



THE OHIO STATE UNIVERSITY

COLLEGE OF NURSING

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

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Associate Dean for Academic Affairs and Educational Innovation



Establishing a Culture of Wellness

- 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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JoEllen Wilbur, PhD, APN, Deborah A. Chyun, PhD,
RN, Kate Gawlik, DNP, RN, and Lisa M. Lewis,
PhD, RN

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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(s) in the Past 5 Years	
	<i>N</i> (%) 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



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

David P. Hrabe, PhD, RN, NC-BC;
Bernadette Mazurek Melnyk, PhD, RN, CPNP/PMHNP,
FAANP, FNAP, FAAN; Jacalyn Buck, PhD, RN, NEA-BC;
Loraine T. Sinnott, PhD

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

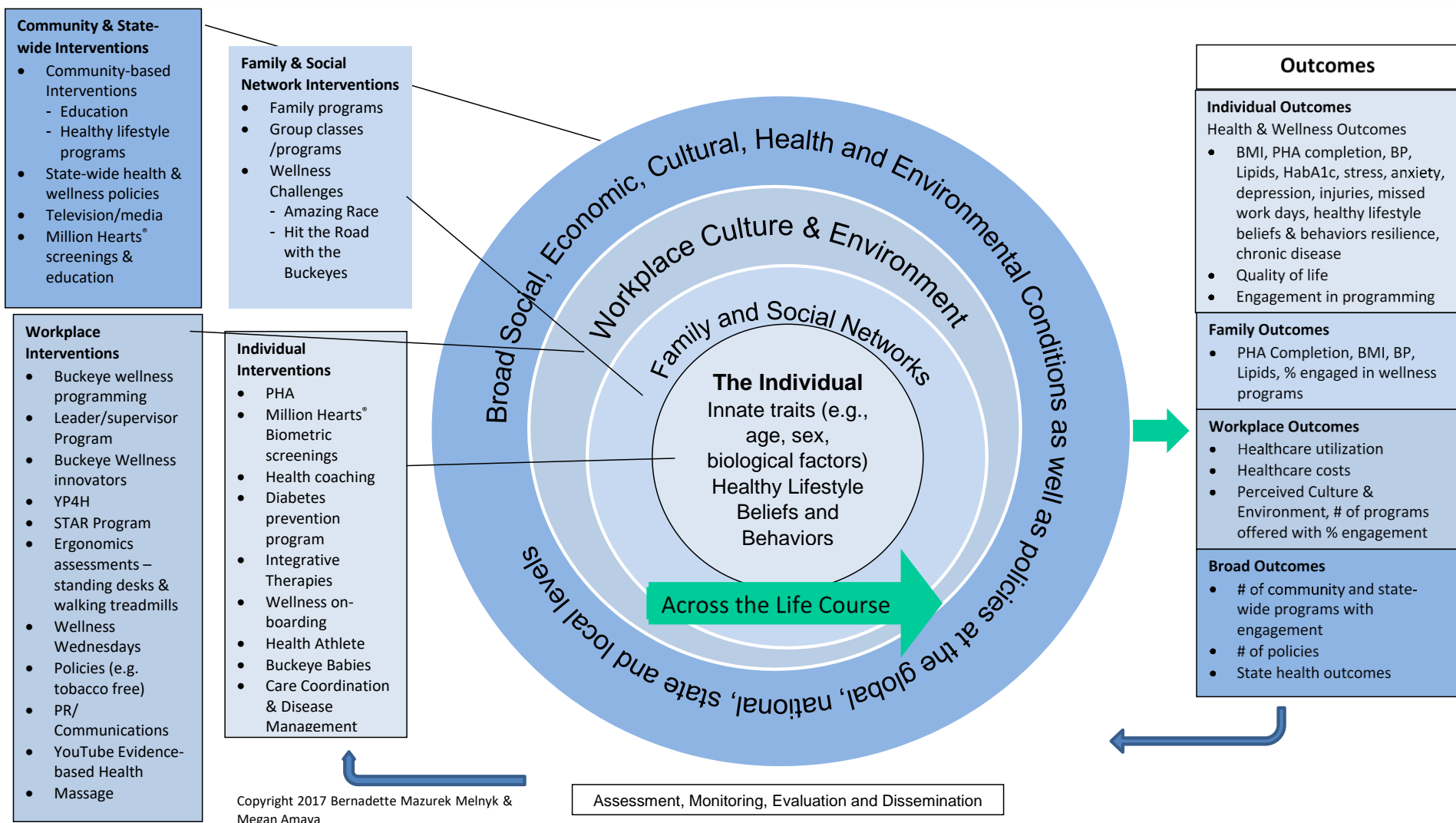
Indicator	Sample Size	Mean of the Change Scores (SD)	95% Confidence Interval for the Magnitude of Change	<i>P</i>	Effect Size (Cohen's <i>d</i>)
Weight, lb	40	− 2.81 (7.56)	− 5.23, −0.4	.02 ^a	0.37 ^b
BMI	38	− 0.57 (0.95)	− 0.88, −0.26	<.01 ^a	0.60 ^c
Body fat, %	38	− 1.61 (1.97)	− 2.26, −0.96	<.01 ^a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



