

# FUTURE OF NURSING™

## Campaign for Action



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



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**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**



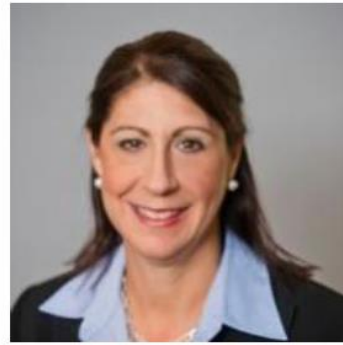
**Jaime Murphy Dawson, MPH,  
director of program  
operations for the Healthy  
Nurse, Healthy Nation™ Grand  
Challenge for the American  
Nurses Association**



**Holly Carpenter, BSN, RN,  
senior policy advisor for  
the American Nurses  
Association**



**Maria MacPherson, RN, MPH, deputy director, New York State Department of Health**



**Robin Schaeffer, MSN, RN, CAE, executive director, Arizona Nurses Association**

**Healthy Nurse, Healthy Nation™**  
*Grand Challenge Overview*  
*January 22, 2018*

ANA ENTERPRISE

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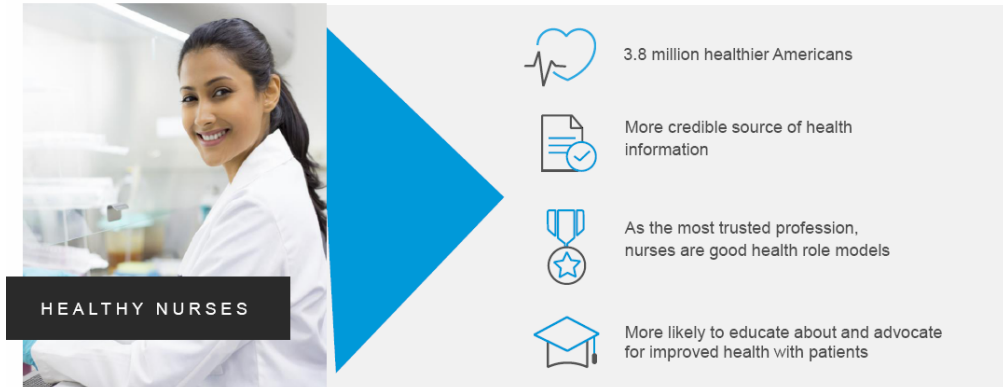
ANA AMERICAN NURSES FOUNDATION ANCC sodexo QUALITY OF LIFE SERVICES SAGE Now part of Skyline

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!



HEALTHY NURSES

- 3.8 million healthier Americans
- More credible source of health information
- As the most trusted profession, nurses are good health role models
- More likely to educate about and advocate for improved health with patients



HEALTHY NURSE  
HEALTHY NATION  
Leading the way to better health.

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# Healthy Nurse Healthy Nation Grand Challenge

Nurses Leading the Nation's Journey to Better Health

**JOIN THE CHALLENGE**

INDIVIDUALS ORGANIZATIONS

Made possible in part by the generosity of the following

AMERICAN NURSES FOUNDATION

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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:

- Actviity
- Rest
- Nutrition

- Quality of life
- Safety

## Healthy Nurse, Healthy Nation: Empower



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.

GETTING STARTED

HNHN.ORG

The screenshot shows the user interface of the ANA Enterprise Healthy Nurse Healthy Nation (HNHN) website. At the top, the navigation bar includes the ANA Enterprise logo, the user's name 'Holly Carpenter', and various utility icons. Below this, a secondary navigation bar lists 'DASHBOARD', 'HEALTH DOMAINS', 'DISCUSSIONS', 'BLOGS', 'MEMBERS', and 'TAKE ACTION'. A 'WELCOME TOUR' banner is visible, with 'Complete Profile' highlighted. The main content area features a large profile picture of Holly Carpenter, a 'Say Hello!' section with a text input field and a 'POST' button, and a 'Bio' section. The bio text reads: 'I am currently serving as Interim Director, Program Operations, Nursing Practice & Innovation at the American Nurses Association. I am overseeing the American Nurses Association's (ANA) Healthy Nurse, Healthy Nation™ Grand Challenge, a national movement designed to transform the health of the nation by improving the health of the nation's 3.6 million registered nurses. Past responsibilities at ANA included developing nurse health, safety, and wellness resources and continuing education programs, as well as supporting multiple occupational health and work environment issues. Prior to my work with ANA, I was employed at the Maryland Nurses Association and the State of Maryland's Department of Health and Mental Hygiene. A registered nurse for over 25 years. I graduated from Salisbury University with a Bachelor of Science in Nursing.' Below the bio, the 'JOB TITLE' is listed as 'Senior Policy Advisor'. A 'Connect' section offers 'Edit Profile' and 'Bookmark' options. The 'CREDENTIALS' section is partially visible at the bottom.

