Improving Nurses Health and Wellness

Webinar Summary

January 22, 2018

Susan B. Hassmiller, PhD, RN, FAAN
Senior Adviser for Nursing, Robert Wood Johnson Foundation
Director, Future of Nursing: Campaign for Action

www.twitter.com/campaignforaction  www.campaignforaction.org
www.rwjf.org
This webinar is presented by the Robert Wood Johnson Foundation, AARP and the American Nurses Association.

Hassmiller listed the Goals for today’s webinar:

- Discuss data on the status of nurse health, safety and wellness through an ongoing health risk appraisal.
- Examine the Healthy Nurse, Healthy Nation Grand Challenge and specific ways to engage.
- Learn how Action Coalitions are implementing Healthy Nurse, Healthy Nation in their communities.
PRESENTERS

Jaime Murphy Dawson, MPH, director of program operations for the Healthy Nurse, Healthy Nation™ Grand Challenge for the American Nurses Association

Holly Carpenter, BSN, RN, senior policy advisor for the American Nurses Association
When nurses are healthy they are more likely to counsel patients about healthy behaviors and they are viewed as more credible by their patients.

A “HEALTHY NURSE" is one who actively focuses on creating and maintaining a balance and synergy of PHYSICAL, INTELLECTUAL, EMOTIONAL, SOCIAL SPIRITUAL, PERSONAL AND PROFESSIONAL WELLBEING.
Nurses are Critical

As the largest subset of workers in America’s health care system, nurses’ good health makes a meaningful difference!

Nurses need to improve their own health, connect with other organizations and connect with each other. Unfortunately nurses are less healthy than average Americans.

Nurses need to improve their health in five areas:

- Activity
- Rest
- Nutrition
- Quality of life
- Safety

### Healthy Nurse, Healthy Nation: Empower

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<tr>
<th>ENGAGE</th>
<th>Improve Nurses on Three Levels</th>
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<tr>
<td></td>
<td>Individual</td>
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<table>
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<tr>
<th>IMPROVE</th>
<th>Improve Their Health in Five Key Areas</th>
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<tr>
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<td>Activity</td>
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<tr>
<th>CREATE</th>
<th>Create a Healthy Nurses Population...</th>
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<td>A Healthier Workforce</td>
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...and in turn, A HEALTHY NATION!

### Online Platform: Empower

- Join
- Baseline survey
- Domain focus area selected: physical activity – rest – nutrition – quality of life – safety
- Engage RNs/social networking with other organizations/share data
- Repeated survey/reported improvement in RN health
Nurses are uniquely suited in building health education models. They need to work on improving their own health, connecting with other organizations and connecting with each other.

Nurses have 2/12 times the stress level than the average worker. Maintaining their own health is a top priority because nurses cannot give what they don’t have.
EXPLORE RESULTS

In my current work environment, safety devices and protective equipment are available to me.

Response(s):
- Strategy: Agree
- Ideal Response(s):
  - Strategy: Agree or Disagree

In a strong safety climate, there is a higher chance for the increased adoption of PPE. The percentage of women who used the specified PPE was two to three times greater among nurses who had a strong safety climate.

National Average:
In 2004, 67% of ANA surveyed nurses and nursing students replied that safety devices and protective equipment were available to them. Use of personal protective equipment (PPE) and safety medical devices is required for healthcare workers to reduce their risk of exposure to bloodborne pathogens, such as human immunodeficiency viruses (HIV), hepatitis B virus (HBV), and hepatitis C virus (HCV).

References:

Resources:
- Visit here for Resources

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TAKE SURVEY, GET RESULTS

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Incivility, Bullying, and WPV

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<tr>
<th>Question</th>
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<tr>
<td>Concerned for physical safety</td>
<td>10%</td>
</tr>
<tr>
<td>Have experienced aggression from a peer in past year</td>
<td>30%</td>
</tr>
<tr>
<td>Have experienced aggression from a person in higher authority</td>
<td>23%</td>
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Set up a profile page, at no cost, which details all the elements of your life including your friendships with other nurses and resolutions like getting more sleep or drinking more water.

**Wellness**

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<th>Question</th>
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<tr>
<td>Access to worksite wellness promotion programs</td>
<td>62%</td>
</tr>
<tr>
<td>Participates in worksite wellness programs</td>
<td>40%</td>
</tr>
<tr>
<td>Doesn't participate in ANY vigorous workouts weekly</td>
<td>45%</td>
</tr>
<tr>
<td>Eats the recommended 5+ fruit and veggies daily</td>
<td>14%</td>
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<tr>
<td>Has nodded off while driving in last 30 days</td>
<td>14%</td>
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<tr>
<td>Received the influenza vaccine in past 12 months</td>
<td>91%</td>
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Discouraging is 45 percent of nurses do not participate in any vigorous workouts weekly.

**Safe Patient Handling & Mobility**

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<th>Question</th>
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<tr>
<td>Facility has SPHM program</td>
<td>76%</td>
</tr>
<tr>
<td>Access to SPHM technology/equipment</td>
<td>72%</td>
</tr>
<tr>
<td>Equipment available, easy to use and find</td>
<td>52%</td>
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<td>Involved in selection of technology</td>
<td>22%</td>
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<td>Adequate training in using technology</td>
<td>61%</td>
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<tr>
<td>Use technology every time</td>
<td>42%</td>
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<tr>
<td>Experience musculoskeletal pain at work</td>
<td>55%</td>
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Overheard in the Community

“Engaging here has helped me too. Before June I was a 3,000 - 4,000 steps/day person then found a buddy when I was not even trying. Makes all the difference for me. Walking before going to work and then occasional breaks (desk job), I had steps to 7,500 and met my goal for a change. This challenge had me increase to a lofty 10,000 step goal and I have excelled that daily for the last 10 days! Thanks to HNHN for the inspiration and support!”