Establishing a Culture of Wellness

- 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

The Ohio State University College of Nursing

Spring 2014

Centennial
Complete coverage
Inside!

Transformations

IN NURSING & HEALTH

LIVE WELL

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

WELLNESS-FOCUSED
INNOVATE
LIFELONG
LEAD
LIVE
WELL
EXECUTE
LEARNERS
VISION
EVIDENCE-BASED
LIGHTS FOR THE WORLD

- Lead
- Innovate
- Vision
- Execute
- Wellness-focused
- Evidence-based
- Lifelong learners
- Lights for the world



Transformations

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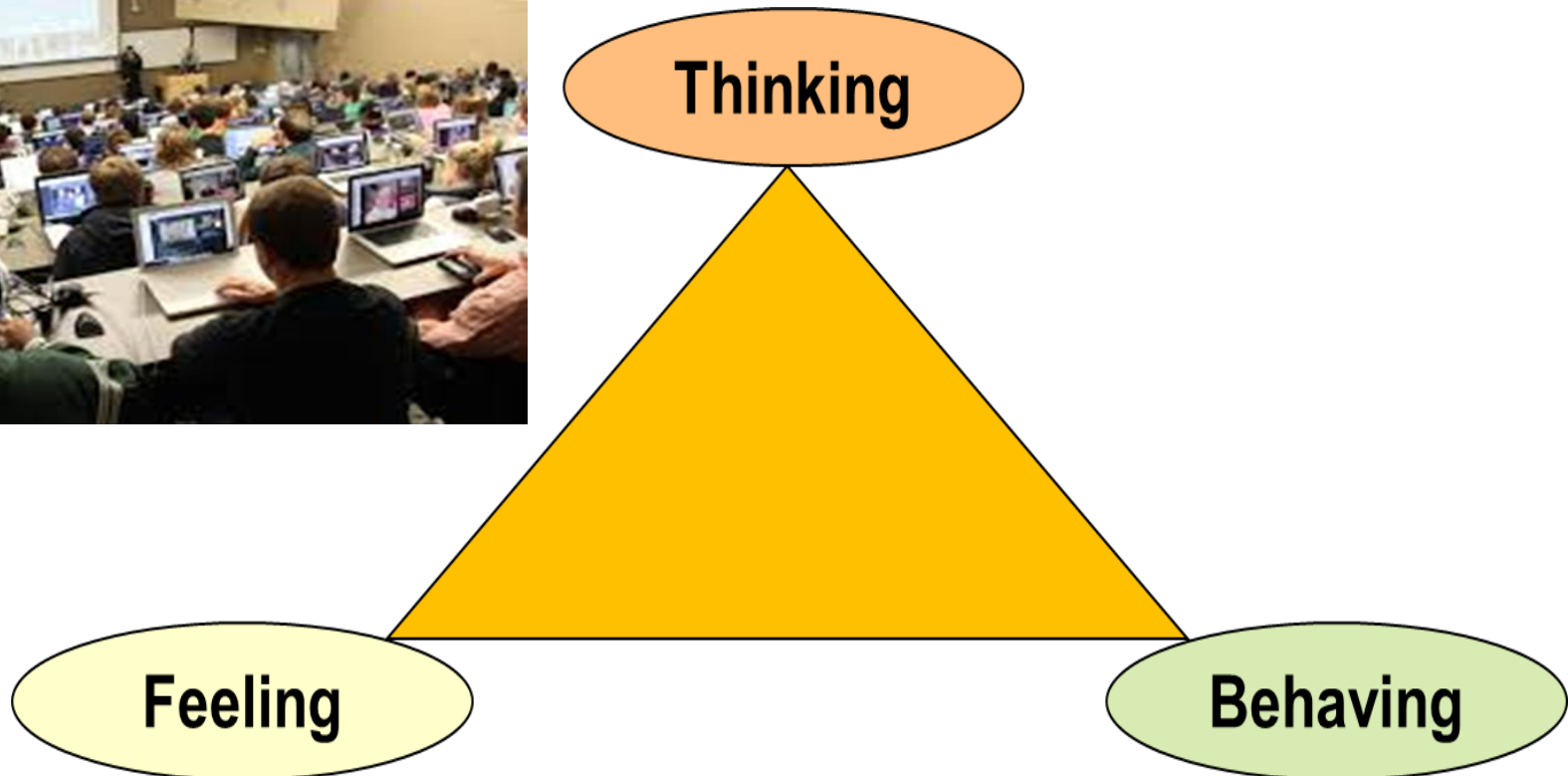
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Establishing a Culture of Wellness

