

Principles of Lifestyle/Wholeperson Wellness								Delivery modalities ?	Level of Nursing?
Physical Activity	Sleep	Nutrition	Manage Stress	Relationships	Substance Abuse	Other/ comments			
1	X	X	X	X quality of life	X quality of life	X safety	Quality of life showcases joy, gratitude, resilience, work-life balance, mental health, and more.	webinars, presentations, blogs, discussion boards and social media activity	75% RN, 9% APRN, 2% LPN/LVN, and 14% student nurses (pre-licensure). small number of non-nurse participants
2	X	X physical	X physical	X mental emotional spiritual	X emotional			nurse coaching credential and a health and wellness nurse coach credential	Nurses at all levels

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3	X	X	X	X	X	X	<p>Positive psychology behavior methods including PERMA (meaning and achievement for well-being)</p> <p>HR is the most active department in instituting health and wellness program offerings. In addition, they are the most advanced and adventurous in these areas.</p>	health and wellness coaching?	Faculty and staff (HR wellness program)

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4				X Identifying the best fit for the nurse Professional Development	X Serving on policy setting boards; Mentorship Professional Development		Not addressing academic nursing program at the university in which the center is housed.	mentorship & personal development	Working nurses of all levels - direct care to executive
5	X	X	X	X			No separate formal class; incorporated into Medical-surgical Nursing II class	incorporated into class	BSN level class
6				X Spiritual Depression assessments at each encounter	X Spiritual		no formalized program patient and family centered care	each encounter	A course for BSN students Research team employs two nurse PhDs

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7	a	X	X	X	X		Graduate program - Principles of CREATION Health - Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook, and Nutrition	Academic program/class	Every level of nursing offered and every class taught is taught from a whole person perspective
			Rest		Environment Outlook	Trust Interpersonal Relationships			
	b	X	X	X	X	X	In the DNP program, we have an emphasis in Lifestyle Medicine. Courses includes the Intro to Lifestyle Medicine		

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8	X		X MOVE weight loss	X self care	X		Whole Health model of care including: -use and recommendation of complimentary and integrative medicine -employee wellness	motivational interviewing health coaching patient education	Program doesn't have a strong presence within nursing. Primary care clinicians have training and nurses (RN and APRN) lead whole health clinic
9	X	X	X	X	X	X			Practicing nurses and all levels of nursing students (undergraduate, graduate)

Principles of Lifestyle/Whole person incorporated into existing programs

