

Integrative Health and Wellness Assessment of Nursing staff to the Caring Science: Research Trajectory in a mid-size Hospital in Wyoming, USA.



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for

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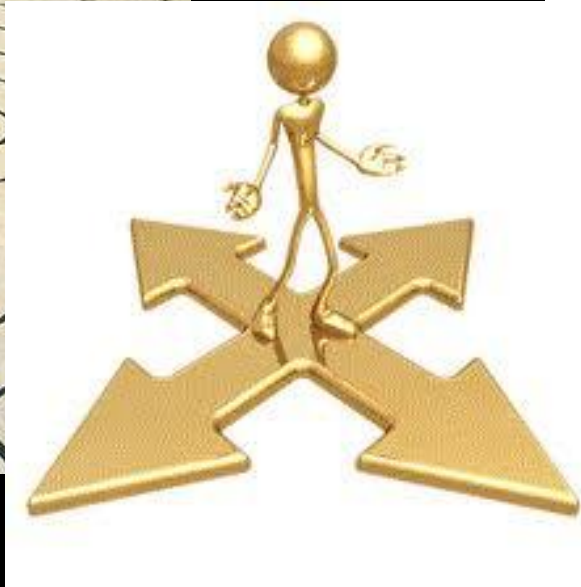
RESEARCH BACKGROUND

Wyoming Medical Center

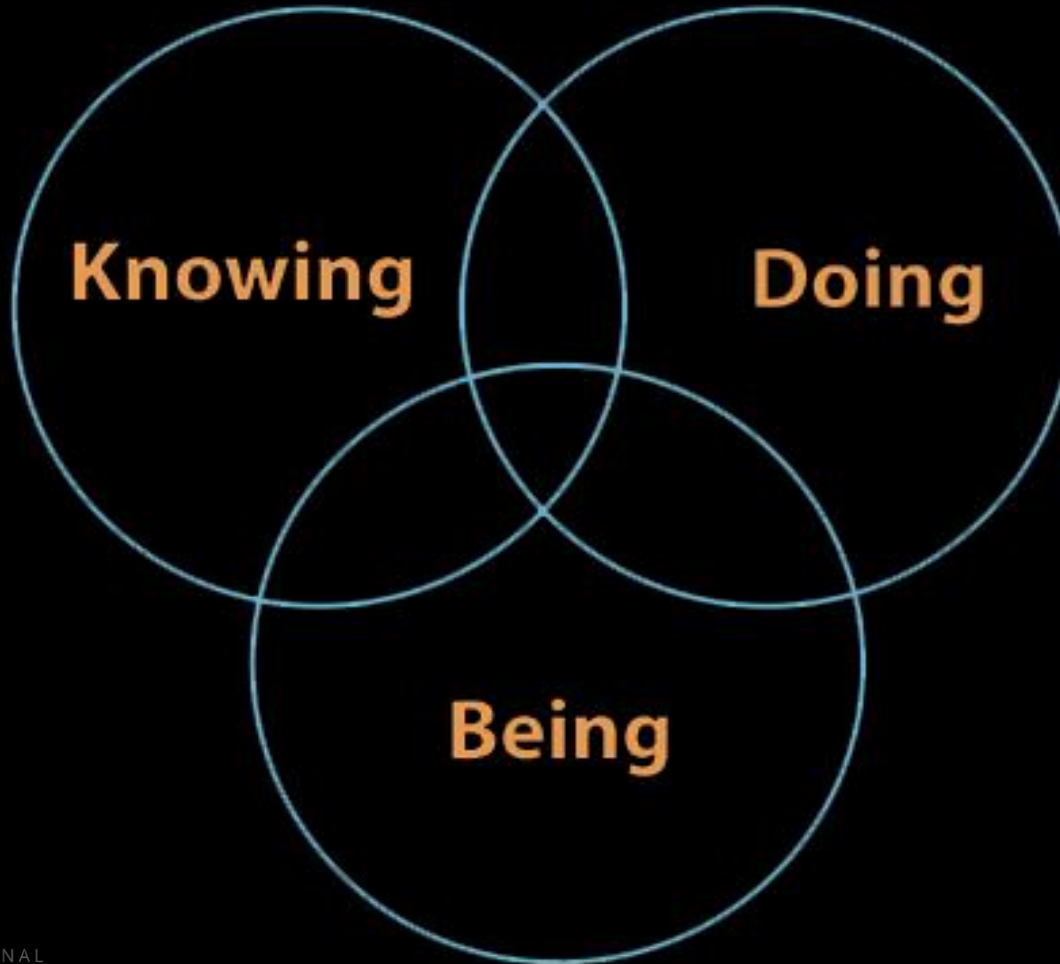
- Year five in studying Caring as perceived by patients using the Caring Factor Survey (Nelson & Watson).
- Year one in studying self-care as perceived by nurses using the Integrative Health & Wellness Assessment (IHWA) (Dossey)

Integrative Nurse Coach: Two Tracks

- Nurse Coach Self Development
(Self-Reflection, Self-Assessments, Self-Evaluation, Self-Care)
- Client Self Development



Nurse Coaching: Art & Science



Integrative Nurse Coach 5-Step Process

Process 1: Active listening to the narrative

Process 2: Deep listening and skillful questioning

Process 3: Inviting opportunities, potentials, and change

Process 4: Integrating, practicing, and embodying change

Process 5: Guiding and supporting the transforming self



True health and human flourishing
will require a vision of
consciousness that honors choice and intention.

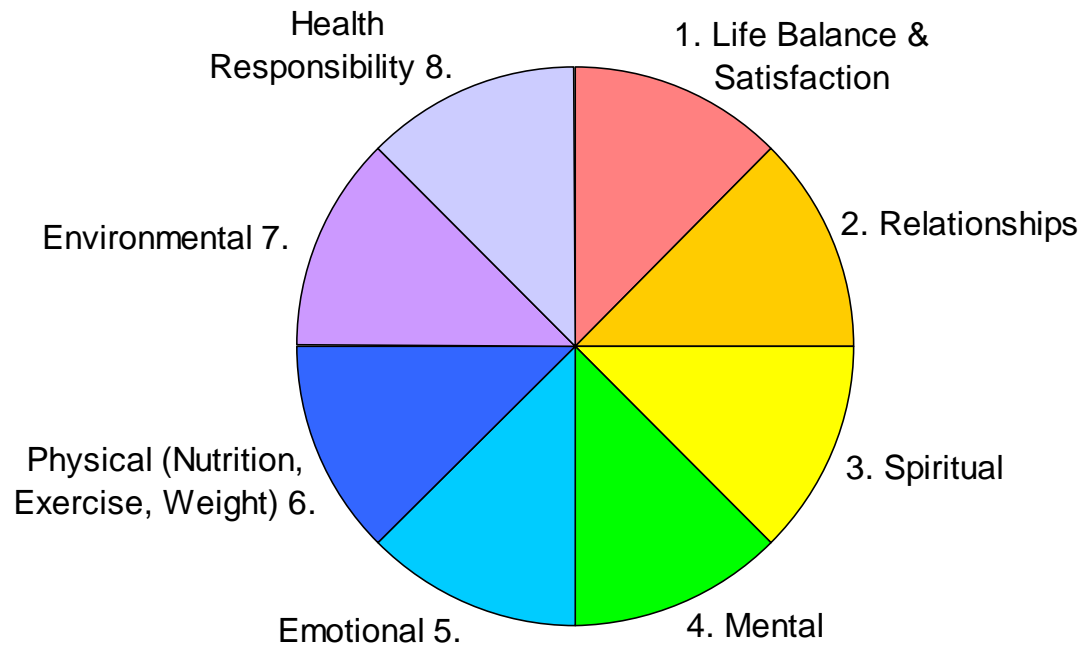


Dimensions of Health

- Genetic
- Biochemical
- Cultural
- Physical
- Mental
- Emotional
- Social
- Psychological
- Environmental
- Economical
- Spiritual