The OSU Wellness Onboarding Program for Health Sciences Students

#mindstrong program





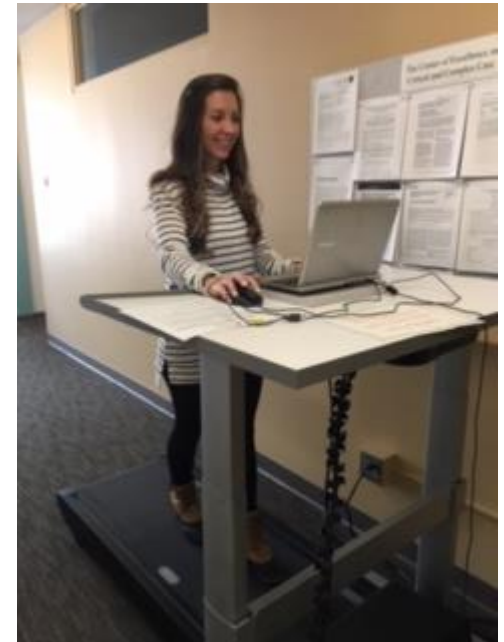
Establishing a Culture of Wellness

- **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



Establishing a Culture of Wellness

- 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

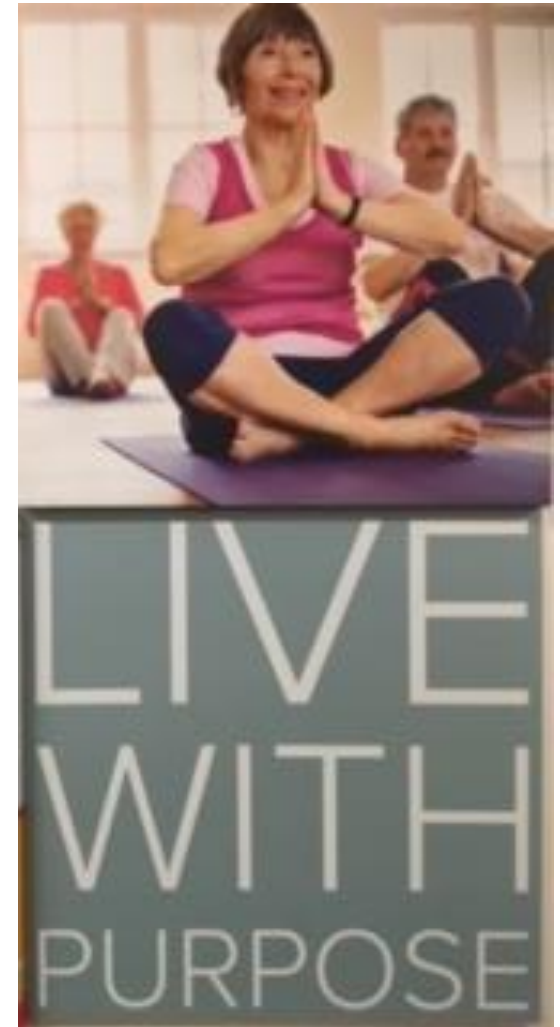
April 30/May 1, 2019 at The Ohio State University

See www.healthyacademics.org



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