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INTRODUCTION

Obesity and ill health due to obesity is a highly prevalent issue we as a nation are facing.⁸ Nurses have a key role in aiding the reversal of the alarming statistics and rates of obesity in New Zealand through education and role modeling.⁸ Although nurses have an extensive professional knowledge and role in exemplifying the benefits of healthy lifestyle choices, evidence suggests many nurses are not transferring this knowledge and passion to their own lifestyle and health behaviours.⁷

Through understanding why this is, we can learn how to, to enhance our health promoting role by becoming positive living examples to our clients and patients.

EVIDENCE

Various reasons underlie why nurses are struggling to maintain and promote a healthy lifestyle for themselves. Lin et al (2012) found one of the most prevalent reasons is the presence of stress and stressors in the workplace. The nature of the nursing profession exposes nurses to highly emotionally demanding situations over long term periods.⁴ Shift work, and increased workloads and responsibilities require nurses to adapt regularly, which directly results in nurse burnout and nurses struggling to lead healthy lifestyles.¹ Subsequently, many nurses report their diets are higher in sugar and fat due to shift work patterns and time pressures they face in their career. A study conducted in the United Kingdom also exemplified that over 50% of nurses were not taking part in regular physical activity. Three common reasons behind this was their lack of time, energy and disposable income.⁶



DO AS I SAY, NOT AS I DO

The Barriers Nurses are Facing that are Preventing them from Practicing what they Preach

IMPLICATIONS

- Blake et al (2011) discussed how maintaining an unhealthy lifestyle often leads to greater rates of sickness absences, resulting in extra pressures on fellow nurses and financial burden. These behaviours were also shown to affect work performance and productivity.

- Fie Norman and While (2013) discovered that nurses who are exemplifying poorer health related behaviours, are less likely to engage in patient education around health promoting behaviours and if they do, it is impacted significantly in comparison to those who did promote a healthy lifestyle for themselves.⁶

- Without nurses showing a true passion for their own health and wellbeing, the credibility of the education around health is undoubtedly impacted, and society are likely to have less confidence with their own lifestyles.

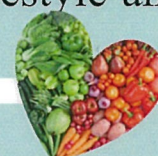
RECOMMENDATIONS

- Health and Nursing organizations need to work together to help create and promote support systems throughout workplaces to optimise the health of their staff. In turn allowing nurses to be better equipped to manage their job as well as provide quality care for themselves and others.

- Ensure facilities are available in and around the workplace to encourage physical activities.

- Improve the working environment by releasing time to care and reducing nurse workload to relieve stressors and employee burnout

- Specific targeted education at nurses and those who are training around the best ways to manage shift work to optimise health and improve lifestyle would help to encourage and promote a healthy lifestyle and positive changes.



CONCLUSION

New Zealand's combat against the alarming rates of obesity and ill health relating to obesity would benefit from a transformation in workplace for nurses. The reduction of workload and stressors along side the introduction of health and support initiatives could be hugely valuable to nurses in the acute setting. Researched literature highlighted that working shift work and coping with increased workloads and stressors in the acute healthcare setting is damaging nurses abilities to adopt healthy lifestyle behaviours. Organizational input by reducing these job stressors and assisting nurses to maintain individual healthy lifestyles, will result in more effective health promoting behaviours in the clinical setting and allow them to act as a force for change within our communities.

1. Blaber, A. Exercise, Who needs it? *British Journal of Nursing*, 2005; 14; 18: 973-975.

2. Blake, H., Malik, S., Mo, P. and Pisano, C. (2011). 'Do as I say, but not as I do': Are next generation nurses role models for health? *Perspectives in Public Health*, 131(5), pp.231-239.

3. Fie, S., Norman, I. and While, A. (2013). The relationship between physicians' and nurses' personal physical activity habits and their health-promotion practice: A systematic review. *Health Education Journal*, 72(1), pp.102-119.