Integrative Health and Wellness Assessment (IHWA) Wheel

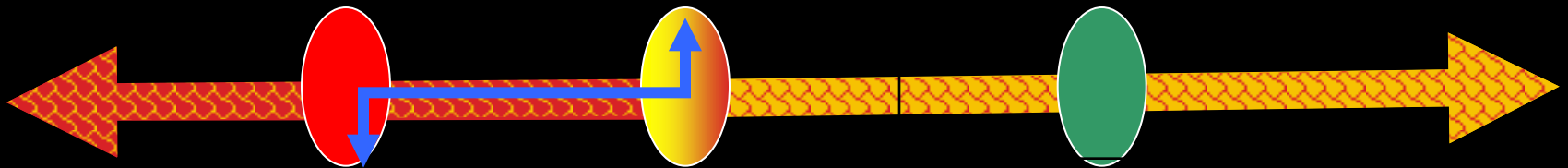


WELLNESS CONTINUUM

Wellness

Healthy Lifestyle:
Nutritional Balance
Relationships
Healing Environments

BALANCE



Lifestyle challenges:
Environmental
Nutritional deficiencies
Chronic Stress

Symptoms/Disability

Death

Study

- **Sample: Convenience of staff nurses (n=211) nursing staff from 13 units**
- **Setting: Wyoming Medical Center, Wyoming, USA**
- **Measures:**
 - **Integrative Health and Wellness Assessment (IHWA)**
 - **Caring Factor Survey (CFS): Assesses patient's perception of caring**

Study

- **Design:**
- **Descriptive cross sectional study**
- **t-tests and ANOVA procedures to examine possible differences in demographics**
- **Qualitative data from both instruments**
- **Power analysis conducted for each statistical procedure**

Key Findings

- **Key finding 1: Response rate for the Integrative Health and Wellness Assessment (IHWA) was 51.8%.**
- **Key finding 2: The IHWA and CFS performed well psychometrically, Chronbach's alpha .96 and .97, respectively.**

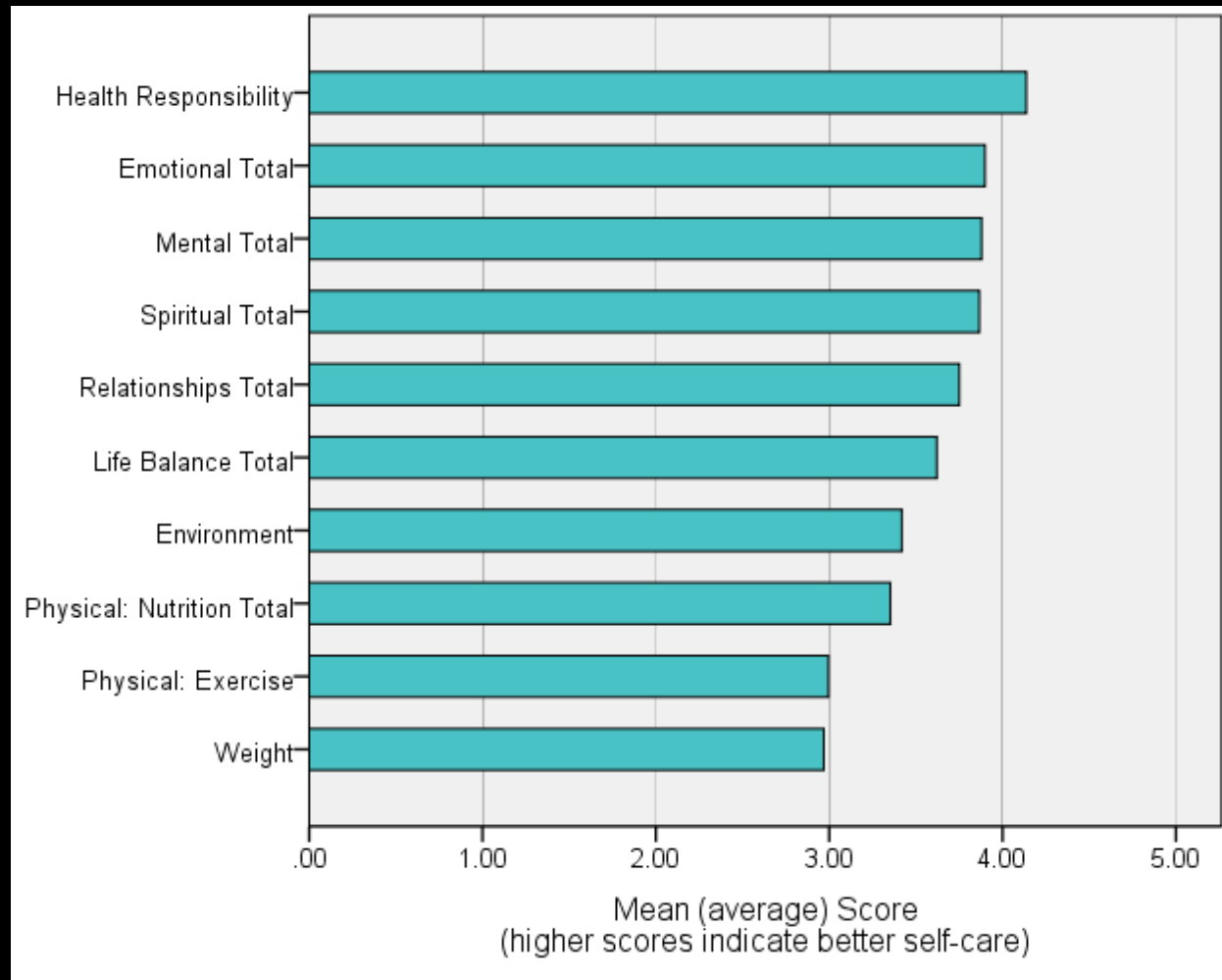
Key Findings

- **Key finding 3: There were no differences between role for any aspect of health and wellness.**
- **Key finding 4: There was a statistically significant difference in perception of attention to spiritual care, with the ICU and PCU scoring the lowest.**

Key Findings

- **Key finding 5:** Across the 10 concepts of health and wellness the action plans varied based on high or low scores.
- **Key finding 6:** The use of quantitative and qualitative data for this report has provided insight into the “average” score for the 10 concepts of health and wellness.