Challenges

“WHAT’S YOUR RESOLUTION?” CHALLENGE
In 2018, we encourage you to practice self-care and continue your commitment to be a healthy nurse. This year, we start out with the “What’s your resolution?” challenge. We want you to enjoy, manage, and stay committed to your own resolution.

HAVE A HEALTHY & HAPPY NEW YEAR!
Join today at HNHN.org

GET YOUR GRATITUDE ON CHALLENGE
Over the next 5 days, let someone know how grateful you are!
Staff can participate in many ways, including; blogs, contests, discussion boards, private facebook groups, resource centers, retaking the survey annually to assess progress and connecting with other nurses.
### Partner On-Boarding

**HNHN.ORG**

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<th>ORGANIZATIONS WILL:</th>
<th>PREMIER</th>
<th>PARTNER</th>
<th>FRIEND</th>
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<tr>
<td>Make specific commitment and set metric(s) for success</td>
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<td>X</td>
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<td>Submit quarterly progress reports to ANA</td>
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<td>Register and engage in web platform</td>
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<tr>
<td>Share information about HNHN and encourage nurses to join</td>
<td>X</td>
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<tr>
<th>ANA WILL:</th>
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<td>Recognize partners on website</td>
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<td>X</td>
<td>X</td>
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<tr>
<td>Feature success stories</td>
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<td>X</td>
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<td>Share organization-specific survey data quarterly</td>
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There are 12,200 nurses in the program with 280 partners nationally with hopes the program will grow.

**METRICS:**

- Participants: 11,600 +
- Survey Participants: 6,700 +
- # of Partners: 270 and counting
- Social Media: 25.8 million impressions
**QUESTIONS?**

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Holly Carpenter, BSN, RN  
Senior Policy Advisor  
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**Nursing Practice & Innovation**

**Promoting a Culture of Health at the NYS Fair**

Creating a Collaborative Booth for the NYS Action Coalition

January 22, 2008  
Maria A. MacPherson, RN, MPH  
Deputy Director, Central NY Regional Office, NYS Department of Health  
Robert Wood Johnson Public Health Nurse Leader

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**Future of Nursing - NYS Regions**

- NYS Action Coalition formed in 2010
- Collaboration between Nursing Organizations & Schools of Nursing
- Housed within the Center for Nursing at the Foundation of NYS Nurses
NYSAC Priorities

- Improve Access to Care
- Foster Inter-professional Collaboration and Education
- Promote Nursing Leadership
- Transform Nursing Education
- Increase Nursing Diversity
- Improve Workforce Data collection and analysis
- Build Healthier Communities
NYS Action Coalition
Future of Nursing Booth

- Collaboration with nursing organizations and schools of nursing
- 2013 – 2015 booth: IOM recommendations
- 2016 booth: a culture of health theme “Nurses promote healthier lives”
- 2017 booth: Healthy Nurse Healthy Nation’s five domains of health

The NYS Fair?

- The first state fair, Syracuse NY, 1841
  - 2 day event with 10 to 15,000 attendees
- The NYS Agricultural Society donated 100 acres for a permanent NYS Fair location in 1889
- Today’s fairgrounds
  - 375 acres of permanent buildings, educational booths, vendors, concerts, competitions, and midway events
  - 13 day event in 2017 with over 1.1 million attendees
Booth theme: NY Nurses promoting health

- Culture of Health framework
  - Action area 1: Making health a shared value
- Individual health: Healthy Nurse Healthy Nation
  - Physical activity
  - Nutrition
  - Rest
  - Quality of life
  - Safety
- Community engagement
  - Volunteer activities
  - Voter participation
- Nurses as leaders in their workplaces & communities

Next steps

- Collaborative meeting December 13, 2017: NY Nurses Leading Health and Wellness
- ANA-NY Spring Newsletter
- Analyze survey data & share with NYSAC

NYSAC recognizes the intersection of nursing leadership, a culture of health, and healthy nurses healthy nation
Booth activities

- Conversations with Nurses & the Public
- Encourage children to draw pictures of healthy activities
- Survey on health behaviors and activities of community engagement offered to adults
- Selfie station with health related props
- Collaborating organizations

The journey continues

maria.macpherson@health.ny.gov

NEW YORK STATE Department of Health
The presenters asked the webinar participants and presenters what they could do individually to improve their health or the health of the community.
NURSES BELIEVE – HEALTHY NURSE, HEALTHY NATION GRAND CHALLENGE

Nurses at Mayo Clinic are proud to have accepted The American Nurses’ Association “Healthy Nurse Healthy Nation” Grand Challenge and invite nurse colleagues around the nation to join them. This video was created by the nursing team at Mayo Clinic’s campus in Arizona to support and inspire others in their Healthy Nurse goals! Created by 2 AzNA members.

https://www.youtube.com/watch?v=Z6yqHBQoAWE&feature=youtu.be

LIVE WELL ARIZONA

Shifting the health paradigm as we celebrate and connect efforts to help communities be healthier and live well.

Learn More About Our Approach
The IOM’s recommendations include: the need for more advanced education of registered nurses; nurses leading innovations in health care and being appointed to decision making bodies; all nurses practicing to the full extent of their education and training; a more diverse nursing workforce and faculty; and more interprofessional collaboration among nurses, physicians, and other members of the health care team in the educational and clinical environments.

For more information from the Center to Champion Nursing in America about this webinar, technical assistance or other questions related to the Future of Nursing, Campaign for Action contact Chris Borkowski at cborkowski@aarp.org

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