., sitting meditation, walking meditation, prayer)

I rested when I needed to (e.g., when not feeling well, after a long work out or effort)

I got enough sleep to feel rested and restored when I woke up

Mindful Self-Care Scale

General

I engaged in a variety of self-care strategies

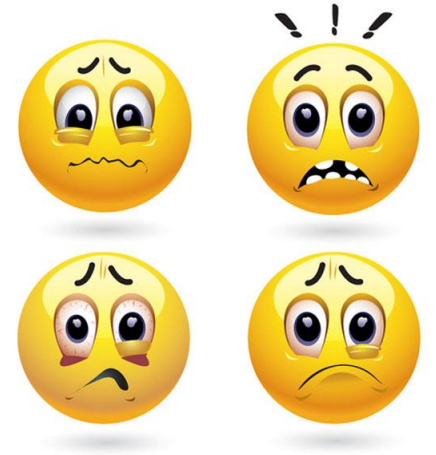
I planned my self-care

I explored new ways to bring self-care into my life



Correlations Anxiety

Stress	.753**
Depression	.519**
Resilience	-.573**
Mindful Self-care	-0.303*
Physical Care	
Mindful Self-care	-.368**
Supportive Relationships	
Mindful Self-care	-.298*
Self-Compassion	
Mindful Self-care	-.497**
Supportive Structures	
Mindful Self-care	-.426**
Clinical	
Mindful Self-care	-.187
General	



small .1-.3

medium .3-.5

large .5-1.0

** Correlation is significant at the 0.01 level (2-tailed)

* Correlation is significant at the 0.05 level (2-tailed)

Correlations Depression



Stress	.606**
Resilience	-.544**
Mindful Self-care	-.373**
Physical Care	
Mindful Self-care	-.445**
Supportive Relationships	
Mindful Self-care	-.290
Self-Compassion	
Mindful Self-care	-.477**
Supportive Structures	
Mindful Self-care	-.428**
Clinical	
Mindful Self-care	-.340**
General	

small .1-.3

medium .3-.5

large .5-1.0

** Correlation is significant at the 0.01 level (2-tailed)

* Correlation is significant at the 0.05 level (2-tailed)

Correlations Resilience



Anxiety	-.573**
Depression	-.544**
Mindful Self-care	.378**
Physical Care	
Mindful Self-care	.182
Supportive Relationships	
Mindful Self-care	.451**
Self-Compassion	
Mindful Self-care	.528**
Supportive Structures	
Mindful Self-care	.623**
Clinical	
Mindful Self-care	.438**
General	

small .1-.3

medium .3-.5

large .5-1.0

** Correlation is significant at the 0.01 level (2-tailed)

* Correlation is significant at the 0.05 level (2-tailed)

Correlations Stress

Resilience	-.661**
Anxiety	.753**
Depression	.606**
Mindful Self-care	-.293*
Physical Care	
Mindful Self-care	-.324**
Supportive Relationships	
Mindful Self-care	-.374**
Self-Compassion	
Mindful Self-care	-.593**
Supportive Structures	
Mindful Self-care	-.549**
Clinical	
Mindful Self-care	-.217**
General	



small .1-.3

medium .3-.5

large .5-1.0

** Correlation is significant at the 0.01 level (2-tailed)

* Correlation is significant at the 0.05 level (2-tailed)

Gratitude Reflection



Conclusion

Tai Chi Easy



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Questions



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