Ranking of 10 Self-Care Dimensions (IHWA)

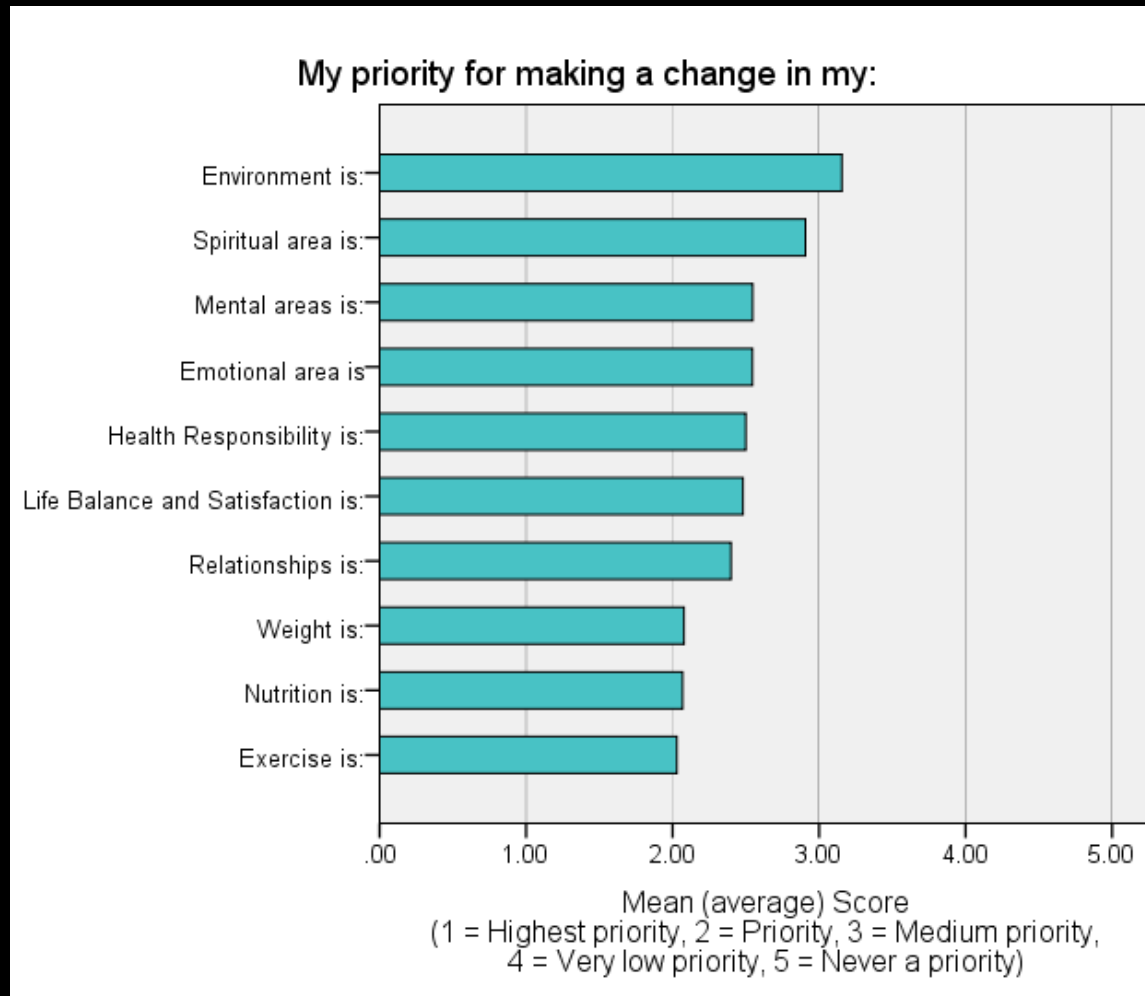


Readiness to Change 10 Self-Care Dimensions (IWHA)