# EXPLORE RESULTS

**HEALTHY NURSE HEALTHY NATION**  
Leading the way to better health

WELCOME TOUR | Complete Profile | Take Survey | Make a Commitment | Explore your Dashboard

**Safe Work Environment**

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

**Response(s):**  
Strongly Agree

**Ideal Response(s):**  
Strongly Agree or Agree are ideal responses. Research has shown that a strong safety climate may encourage the increased adoption of PPE. The percentage of nurses who used the specified PPE was two to three times greater among nurses who had a strong safety climate.

**National Average:**  
In 2016, 87% 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 blood borne pathogens such as human immunodeficiency virus (HIV), hepatitis B virus (HBV), and hepatitis C virus (HCV).

**Reference(s):**  
American Nurses Association [ANA] & Insight Consulting Group [ICG]. (2016). Health risk appraisal exploratory data analysis: November 30, 2016. (PowerPoint slides). OSHA

**Resource(s):**  
[Click here for Resource\(s\)](#)

# TAKE SURVEY, GET RESULTS

**HEALTHY NURSE HEALTHY NATION**  
Leading the way to better health

DASHBOARD | HEALTH DOMAINS | DISCUSSIONS | BLOGS | MEMBERS | TAKE ACTION

WELCOME TOUR | Complete Profile | Take Survey | Make a Commitment | Explore your Dashboard

| Personal Health      | Emotional Support            | Physical Health       | Recognition           | Dignity & Respect     | Worksite Wellness        | Healthy Sleep       |
|----------------------|------------------------------|-----------------------|-----------------------|-----------------------|--------------------------|---------------------|
| Driving While Drowsy | WPV and Bullying             | WPV and Bullying      | Pain at Work          | WPV and Bullying      | WPV and Bullying         | Safety Planning     |
| WPV and Bullying     | Safe Work Environment        | Safe Work Environment | Safe Work Environment | Work Related Injuries | Healthy Work Environment | Safe Work Reporting |
| Text Driving         | Safety Guidelines & Policies | Work Injury Time Off  | Healthy Food Cost     | Fruits & Vegetables   | Whole Grains Servings    | Sick Time Off       |
|                      |                              |                       |                       |                       |                          |                     |



# MAKE A COMMITMENT

The screenshot shows the 'HEALTHY NURSE HEALTHY NATION' website with a navigation bar including 'DASHBOARD', 'HEALTH DOMAINS', 'DISCUSSIONS', 'BLOGS', 'MEMBERS', and 'TAKE ACTION'. A secondary navigation bar highlights 'WELCOME TOUR', 'Complete Profile', 'Take Survey', 'Make a Commitment', and 'Explore your Dashboard'. The 'Make a Commitment' section features three posts:

- Bring my Lunch!**: A post by Heidi Rye about bringing lunch to work. It includes an image of brown paper bags and fruit. Interaction buttons show 3 likes, comments, and social sharing options.
- More Me Time**: A post by Aeda Solomon about taking time for oneself. It includes an image of hands clasped together with the text 'Me Time'. Interaction buttons show 32 likes, comments, and social sharing options.
- Smoothie Post**: A post by Valene Tiu about a green smoothie. It includes an image of a green smoothie with raspberries. Interaction buttons show 33 likes, comments, and social sharing options.

## Incivility, Bullying, and WPV

| Question  | National |
|---|----------|
| Concerned for physical safety                                 | 10%      |
| Have experienced aggression from a peer in past year          | 30%      |
| Have experienced aggression from a person in higher authority | 23%      |

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

| Question  | National |
|---|----------|
| Access to worksite wellness promotion programs      | 62%      |
| Participates in worksite wellness programs          | 40%      |
| Doesn't participate in ANY vigorous workouts weekly | 45%      |
| Eats the recommended 5+ fruit and veggies daily     | 14%      |
| Has nodded off while driving in last 30 days        | 14%      |
| Received the influenza vaccine in past 12 months    | 91%      |

Discouraging is 45 percent of nurses do not participate in any vigorous workouts weekly.

## Safe Patient Handling & Mobility

| Question                                  | National |
|---|----------|
| Facility has SPHM program                 | 76%      |
| Access to SPHM technology/equipment       | 72%      |
| Equipment available, easy to use and find | 52%      |
| Involved in selection of technology       | 22%      |
| Adequate training in using technology     | 61%      |
| Use technology every time                 | 42%      |
| Experience musculoskeletal pain at work   | 55%      |

# 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 2018 resolution!

HEALTHYNURSE  
HEALTHYNATION  
ANA ENTERPRISE

**HAVE A HEALTHY & HAPPY NEW YEAR!**  
Join today at [HNHN.ORG](http://HNHN.ORG)

ANA ENTERPRISE

GET YOUR GRATITUDE ON  
*challenge*

Over the next **5 days**,  
let someone know  
how grateful you are!

