

Lifestyle Nursing Initiative-Topic Evidence Summaries and Citations

Topic	The Evidence*
Emotional intelligence (EI)	<ul style="list-style-type: none"> ➤ EI is a critical aspect of nursing practices since it goes a long way in improving the patients' experience (Shiow-Ching, 2020). ➤ EI is particularly important among nurses because they have more contact with patients compared to physicians (Shiow-Ching, 2020). ➤ By ensuring that nurses have a high sense of EI it becomes possible to ensure that patients are open about the healthcare issues they are encountering resulting in improved patient outcomes (Shiow-Ching, 2020). ➤ In addition to the impact that EI has in improving patient and healthcare practitioners' relations, it also goes a long way in improving interpersonal relations between healthcare personnel (Halian et al., 2020). ➤ The need to improve on interpersonal relations is influenced by the fact that poor relations among healthcare practitioners is likely to result in poor coordination, a factor that is known to negatively affect patient outcomes (Halian et al., 2020). ➤ The best way to foster EI is by educating healthcare practitioners on the need to be more considerate in their practice (Farmer et al., 2020). ➤ People are most vulnerable when they are sick because they are skeptical about how their situation will turn out (Farmer et al., 2020). ➤ By adopting EI, it becomes possible for healthcare practitioners to be more considerate about the emotional wellbeing of their patients, a factor that goes a long way in improving patients' outcomes (Farmer et al., 2020).
Citations	<p>Shiow-Ching, S. H. U. N. (2020). A Path to Better Nursing: Fostering Person-Centered, Proactive Nursing Care. <i>The Journal of Nursing Research</i>, 28(6), e119.</p> <p>Halian, A., Halian, I., Burlakova, I., Shevchenko, R., Lappo, V., Zhigarenko, I., & Popovych, I. (2020). Emotional Intelligence in the Structure of Adaptation Process of Future Healthcare Professionals. <i>Revista Inclusiones</i>, 447-460.</p> <p>Farmer, J., Mistry, M., & Jainer, A. K. (2020). Emotional Intelligence for Healthcare. <i>Sushruta Journal of Health Policy & Opinion</i>, 13(1), 26-27.</p>
Moral Distress (MD)	<ul style="list-style-type: none"> ➤ MD in nursing practices is manifested when a nurse feels that what he or she ethically obligated to do differs with his or her personal feelings (Porter et al., 2020). ➤ While nurses may times find themselves in such scenarios they are obligated to carry out their duties as outlined by the nurses' code of conduct handbook (Porter et al., 2020). ➤ Euthanasia is one of the aspects of healthcare practices that has been known to result in moral distress. MD in euthanasia is influenced by

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	<p>the fact that there is a significant conflict between its moral and legal standing (Deschenes & Kunyk, 2020).</p> <ul style="list-style-type: none"> ➤ MD is also prone to occur when the physician is conflicted on what to do and what the hospital requires (Helmers et al., 2020). ➤ While physicians and nurses work under a strict code of conduct conflict is prone to arise (Helmers et al., 2020). ➤ MD may also arise when patients make demands that conflict with healthcare practitioner's code of conduct and what the institution that they are admitted into allow (Helmers et al., 2020). ➤ Such scenarios are known to result in significant conflict that if not well-addressed may result in serious consequences (Helmers et al., 2020). ➤ Despite the significant challenges moral distress that some practices may cause, there is the need to educate nurses among other healthcare practitioners on the need to leave out their personal perspective on matters related to how they feel they should execute their duties (Porter et al., 2020).
Citations	<p>Porter, K., Jackson, G., Clark, R., Waller, M., & Stanfill, A. G. (2020). Applying Social Determinants of Health to Nursing Education Using a Concept-Based Approach. <i>Journal of Nursing Education</i>, 59(5), 293-296.</p> <p>Deschenes, S., & Kunyk, D. (2020). Situating moral distress within relational ethics. <i>Nursing ethics</i>, 27(3), 767-777.</p> <p>Helmers, A., Palmer, K. D., & Greenberg, R. A. (2020). Moral distress: Developing strategies from experience. <i>Nursing Ethics</i>, 27(4), 1147- 1156.</p>
Resilience	<ul style="list-style-type: none"> ➤ Resilience is essential in nursing practices since nurses endure a lot of hardship in carrying out their duties (Shaughnessy et al., 2018). ➤ The hardship that nurses encounter in their duties has been known to result in them falling into depression and even developing anxiety (Wiig, S., & Fahlbruch, 2019). ➤ Depression and anxiety is developed through the challenges they face while providing care. The challenges in most cases is emotional whereby they are exposed to the suffering of their patients and receive little or no support to deal with the emotional strain their work puts on them (Wiig, S., & Fahlbruch, 2019). ➤ By being resilient, nurses are able to bounce back regardless of the challenges being encountered (Shaughnessy et al., 2018). ➤ One of the ways that nurses among other healthcare practitioners can exercise resilience is by being open about the challenges they are enduring at work (Keenan, 2020). ➤ By being open, it becomes possible to form support groups and to encourage healthcare facilities to develop avenues through which healthcare practitioners can get the help they need to overcome the

