

Creating a Healthy Learning Environment that Prepares Future Nurses to LIVE WELL

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National Academy of Medicine

Action Collaborative on Clinician Well-Being and Resilience



A National Study Links Nurses' Physical and Mental Health to Medical Errors and Perceived Worksite Wellness

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TABLE 2. Nurses' Self-Reported Physical and Mental Health and Their Associations With the Occurrence of Medical Errors

Having Medical Error(c)

		in the Past 5 Years		
	N (%) of Nurses	%	Adjusted OR (95% CI)*,†	
Overall	1,790 (100)	49.66	n/a	
Physical health				
0-5	971 (54.25)	53.25	1.26 (1.04–1.53)	
6–10 (better)	819 (45.75)	45.71	reference	
Mental health				
0-5	728 (40.99)	54.38	1.25 (1.02-1.53)	
6–10 (better)	1,048 (59.01)	46.72	reference	
PHQ-2				
0 (no depression)	1,194 (67.23)	46.21	reference	
≥1	582 (32.77)	57.29	1.55 (1.26–1.90)	
GAD-2				
0 (no anxiety)	853 (48.03)	45.08	reference	
≥1	923 (51.97)	54.05	1.33 (1.09–1.61)	
PSS-4				
0-4 (no/little stress)	1,089 (61.32)	46.01	reference	
5-12	687 (38.68)	55.78	1.53 (1.25–1.87)	
ProQOL-4				
0-11	956 (53.83)	56.04	1.71 (1.40-2.08)	
12–16 (high professional QOL)	820 (46.17)	42.70	reference	

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Effects of the *Nurse Athlete*Program on the Healthy Lifestyle Behaviors, Physical Health, and Mental Well-being of New Graduate Nurses

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Table 2. t Tests of Change Over Time for Weight, BMI, and % Body Fat

Indicator	Sample Size	Mean of the Change Scores (SD)	95% Confidence Interval for the Magnitude of Change	P	Effect Size (Cohen's <i>d</i>)
Weight, lb	40	- 2.81 (7.56)	-5.23, -0.4	$.02^{a}$	0.37^{b}
BMI	38	-0.57(0.95)	-0.88, -0.26	$<.01^{a}$	0.60^{c}
Body fat, %	38	-1.61(1.97)	-2.26, -0.96	$<.01^{a}$	0.82^{d}

- The Ohio State University
 - Comprehensive approach to developing a culture and environment that supports 9 dimensions of wellness
- The College of Nursing
 - Differentiate the College of Nursing as a national and international leader in wellness



THE OHIO STATE UNIVERSITY COLLEGE OF NURSING

Community & Statewide Interventions Family & Social Outcomes Community-based The Individual Innate traits (e.g., age, sex, biological factors) Healthy Lifestyle Beliefs and Behaviors Across the Life Course **Network Interventions** Interventions **Individual Outcomes** Family programs - Education Group classes Health & Wellness Outcomes - Healthy lifestyle /programs programs BMI, PHA completion, BP, Wellness Lipids, HabA1c, stress, anxiety, State-wide health & wellness policies Challenges depression, injuries, missed - Amazing Race work days, healthy lifestyle Television/media - Hit the Road beliefs & behaviors resilience. Million Hearts® with the chronic disease screenings & **Buckeyes** Quality of life education Engagement in programming Workplace **Family Outcomes** Individual PHA Completion, BMI, BP, Interventions Interventions Lipids, % engaged in wellness **Buckeye** wellness PHA programs programming Million Hearts® Leader/supervisor **Workplace Outcomes** Biometric Program Healthcare utilization screenings **Buckeye Wellness** Healthcare costs Health coaching innovators Perceived Culture & Diabetes YP4H Environment, # of programs prevention STAR Program offered with % engagement program **Ergonomics** Integrative assessments -**Broad Outcomes Therapies** standing desks & # of community and state-Wellness onwalking treadmills wide programs with boarding Wellness engagement **Health Athlete** Wednesdays # of policies **Buckeve Babies** Policies (e.g. State health outcomes **Care Coordination** tobacco free) & Disease PR/ Management Communications YouTube Evidence-

Assessment, Monitoring, Evaluation and Dissemination

Adapted from: Model to Achieve Healthy People 2020 overarching goals Source: Secretary's Advisory Committee on Health Promotion and Disease Prevention Objectives for 2020 (2008, p. 7)

Megan Amava

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Spring 2014

Transformations

IN NURSING & HEALTH





- Lead
- Innovate
- Vision
- Execute

- Wellness-focused
- Evidence-based
- Lifelong learners
- Lights for the world

The Ohio State University College of Nursing

Spring 2014

Transformations

IN NURSING & HEALTH

LIVE WELL IT'S WHAT WE TEACH, IT'S WHAT WE DO

WELLNESS-FOCUSED IN CHASE THE WORLD LANGE THE

- Lead
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- Evidence-based
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The OSU Wellness Onboarding Program for Health Sciences Students



#mindstrong program

Thinking

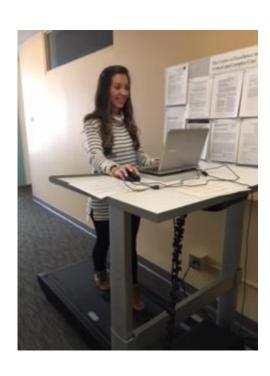
Feeling

Behaving

- At baseline,
- > 41% and 32% had elevated depressive symptoms;
- > 28% & 45% had elevated anxiety
- > 37% in both cohorts were overweight/obese
- > 19% and 12% had elevated cholesterol

- Results
- ➤ Health coaching at least once a week resulted in healthier lifestyle behaviors and decreases in depressive symptoms and stress

- Wellness as the norm and easy choice
 - Faculty
 - Staff
 - Students
- Early adopters
 - Buckeye Wellness Innovators
- Incorporation of healthy choices





The 4th National Summit on Building Healthy Academic Communities

April 30/May 1, 2019 at The Ohio State University

See www.healthyacademics.org