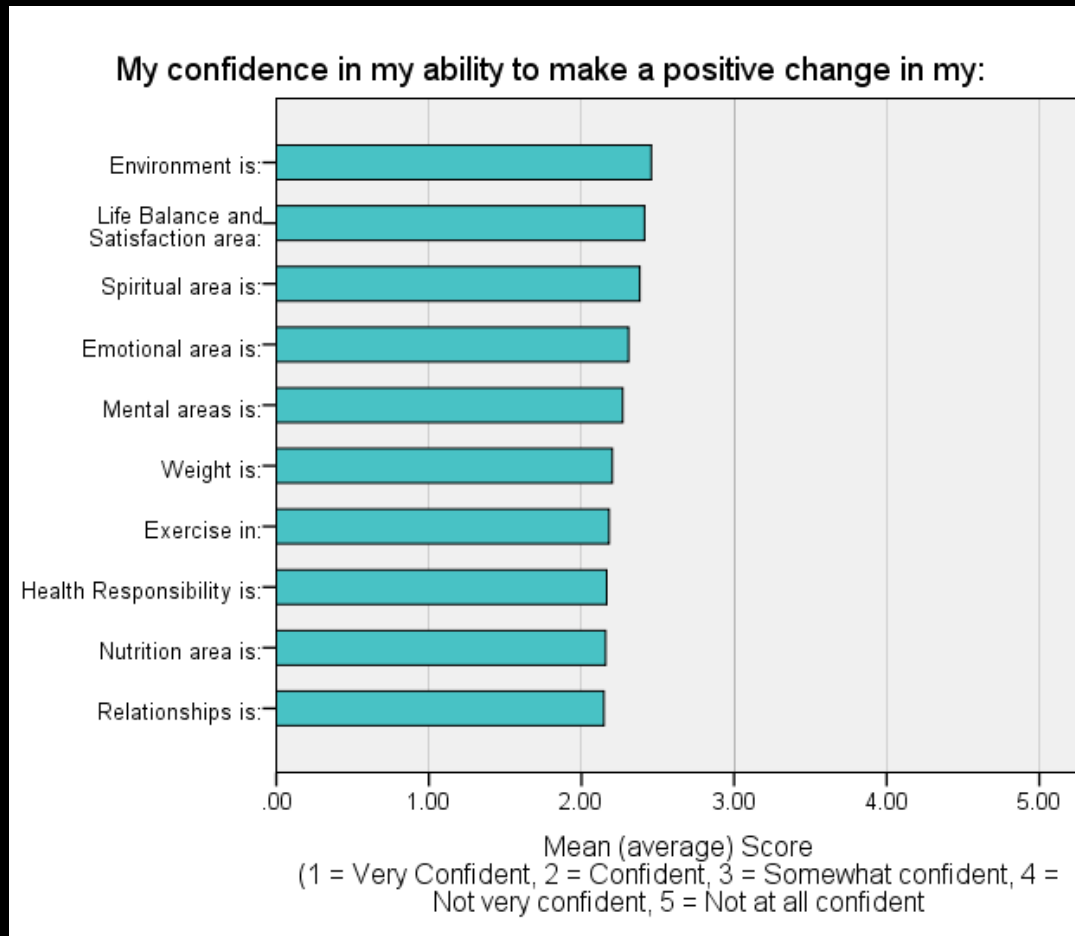
Priority for Change

10 Self-Care Dimensions (IWHA)

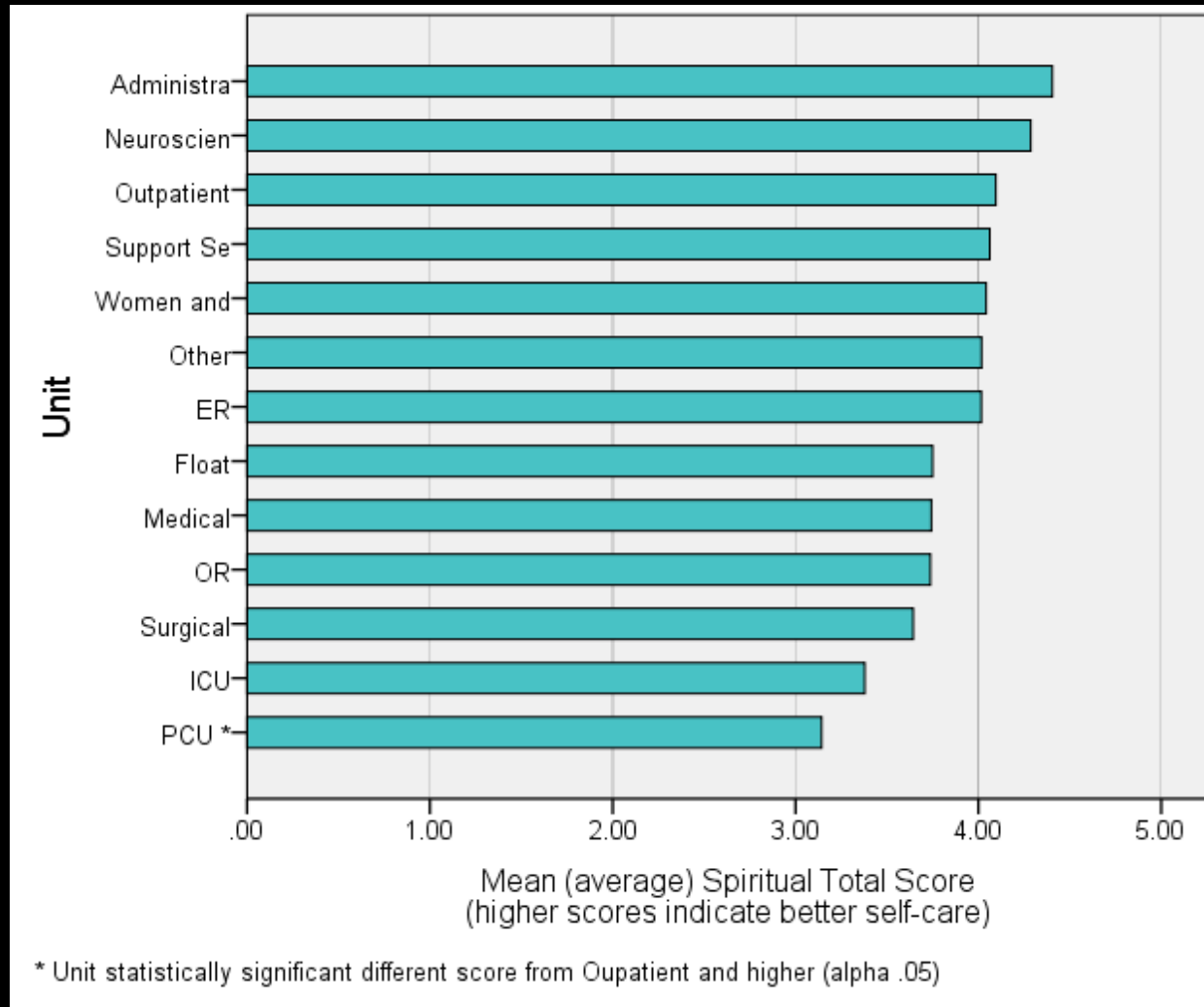


Confidence for Change

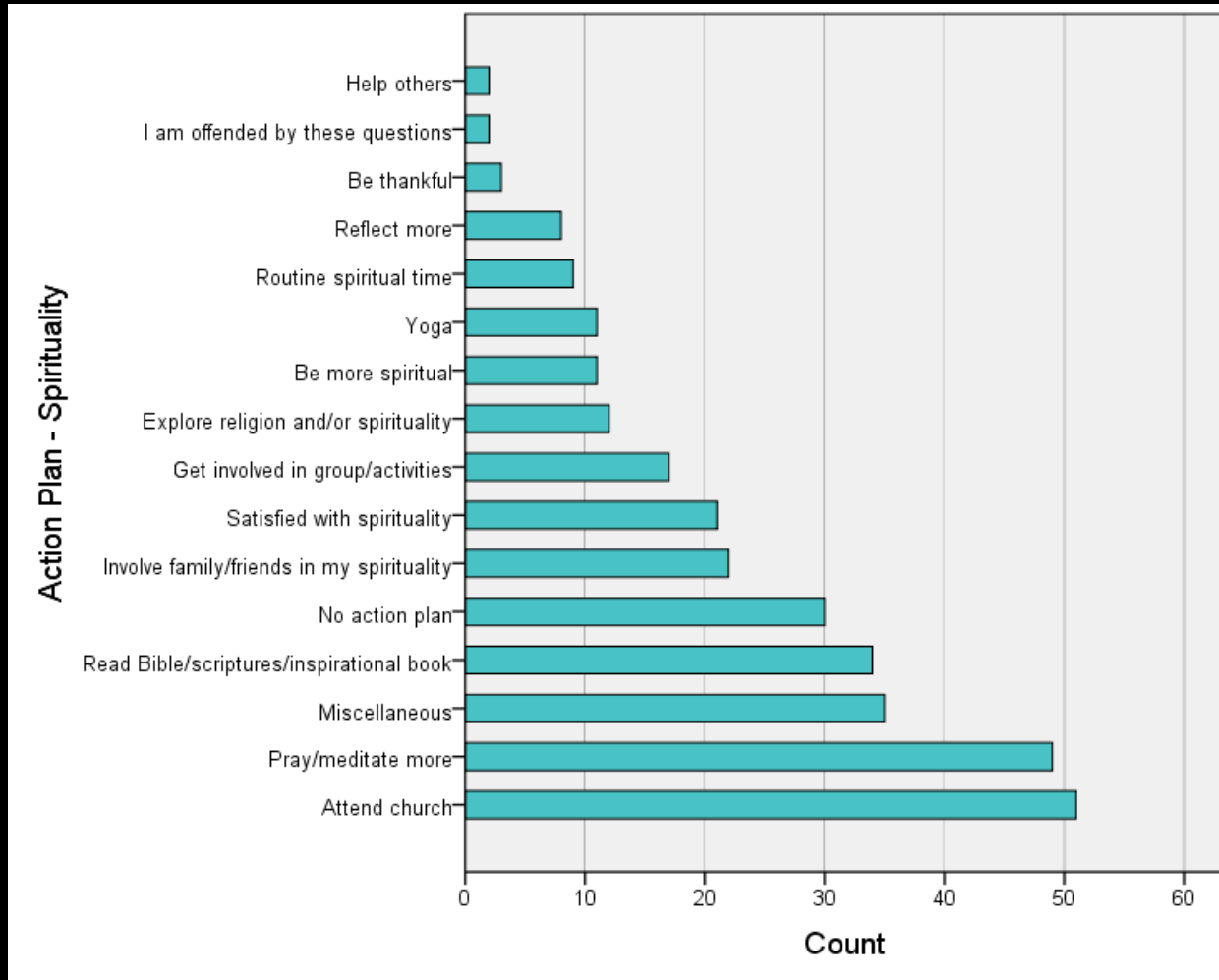
10 Self-Care Dimensions (IWHA)