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	<p>challenges experienced in their work environment (Keenan, 2020).</p> <ul style="list-style-type: none"> ➤ Another strategy that can be incorporated is coming up with ways to acknowledge the effort nurses put into their duties, through such initiatives, it becomes possible to ensure that they feel appreciated, a factor that goes a long way in promoting resilience (Keenan, 2020). ➤ Creating a good work-life balance is also a factor that is known to result in resilience (Austin, 2020). ➤ A good work-life balance ensures that nurses among other healthcare professionals are provided with adequate time to live their private lives which mostly entails being with their loved ones (Austin, 2020). ➤ Through such balance it becomes possible for healthcare practitioners to take a break from having to deal with the stressful nature of providing care especially among chronically ill patients, something that can be substantially emotionally draining (Austin, 2020).
Citations	<p>Shaughnessy, M. K., Griffin, M. T. Q., Bhattacharya, A., & Fitzpatrick, J. J. (2018). Transformational leadership practices and work engagement among nurse leaders. <i>The Journal of Nursing Administration JONA</i>, 48(11), 574-579.</p> <p>Keenan, J. M. (2020). COVID, resilience, and the built environment. <i>Environment systems & decisions</i>, 1.</p> <p>Wiig, S., & Fahlbruch, B. (2019). <i>Exploring Resilience: A Scientific Journey from Practice to Theory</i> (p. 128). Springer Nature.</p> <p>Austin, Z. (2020). Cultivating resilience in the health professions. <i>Pharmacy Today</i>, 26(2), 41-53.</p>
Relationship building/Connectedness	<ul style="list-style-type: none"> ➤ An evaluation of some of the key factors affecting healthcare practices reveals that interpersonal relationship within the work environment goes a long way in improving the overall quality of healthcare (Olvera et al., 2019). ➤ Relationship building is not only vital among healthcare staff members but also between healthcare practitioners and patients as it improves the level of trust and confidence in the services being offered (Olvera et al., 2019). ➤ One of the strategies that healthcare institutions can use to improve relationships in the workplace is by eliminating the barriers that exist primarily between senior and junior employments (Rao et al., 2017). ➤ Another strategy to consider is coming up with fun activities that staff members can do together such as out-of-sight retreats (Rao et al., 2017).
Citations	<p>Olvera, H. A., Provencio-Vasquez, E., Slavich, G. M., Laurent, J. G. C., Browning, M., McKee-Lopez, G., & Spengler, J. D. (2019). Stress and Health in Nursing Students: The Nurse Engagement and Wellness Study. <i>Nursing research</i>, 68(6), 453-463.</p> <p>Rao, S., Pell, D., & England-Kennedy, E. S. (2017). Suicide, resilience, and connectedness across the lifespan. <i>Family & Community</i></p>