# Blogs



**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.

# A PEEK AT OUR PARTNERS

ANA ENTERPRISE Contact Us | Join ANA | [f](#) [t](#) [i](#) [in](#)

**HEALTHY NURSE HEALTHYNATION** ABOUT + PARTNERS + ENGAGE + SPONSORS + DONATE SEARCH **LOG IN**

| Premier Partners                                   | Partners   | Friends                                       |
|--|--|---|
| American Holistic Nurses Association (AHNA)        | Academy of Neonatal Nursing                        | Academy of Medical-Surgical Nurses            |
| ANA/California                                     | Alabama State Nurses Association                   | Alaska Children's Heart Center                |
| ANA/Massachusetts                                  | American Association of Neuroscience Nurses        | American Academy of Ambulatory Care Nursing   |
| APHN   | American Association of Nurse Anesthetists         | American Association of Diabetes Educators    |
| Alpen Mountain Medical Center                      | American Hematology Nurses Association             | American Cancer Society                       |
| Augusta University College of Nursing              | American Psychiatric Nurses Association            | American Council on Exercise                  |
| Junora Health Care                                 | American Sentinel University Nursing               | American Indian Health Service of Chicago     |
| Bayhealth - Kent                                   | ANA - Individual Member Division (IMD)             | ANA - Illinois                                |
| Bayhealth - Midford Memorial                       | ANA - Michigan                                     | ANA - Vermont                                 |
| Baylor Scott & White College Station Medical Ctr   | ANA - New York                                     | Apache County Public Health Services District |
| Care One at Graded Health Care Center              | APIC   | Arizona Nurses Association                    |
| Children's Center Rehabilitation Hospital          | Arkansas State University Mountain Home            | Arizona Nurses Association - Chapter 2        |
| Children's Hospital Los Angeles                    | Association of per Operative Registered Nurses     | Armstrong State University School of Nursing  |
| Dana Farber Cancer Institute                       | Assoc. of Safe Patient Handling Professionals      | Assoc. for Nursing Professional Development   |
| Florida Nurses Association                         | Banner Gateway Medical Center                      | Banner Boswell Medical Center                 |
| Frontier Nursing University                        | Bay Area Hospital                                  | Bartlett Regional Hospital                    |
| Guam Nurses Association                            | Belton Regional Medical Center                     | Blanca's Wellness Network                     |
| Hospital of the University of Pennsylvania         | BirchTree Center for Healthcare Transformation     | Blue Horch Health                             |
| Indian Health Service                              | Black Nurses Rock - Detroit, MI Chapter            | Boston Medical Center                         |
| IU Health North Hospital                           | Carolina Partners in Mental Health Care            | Box Butte General Hospital                    |
| IU Health Savoy Hospital                           | Carolina HealthCare System - Anson                 | Central Guadalupe LPH Cancer Center           |
| Kansas State Nurses Association                    | Casper College - Nursing                           | Central Texas VA Healthcare System            |
| KY Emergency Nurses Association Council            | Children's Hospital of the King's Daughters (CHKD) | Cancer Health Clinic                          |
| Kentucky Nurses Association                        | Clayton State University School of Nursing         | CGH Medical Center                            |
| Legacy Health                                      | Colorado Nurses Association                        | Children's Hospital of the King's Daughters   |
| Long Island Jewish Willy Stream                    | Deane Professional Services                        | Clemson University School of Nursing          |
| Maryland Nurses Association                        | DePaul University School of Nursing                | Colorado Association of School Nurses         |
| Mayo Clinic Arizona                                | Dignity Health                                     | Community Healthcare Network                  |
| Murray State University School of Nursing          | East Alabama Medical Center                        | Coquille Willy Hospital                       |
| National Association of Clinical Nurse Specialists | Florida Atlantic University Nursing School         | Custom Nursing Solutions                      |
| National Association of Neonatal Nurses            |  | Dermatology Nurses Association                |

## Partner On-Boarding



|   | PREMIER | PARTNER | FRIEND |
|---|---------|---------|--------|
| <b>ORGANIZATIONS WILL:</b>                                |         |         |        |
| Make specific commitment and set metric(s) for success    | X       |         |        |
| Submit quarterly progress reports to ANA                  | X       |         |        |
| Register and engage in web platform                       | X       | X       |        |
| Share information about HNHN and encourage nurses to join | X       | X       | X      |
| <b>ANA WILL:</b>  |         |         |        |
| Recognize partners on website                             | X       | X       | X      |
| Feature success stories                                   | X       |         |        |
| Share organization-specific survey data quarterly         | X       | X       |        |

## Additional Partner Benefits

- Contests
- Biweekly Newsletters
- Featured in interviews, articles, social media, blogs, presentations and more!



