

Creating Healthy Learning Environments: Strategies for Embedding Self-Care

Dr. Sarah Ball, PhD, RNC-OB, C-EFM, CHSE

Dr. Amanda Kirkpatrick, PhD, RN, FAAN

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Disclosure Statement



The presenter and contributing author have no conflict of interest to disclose for this presentation

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Objectives:

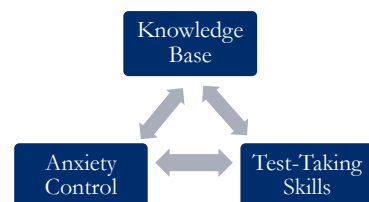
1. Review personal and professional self-care and well-being concept to accreditation requirements.
2. Examine how nursing faculty found innovative ways to integrate personal self-care strategies into a transition into the profession course.
3. Evaluate students' perceptions of their self-care preparation and wellbeing growth.

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Background



- AACN Domain 10: Personal, Professional, and Leadership Development.
 - 10.1 Demonstrate commitment to personal health & well-being
 - 10.2 Demonstrate a spirit of inquiry that fosters flexibility and professional maturity
 - 10.2a Engage in guided and spontaneous reflection of one's practice
- Course Framework
 - KATT's
 - Improved test scores



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When is Self-Care Critical for Students

Academic Semester

- First week, Midterm, Final
- Before/During Exams
- Before first Clinical
- Simulation
- Skills checkout

Professional Career Prep

- Preparation for Boards
- Presentations
- Interviews



Keeping Students Motivated



Establish Norms

Start with expectations

Safe Zone

Supporting Each Other



Layout of the Class Time

Start with lighthearted lift off

Bringing clarity

Check-ins

Taking breaks

Movement

Keeping Students Motivated



Bring Positivity

- Positive affirmations
- Guided imagery
- Testing prayer
- FUN!



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Different Setting Examples

Clinical

- comic nurse
- journaling
- taking breaks
- breathe

Simulation/Lab

- breathing exercises
- positive affirmation statements
- guidance card

Online

- reflective journaling
- video announcements
- self-care activity



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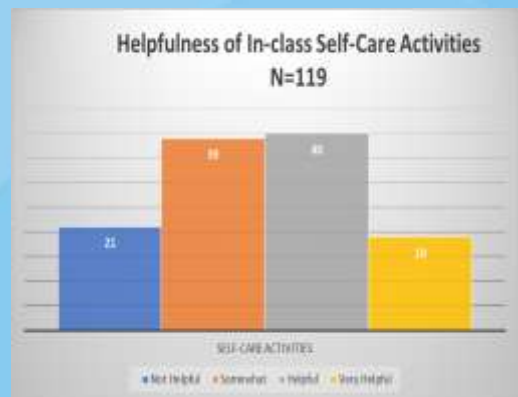
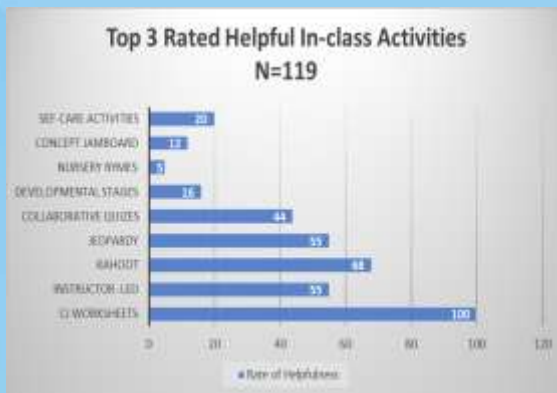
Student Results...



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Student's Perception of Self-Care Activities



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Self-Care List Students Appreciate



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Student Testimonies



- "...thank you for all you did for us this year - all the reviewing... **silly chants** and **dancing** helped me so much. I really appreciate what you do. "
- "... made **this course so fun** and I really **feel...prepared** for my NCLEX. "
- "Thank you for being so **supportive** of us students and **promoting self-care** throughout the semester"
- "**Happy students are successful students** and you made sure to prioritize us as a person and validate our worth outside of nursing. I **saw a difference in my academics and attitude towards learning.**"
- " Talking about balance ...would be very beneficial to students **throughout** college."

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How is your self-care?

- Incorporating self-care in all classes
 - Not only beneficial to students
 - Faculty felt increase energy

QUESTIONS?

sarahball@creighton.edu

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