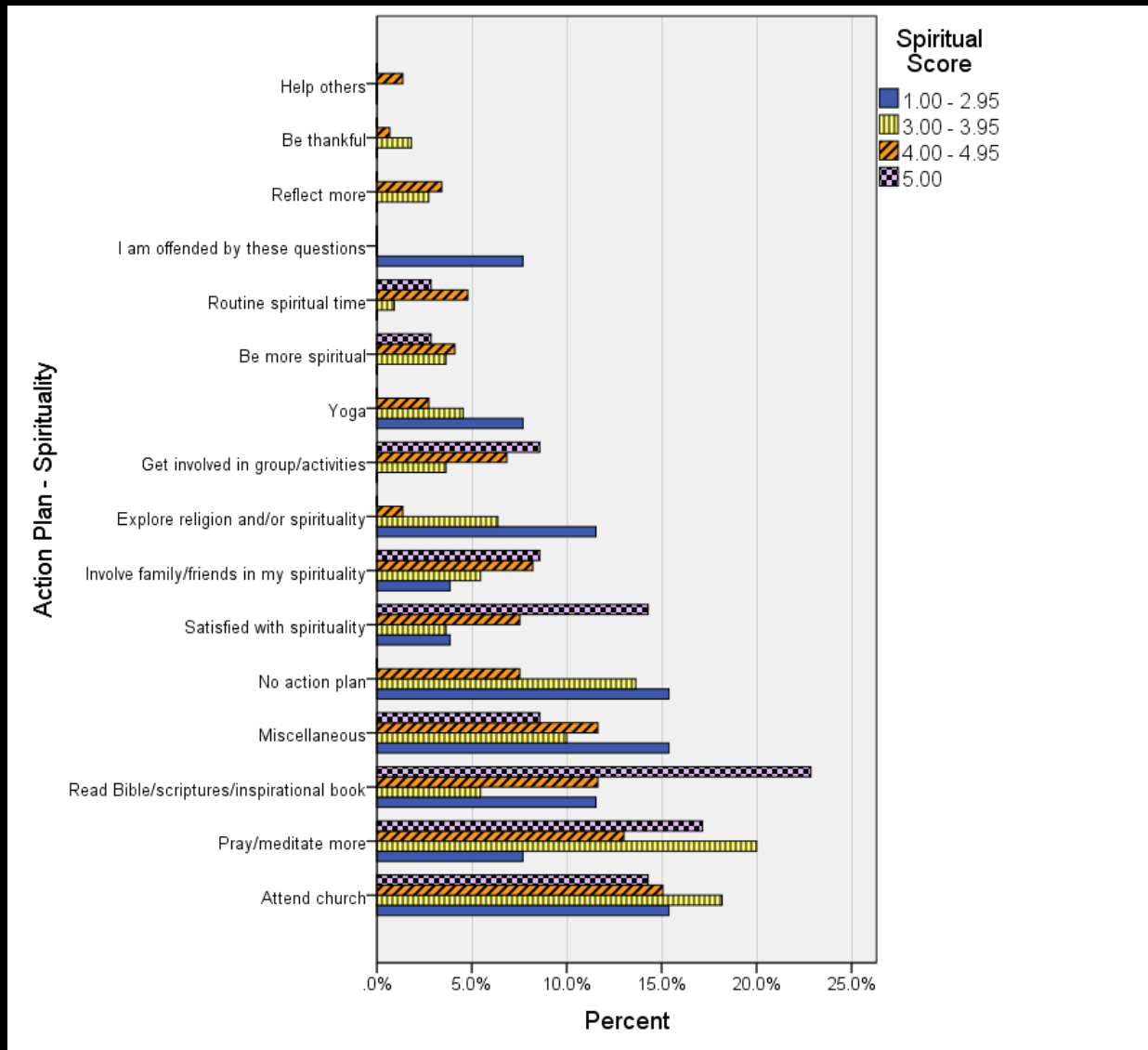
Spiritual Self-Care by Unit



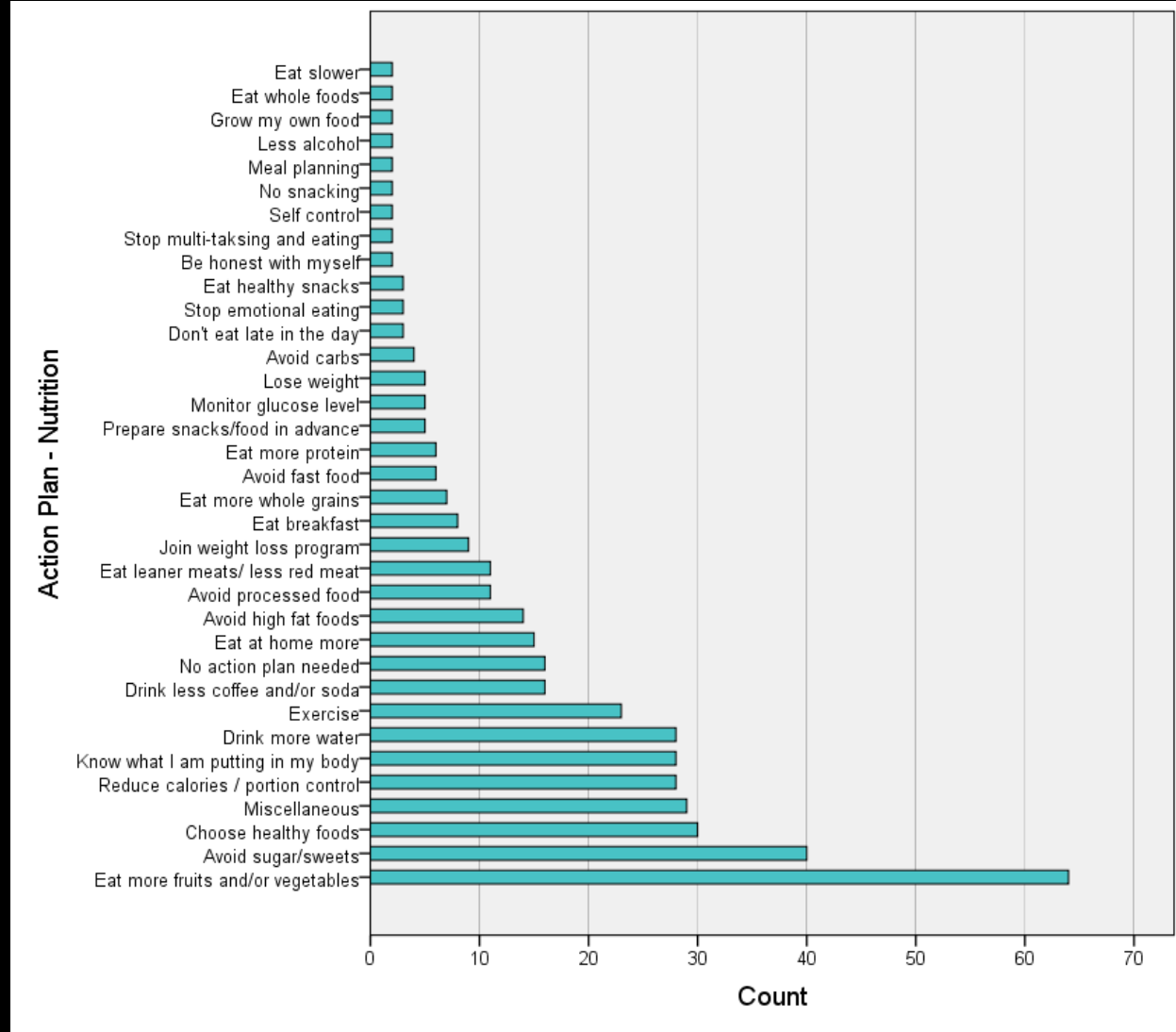
Spirituality – Action Plan



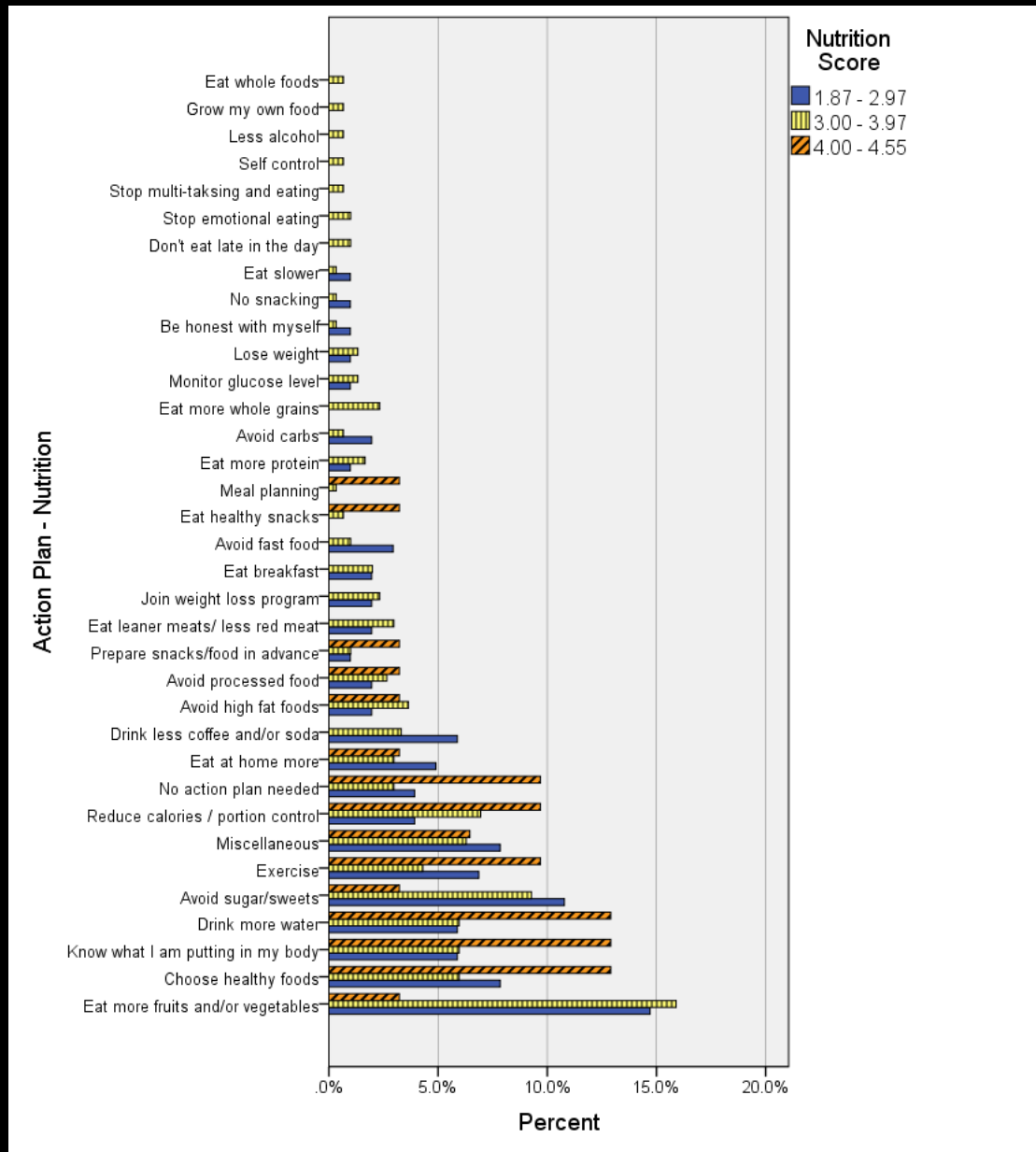
Spirituality – Action Plan



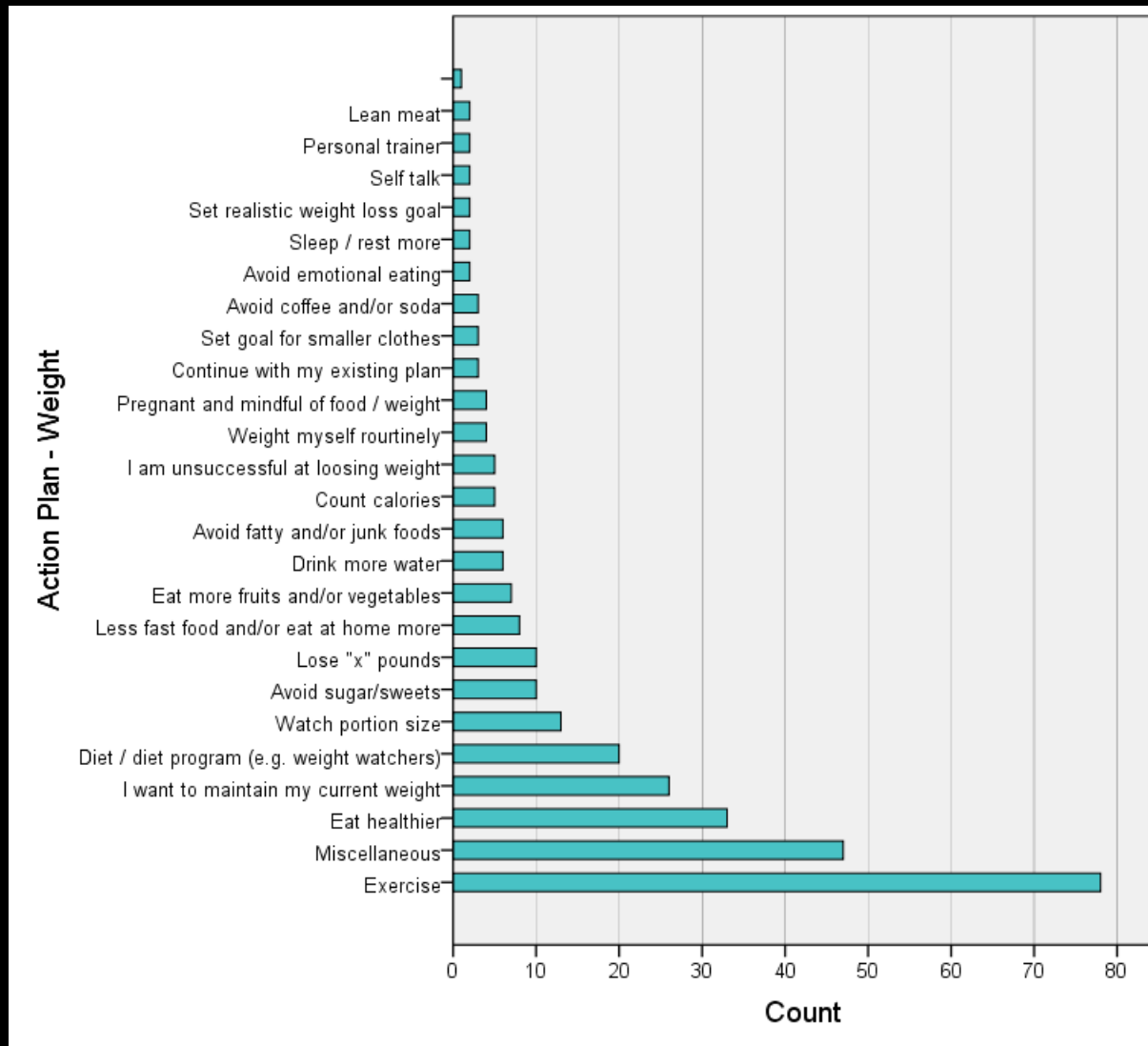
Nutrition – Action Plan



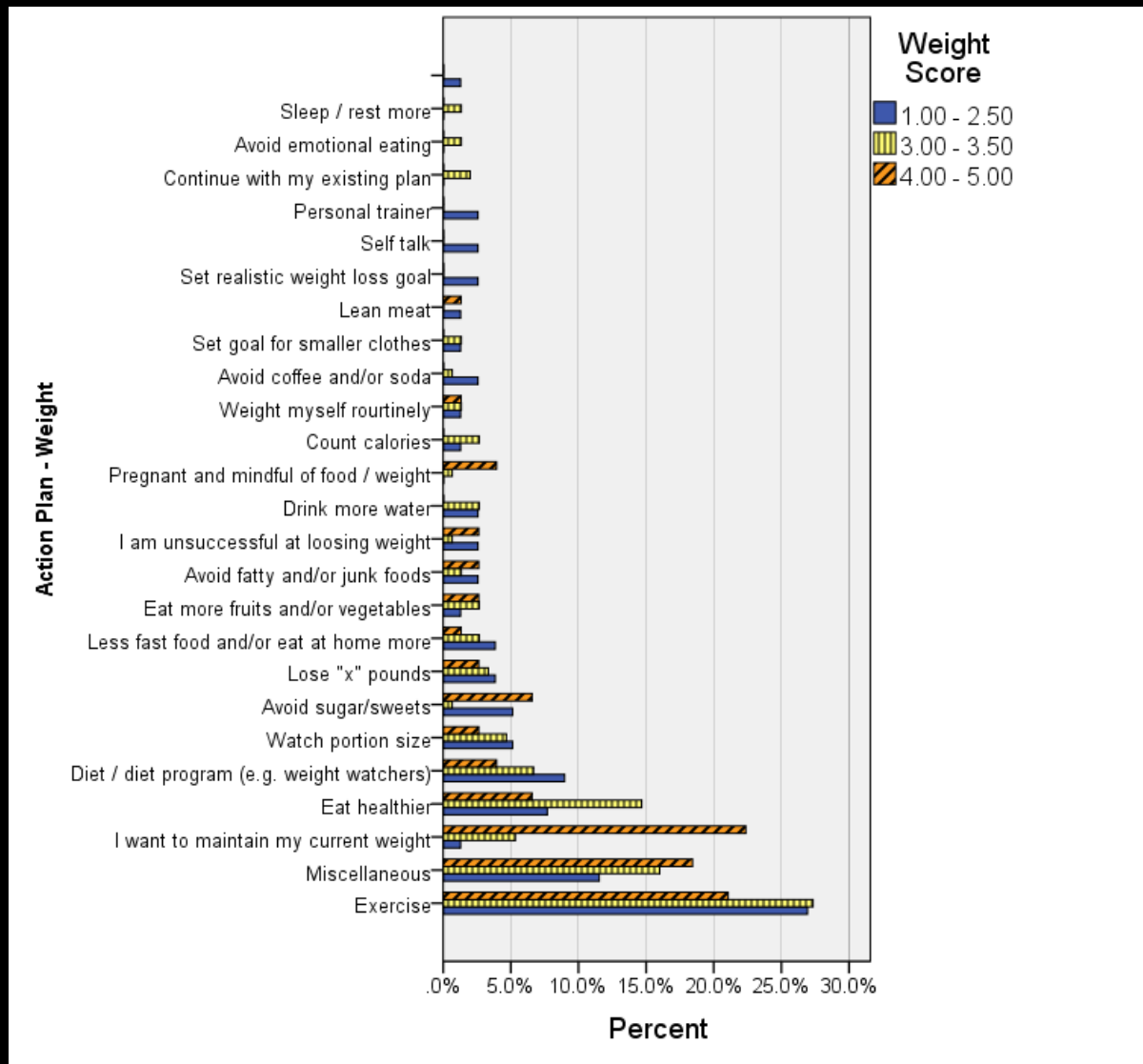
Nutrition – Action Plan