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

.in.



# QUESTIONS?

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**Holly Carpenter, BSN, RN**  
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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, 2018  
Maria A. MacPherson, RN, MPH  
Deputy Director, Central NY Regional Office, NYS Department of Health  
Robert Wood Johnson Public Health Nurse Leader



### Future of Nursing - NYS Regions

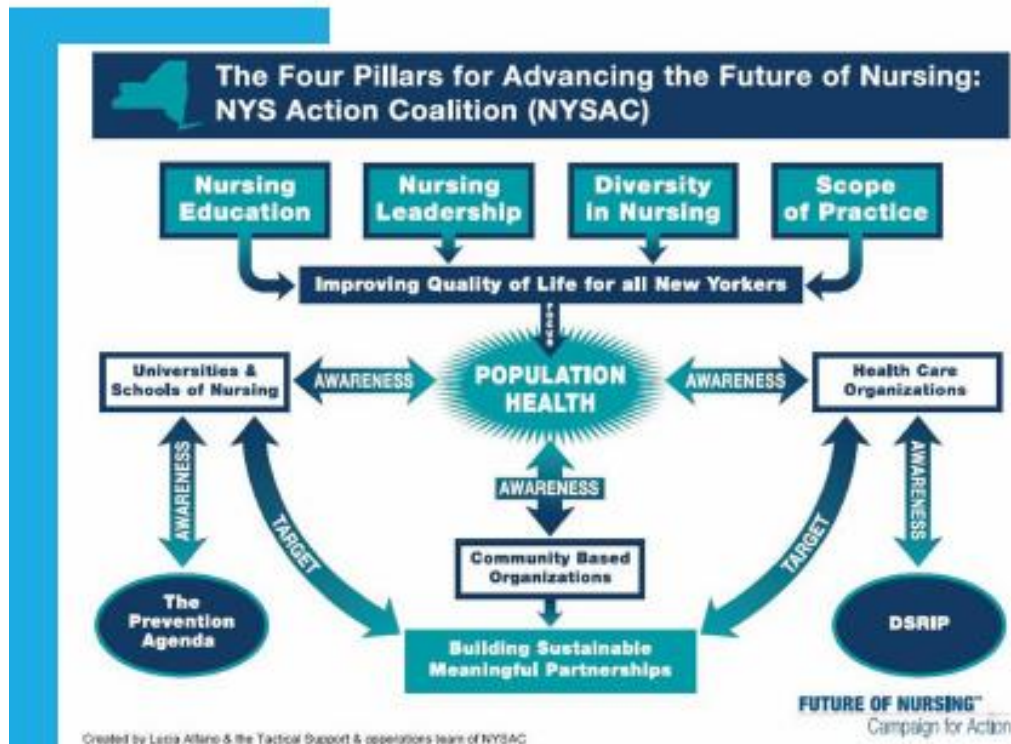


- NYS Action Coalition formed in 2010
- Collaboration between Nursing Organizations & Schools of Nursing
- Housed within the Center for Nursing at the Foundation of NYS Nurses



## 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](mailto:maria.macpherson@health.ny.gov)





The presenters asked the webinar participants and presenters what they could do individually to improve their health or the health of the community.



Robin Schaeffer  
@ 08/01/2017 at 12:46 pm

STARTS TODAY: Are you with me? 5 for 10 Fruit and Veggie Challenge, part of Healthy Nurse, Healthy Nation. Unfortunately, nurses are still not eating enough of the good stuff. According to the ANA's 2016 Health Risk Appraisal, only 16 percent of nurses are getting the recommended five servings or more of produce per day. DAY 1: AUGUST 1st - Let's start sharing our favorite fruit and vegetable snacks, meals, etc. 3 servings of fruits and vegetables for 10 days in a row!



[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=Z6YqHBQsAXE&feature=youtu.be>

LIVE WELL ARIZONA

WHO WE ARE    WHY IT MATTERS    COMMUNITY ELEMENTS

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

Learn More About Our Approach



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Help promote better health through nursing by tapping into hundreds of resources, including studies, books, webinars, and other materials organized by the categories in which the Campaign pushes for action.

**ISSUES**

- Expanding Access to Care
- Healthy Long-Term Care
- Improving Health & Wellness
- Improving Health Disparities
- Public Health Data
- Supporting Interprofessional Collaboration
- Building Health Communities

**TOOLS & TIPS**

- Academic Preparation to Being a Nurse
- Advocacy
- Communication and Writing
- Health Communication
- Marketing
- Measurement/Outcome Evaluation
- Event Planning

**Organizational Leadership**

- Advocacy
- Education
- Public Opinion
- Public Policy Engagement
- Research
- State Implementation Programs (SIP)
- Implementation
- Measurement
- Network

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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](mailto:cborkowski@aarp.org)

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