

Exhibit B: Lifestyle Care Nursing Essentials Submitted to AACN January 2020.

ATTACHMENT 1.

**ESSENTIALS OF LIFESTYLE CARE NURSING DEVELOPED AS A
CONSENSUS FOR CONSIDERATION BY AACN.**

Leadership

1. Promote healthy behaviors as foundational to health promotion and disease prevention.
2. Seek to personally practice healthy behaviors and create school, work, and home environments that support healthy behaviors.

Knowledge

1. Demonstrate knowledge of the evidence that specific lifestyle changes can have a positive effect on clients' health outcomes.
2. Recognize the importance of lifestyle approaches to whole person care (mind and spirit and body).
3. Recognize the client as a whole person with multiple, inter-connected relationships between humans, and the environment which influence health.
4. Describe ways that nursing engagement with clients and families can have a positive effect on clients' health behaviors.
5. Recognize the client's personal needs and preferences and relate them to the evidence to support the change necessary to improve health outcomes.

Assessment Skills

1. Assess the social, psychological and physiological predispositions of clients' behaviors and the resulting health outcomes including their wellness and wellbeing.
2. Assess client and family readiness, willingness, and ability to make health behavior changes.
3. Perform assessments and implement interventions specific to lifestyle-related health status, including 'vital signs' for diet, physical activity, body mass index, stress level, sleep, emotional well-being, tobacco use, and alcohol consumption. Within a nurse's scope of practice, order and interpret tests to screen, diagnose, and monitor lifestyle-related diseases.

Interprofessional Team Collaboration

1. Practice as a collaborative member of an interdisciplinary team of healthcare professionals supporting a team approach in promoting positive lifestyle care.

2. Develop and apply organizational systems and practices to support whole person/lifestyle care including decision support technology.
3. Measure processes and outcomes to improve quality of interventions in individuals and groups of clients.

Lifestyle Care Skills

1. Use nationally recognized practice guidelines (such as those for hypertension and smoking cessation) to assist clients in self-managing their health behaviors and lifestyle practices.
2. Establish effective relationships with clients and families to effect and sustain behavioral change using evidence-informed coaching methods, tools, and follow up with sensitivity to legal, cultural, and ethical issues.
3. Collaborate with clients and their families to develop evidence-based, achievable, specific, written lifestyle action plans.
4. Help clients manage and sustain healthy lifestyle practices and refer patients to other health care professionals as appropriate.