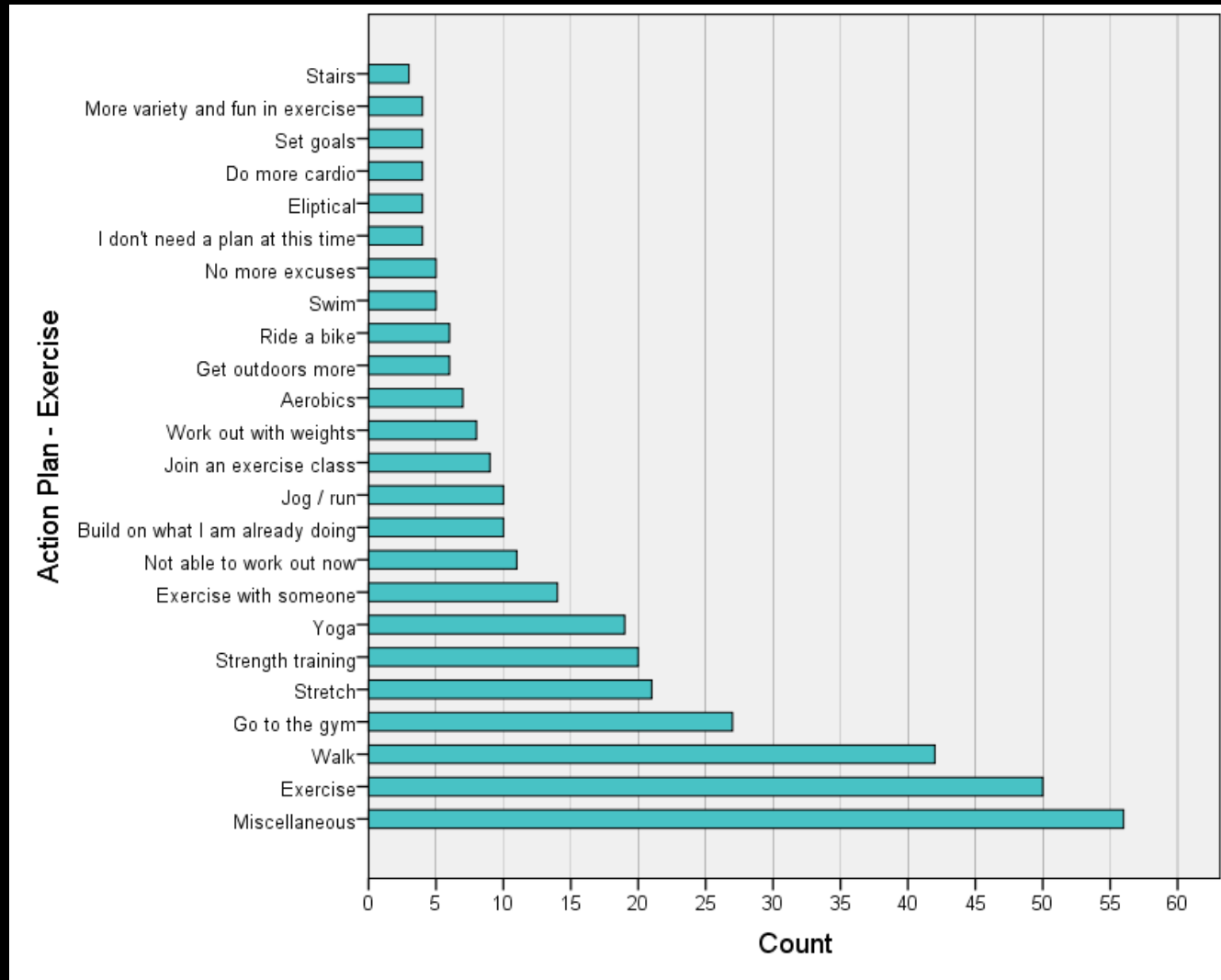
Weight – Action Plan



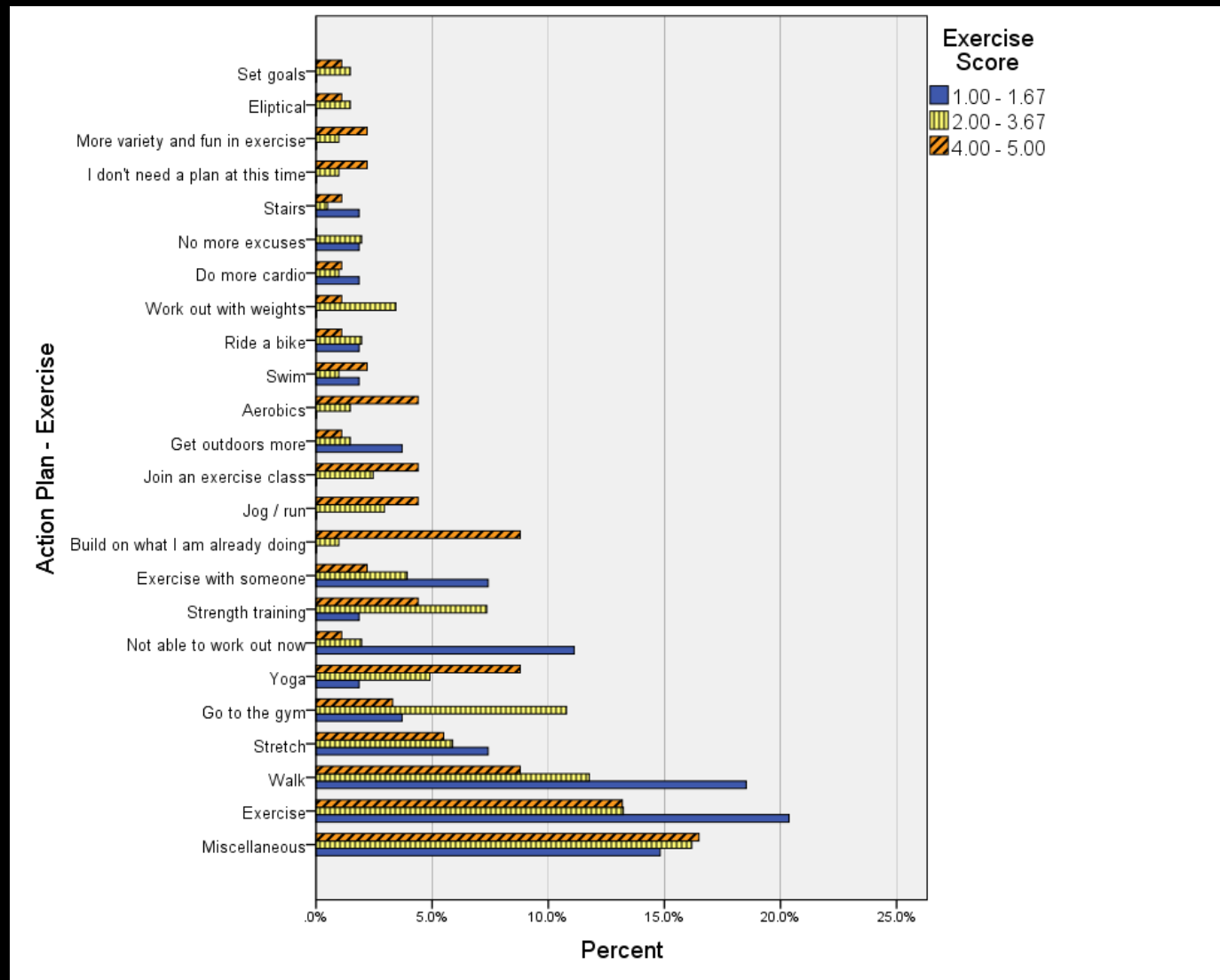
Weight – Action Plan



Exercise – Action Plan



Exercise – Action Plan

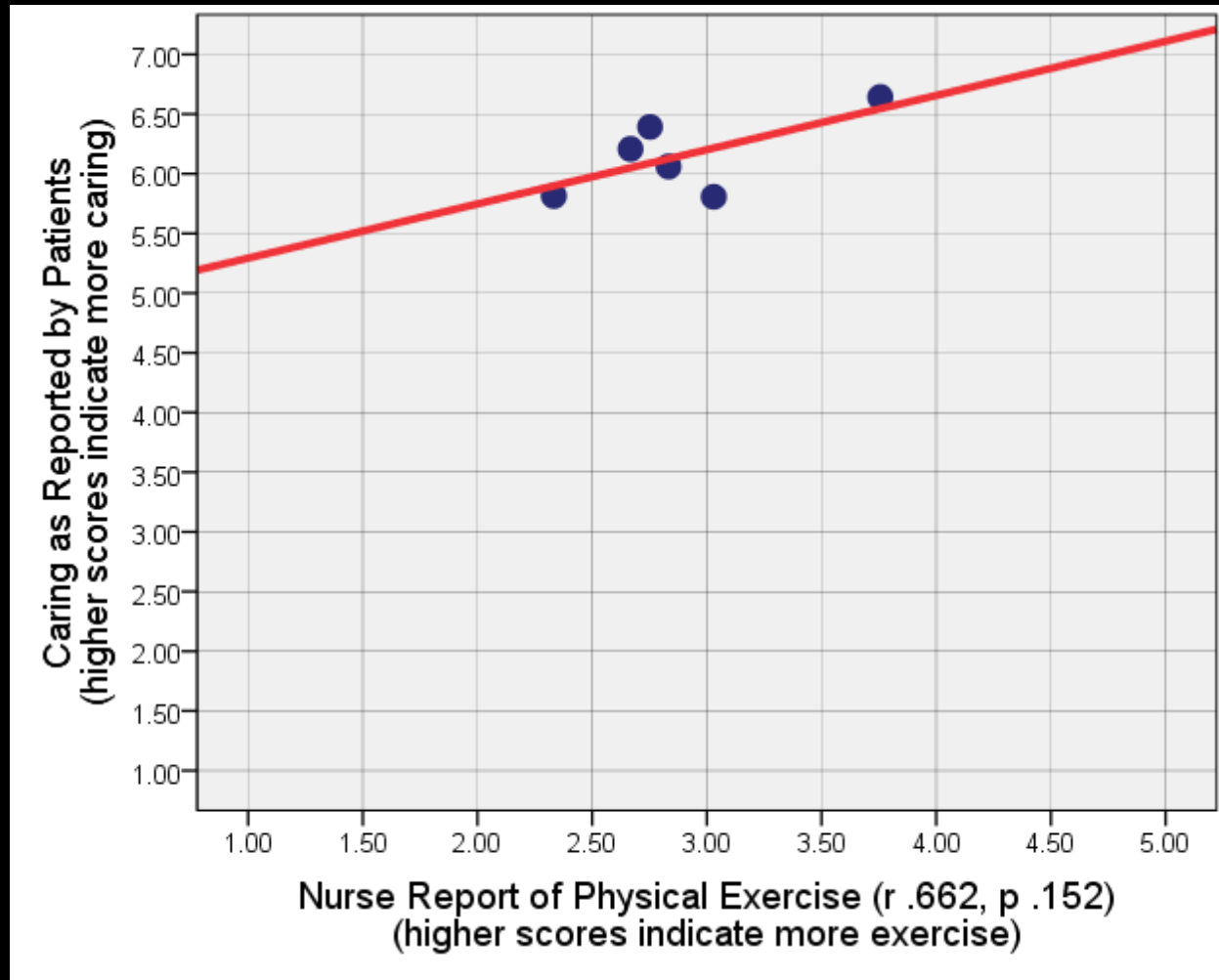


Correlation IHWA and CFS

- **Sample size of six patient care units small**
- **Power analysis, post hoc two-tailed correlation, adjusted to alpha .20, power .62 and correlation .50.**

NULL HYPOTHESIS: There is no relationship between nurses perception of self-care and patients perception of caring

Correlation IHWA and CFS



Creating Health and Balance: Using data to drive interventions

Moving forward:

1. Wellness Corner in nursing newsletter
2. List of Fitness Centers with associated cost and discounts in the community
3. Sixty- Second wellness in-services on nursing units
4. Nutrition coaching
5. Brochure for healthy food choices
6. Wt Reduction Programs: advantages/disadvantages
7. Walking Strategies
8. Competitions among nursing units
9. Focus groups in units with low scoring spirituality scores

Thank You