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	<i>Health, 40(4), 347-356.</i>
Spiritual well-being	<ul style="list-style-type: none"> ➤ The need to take into consideration spiritual well-being is influenced by the fact that spiritual and religious play an important role in promoting access to care (Oermann, 2020). ➤ Based on this realization, healthcare practitioners should be keen on noting the spiritual beliefs of their patients with the aim of ensuring that there is no conflict between healthcare and personal beliefs resulting in the compromising of patient outcomes (Oermann, 2020). ➤ While healthcare practitioners do not have to subscribe to any of the diverse religious beliefs that patients may have, there is the need to maintain some form of sensitivity (Timmins & Caldeira, 2017). ➤ Through improved sensitivity, it becomes possible to ensure that healthcare practitioners do not overlook any spiritual beliefs that may make individuals in need of healthcare shy away from accessing it (Timmins & Caldeira, 2017). ➤ To promote the spiritual well-being of patients, some healthcare facilities have incorporated prayer rooms (Timmins & Caldeira, 2017). ➤ Incorporating prayer rooms goes a long way in providing both patients and their loved ones with a place for comfort during such trying times (Timmins & Caldeira, 2017).
Citations	<p>Oermann, M. H. (2020). Nursing Education Research: A New Era. <i>Nurse Educator, 45</i>(3), 115.</p> <p>Timmins, F., & Caldeira, S. (2017). Assessing the spiritual needs of patients. <i>Nursing Standard (2014+)</i>, 31(29), 47.</p> <p>Timmins, F., & Caldeira, S. (2017). Understanding spirituality and spiritual care in nursing. <i>Nursing Standard, 31</i>(22).</p>
Social Determinants of Health (SDOH)	<ul style="list-style-type: none"> ➤ The SDOH refers to the economic and social conditions that influence the health well-being of individuals and groups (Silva et al., 2017). ➤ Some of the common social determinants of health are: economic stability, education access and quality, social and community context, neighborhood and built environment (Silva et al., 2017). ➤ One of the ways the social determinants of health are manifested in the provision of healthcare is through the fact that the first thing that comes to mind when looking to access is the cost of care (Papanicolas et al., 2017). ➤ The need to consider the cost of care is primarily influenced by the socio-economic status whereby healthcare remains unaffordable to most people (Papanicolas et al., 2017). ➤ By gaining an understanding of the critical role that the social determinants of health affect the provision of healthcare, it becomes possible for nurses to be better advocates (Donkin et al., 2018). ➤ Being patients advocate is an integral part of the nursing

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	<p>profession since it goes a long way in improving patients' outcomes (Donkin et al., 2018).</p> <ul style="list-style-type: none"> ➤ For example, nurses can use their knowledge on the social determinants of health to push for better healthcare policies aimed at reducing the cost of care (Donkin et al., 2018). ➤ While the Affordable Care Act has been credited with addressing some of the social determinants of health, a lot more needs to be done (Donkin et al., 2018). ➤ The need for more change is evident in that a significant percentage of people still find healthcare unaffordable while others have entirely been locked out of it based on their legal status (Donkin et al., 2018).
Citations	<p>Silva, V. L. D. S., Camelo, S. H. H., Soares, M. I., Resck, Z. M. R., Chaves, L. D. P., Santos, F. C. D., & Leal, L. A. (2017). Leadership practices in hospital nursing: a self of manager nurses. <i>Revista da Escola de Enfermagem da USP</i>, 51.</p> <p>Papanicolas, I., Woskie, L. R., & Jha, A. K. (2018). Health care spending in the United States and other high-income countries. <i>Jama</i>, 319(10), 1024-1039.</p> <p>Donkin, A., Goldblatt, P., Allen, J., Nathanson, V., & Marmot, M. (2018). Global action on the social determinants of health. <i>BMJ Global Health</i>, 3(Suppl 1), e000603.</p>
Compassionate Care (CC)	<ul style="list-style-type: none"> ➤ CC plays a critical role in improving patients' outcomes by boosting the morale and confidence that they will recover (Hassmiller & Bilazarian, 2018). ➤ Whenever people are seeking care, they are often faced with a lot of uncertainty of whether they will get better (Hassmiller & Bilazarian, 2018). ➤ By being compassionate, nurses can assure ensure that they provide patients with the emotional support they need to make a quick recovery (Hassmiller & Bilazarian, 2018). ➤ Offering CC can be best attained by giving special consideration the diverse patients' beliefs and taking time to know the things that they find comfort in (Burnell, 2019). ➤ For example, if a patient is more comfortable when they have someone they love around them, then special arrangements should be made where possible to ensure that they get the support system they need (Burnell, 2019).
Citations	<p>Hassmiller, S., & Bilazarian, A. (2018). The business, ethics, and quality cases for consumer engagement in nursing. <i>The Journal of Nursing Administration</i>, 48(4), 184.</p> <p>Burnell, L. (2019). Compassionate care: A concept analysis. <i>Home Health Care Management & Practice</i>, 21(5), 319-324.</p>
Culturally Appropriate	<ul style="list-style-type: none"> ➤ The need to provide culturally appropriate care is influenced by the