4. Lazarus, R., Folkman, S. (1984) *Stress, Appraisal and Coping*, Springer Publishing, New York.

5. Lin, S., Liao, W., Chen, M. and Fan, J. (2012). The impact of shift work on nurses' job stress, sleep quality and self-perceived health status. *Journal of Nursing Management*, 22(5), pp. 604-612.

6. Malik, S., Blake, H. and Batt, M. (2011). How healthy are our nurses? New and registered nurses compared. *British Journal of Nursing*, 20(8), pp. 489-496.

7. Neall, R., Atherton, I. and Kyle, R. (2015). Nurses' health related behaviours: protocol for a quantitative systematic review of prevalence of tobacco smoking, physical activity, alcohol consumption and dietary habits. *Journal of Advanced Nursing*, (72), pp.197-203.

8. Ng, M., Fleming, T., Robinson, M., Thomson, B., Gratez, N., Margono, C., & Mullany E. (2014, August 30). Global, regional, and national prevalence of overweight and obesity in children and adults during 1980–2013: a systematic analysis for the Global Burden of Disease Study 2013. *The Lancet*, 766-781.

Summary

As a third year nursing student who has been exposed to the pressures and effects of shiftwork in the acute healthcare setting and about to enter the workforce, this topical issue regarding the barriers and challenges nurses face when it comes to keeping themselves well and promoting their own health, is one that I believe is very important to be aware of and educated around. This information gathered and conveyed in this poster I believe will help to open up discussions regarding maintaining positive health habits in the workplace.

Visual learning is an effective learning style and method that involves a creative display of information, often with images, and is presented in a surrounding that allows for public viewing. This can often be in the format of a poster (Mayer & Massa, 2003). Displaying information in a poster format has proven to be an extremely effective method of educating and informing nursing students as well as effectively solidifying and emphasizing their new knowledge.

By visualizing information in such a method, patterns are able to be seen and one is able to gain new insight. By showcasing research visually, it also allows for larger audiences to view the work and it opens up the opportunity for discussions with the author, but also among peers and viewers (Sorenson & Boland, 1991).

Due to the above information I had gathered on visual presentations, I felt that displaying the research I undertook in a poster format would be the most appropriate and effective way of educating the community and my colleagues. I also felt that by doing so, it would open up the chance for conversations and discussions to be made with myself but also among peers and the wider community regarding the issue.

Mayer, R. and Massa, L. (2003). Three Facets of Visual and Verbal Learners: Cognitive Ability, Cognitive Style, and Learning Preference. *Journal of Educational Psychology*, 95(4), pp.833-846.

Sorenson, E. and Boland, D. (1991). Use of the Poster Session in Teaching Research Critique in Undergraduate Nursing Students. *Journal of Nursing Education*. 30(7). 333-334.

PECOT MODEL

PECOT CATEGORY	INFORMATION RELATING TO QUESTION	EXPLANATION
POPULATION	Nurses in acute health care settings	I will look into articles that focus on the health and wellbeing of the nursing population specifically, and at how their work lifestyle can affect their mental and physical health
EXPOSURE/ INTERVENTION	Focus on understanding the health and wellbeing of both New Zealand and International Nurses who work in or have been exposed to work in an acute healthcare setting	As I believe I will be able to find more in depth information by looking slightly more broadly into research that has been conducted globally as well as see what others are doing to help improve this issue. By looking at literature that also focuses on the acute healthcare setting, there will be more barriers and challenges that nurses are facing
COMPARISON/ CONTROL	N/A	I do not have a comparison or a control group as this is not the main focus of my research
OUTCOME	To understand what the health priorities and barriers that nurses face when it comes to maintaining a healthy lifestyle	The aim of this review is to develop a further understanding around the challenges nurses are faced with when trying to lead a healthy lifestyle and example, I will look at contributing factors their impacts as well as discuss interventions
TIMEFRAME	N/A	I have not included a time frame as a factor in my research as I believe that these barriers are not necessarily due to a short term cause and can differ for the individual as to how and when it effects them