

### 3. PROMOTING NURSES' HEALTH AND WELL-BEING

3.1 Nursing education programs should integrate content on nurses' health and well-being into their programs to raise nursing students' awareness of the importance of these concerns and provide them with associated skill training and support that can be used as they transition to practice.

#### 1. Key Strategic Stakeholders

#### 2. Top 3-5 Actions for 2021

#### 3. Top 3-5 Actions for 2022

<p><b>Nursing</b> National accreditors associations and organizations</p> <p><b>Healthcare</b> Clinical and executive leadership (CNOs and HR)</p> <p><b>State Government</b> State Boards of Nursing</p> <p><b>Education</b> Academic leaders (presidents, provosts, deans); faculty; financial aid; academic success decision makers</p>	<p>A. Retrain faculty on wellbeing (Ex: EBP (Evidence Based Practice))</p> <p>B. Wellbeing influencers that determine work/life balance</p> <p>C. Academic and practice partnerships (residency models) that are incorporated into the institutional structure for a sustainable culture</p> <p>D. Curriculum mapping with coursework considerations for faculty and students</p> <p>E. Start developing the tool-kit for the Academic Success model</p>	<p>A. Collaborative nursing self-care plans (active curriculum that supports this concept)</p> <p>B. Academic Success model (holistic health, academic health, protective factors that promote resilience such as promoting permission to seek early support and peer support)</p> <p>C. Incorporate health and wellness into the curriculum for faculty and students</p> <p>D. Remove some of the punitive standards (creating a just culture)</p>
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#### 4. Success Indicators

- Within a year we have a designed curriculum that incorporates protective factors for faculty and students' health and wellness concepts (professional transitional model)
- Develop achievable recommendations. Schools and academic partnership, faculty and student coursework overload. Work-life balance
- Identify pilot programs/demonstration projects for faculty and students (schools can volunteer) to achieve items 1&2