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care	<p>fact that some cultures are not open to certain concepts of care (Schiaffino et al., 2020).</p> <ul style="list-style-type: none"> ➤ Through providing culturally appropriate care, it becomes possible to eliminate any doubt that may result in the rejection of care, a factor that has been known to aggravate the prevalence of health issues (Schiaffino et al., 2020). ➤ An evaluation of the barriers to care reveals that culture plays a critical role in influencing to care. This factor is best manifested through the fact that some people may be reluctant about accessing care because they feel that the care available is not considerate of their cultural beliefs (Johnson et al., 2021). ➤ It is based on this realization that there is a growing emphasis on the need to sensitize healthcare practitioners on how they can be more culturally sensitive (Johnson et al., 2021). ➤ Some of the strategies that healthcare institutions are taking up to promote culturally appropriate care is ensuring that they recruit a culturally diverse workforce (Soled, 2020). ➤ While it is possible to train staff members on how they can be culturally diverse and its significance, having individuals from these diverse cultural backgrounds is more effective because people prefer when they are being attended to by individuals they the feel can relate to their beliefs (Soled, 2020).
Citations	<p>Schiaffino, M. K., Ruiz, M., Yakuta, M., Contreras, A., Akhavan, S., Prince, B., & Weech-Maldonado, R. (2020). Culturally and linguistically appropriate hospital services reduce Medicare length of stay. <i>Ethnicity & Disease</i>, 30(4), 603.</p> <p>Johnson, A., Murcko, A., Castro Thompson, A., Merica, C., & Stephan, M. (2021). A Culturally Relevant Care Model to Reduce Health Disparities Among Medicaid Recipients. <i>Hispanic Health Care International</i>, 15404153211005403.</p> <p>Soled, D. (2020). Language and Cultural Discordance: Barriers to Improved Patient Care and Understanding. <i>Journal of Patient Experience</i>, 7(6), 830-832.</p>
Patient-centered care (PPC)	<ul style="list-style-type: none"> ➤ PPC is essential in guaranteeing improved patient outcomes by providing care that has been tailor made to meet each patient's unique needs (Eklund et al., 2019). ➤ One of the reasons that public healthcare continues to experience significant challenges is because of the use of an all-size fits it all approach (Jarrar et al., 2019). ➤ An all-size fits all approach is not ideal in the provision of healthcare services because there are numerous factors that go into determining a patient's outcomes such as their religious beliefs and cultural beliefs (Jarrar et al., 2019). ➤ Based on the significant impact that patient-centered care has in promoting improved patient outcomes, there is the need to develop

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	<p>strategies that will ensure healthcare practitioners actively work towards providing personalized care (Jarrar et al., 2019).</p> <ul style="list-style-type: none">➤ The best way to ensure that healthcare practitioners such as nurses provide PPC is by promoting continue knowledge development (Agha et al., 2018).➤ The need for continued knowledge development is influenced by the fact that healthcare practices are continuously evolving (Agha et al., 2018).➤ Thus, healthcare practitioners need to stay up-to-date with the strategies utilized to provide patients with care that is specialized to meet their unique needs (Agha et al., 2018).
Citations	<p>Eklund, J. H., Holmström, I. K., Kumlin, T., Kaminsky, E., Skoglund, K., Höglander, J., & Meranius, M. S. (2019). "Same same or different?" A review of reviews of person-centered and patient-centered care. <i>Patient Education and Counseling</i>, 102(1), 3-11.</p> <p>Jarrar, M. T., Minai, M. S., Al-Bsheish, M., Meri, A., & Jaber, M. (2019). Hospital nurse shift length, patient-centered care, and the perceived quality and patient safety. <i>The International Journal of Health Planning and Management</i>, 34(1), e387-e396.</p> <p>Agha, A. Z., Werner, R. M., Keddem, S., Huseman, T. L., Long, J. A., & Shea, J. A. (2018). Improving patient-centered care. <i>Medical Care</i>, 56(12), 1009-1017.</p>

*This evidence is not intended to be exhaustive regarding the available published literature on these topics. The intent was to add to what we currently know about the topics. The amount of available published literature on these topics has been increasing in recent years.