



## Lifestyle Nursing Initiative

**Mission:** Advancing LN (Lifestyle Nursing) principles and practices in academia and in the workplace through education, research, and active leadership.

Since 2018

- **Very soon we will launch the first phase toward piloting LN in the professional workplace and in baccalaureate curriculum. See full article below.**
- **In your opinion, what are the biggest trends we'll see in the job market given the pandemic?** Experts are asked to give their opinion. Dr. Terri Gibson, DNP, RN-BC, DipACLM responds. **See full article below.**

### Update on Lifestyle Nursing

Very soon we will launch the first phase toward piloting LN in the professional workplace and in baccalaureate curriculum.

We will be calling on many of you to support this work with your best practices. We will be capturing 'best practices' that foster innovation and collaboration regarding disease prevention and health promotion in undergraduate nursing education and workplace implementation. To facilitate this, we are developing an interview/survey instrument designed to identify core lifestyle nursing competencies currently taught at various universities and implemented in daily practice within the work environment. Then we will send this survey to leading nurse educators that represent academic institutions and to those who promote career/professional advancement for working nurses.

The survey will be peer-reviewed prior to being distributed. Because of our long involvement in the health care field and unique knowledge of the nursing education and health system sectors we anticipate being able to work with 12-14 universities and health systems. During this phase, the intent is to learn what content and delivery format is working the best, from those providing education in lifestyle-based principles. We will be looking for exemplary teachings that align with one or more of the essentials of LN identified below, that work well within workflows and can be assimilated into the practice of U.S. health care institutions.

We are looking for exceptional content related to the following topics and concepts: Physical Activity, Nutrition, Sleep; Stress & Resilience; High functioning collaboration; Self-Care-Personal Well-being; Compassionate care that is blind to race, color and ethnicity; Assessing and addressing

the determinants of health-social, spiritual, environmental; Empowering people to change or facilitating engagement in adopting healthier habits for the patient and the care giver.

The content captured in the survey will shape our future work, including developing and piloting education modules. We will be in touch soon to provide you with greater detail. As always, we are very grateful for your continued support of this important work.

We encourage you to send us articles or research that you feel supports this movement. We will publish these in this NEWS section on this LNusa.org website. **Thank you!**



## **DR. TERRI GIBSON**

Associate Professor, Southwestern Adventist University, Department of Nursing: [Website](#)

### **In your opinion, what are the biggest trends we'll see in the job market given the pandemic?**

**Dr. Terri Gibson:** From what I read from nursing organizations and journal literature, big trends include the following:

-Wages seem to be increasing, even slightly for nurses providing direct care at the bedside. There continues to be a need for well-prepared nurses to work in acute care hospitals. With elevated rates of burnout among nurses, students need to be prepared to work under stressful conditions. For me as an educator, it means I have spent time encouraging and supporting the care they give themselves. We've worked on assessments and teaching-learning activities so they are aware that when they are healthy-physically, mentally, emotionally, and spiritually, they can provide safer, better quality patient care. We spend some time learning ways to optimize their well-being through attention to stress management, good nutrition, regular exercise, healthy relationships, and spiritual renewal.

-Another trend is to bring students into the working environment as techs to take care of patients in the hospital or under the auspices of an RN license to assist with Covid vaccine administration. From

my experience, students want to participate in care delivery now, so they have some preparation for what their future holds once they have their license and start into their first position as a nurse.

### **What technical skills stand out to employers?**

**Dr. Terri Gibson:** We have learned that perspective employers really appreciate when students have worked at the bedside. This includes as a nurse technician. In particular, they appreciate students who have spent full shifts working along an RN in a care delivery setting. We call this the Nursing Capstone Clinical, which is usually offered a student's final semester of nursing school. Not only do employers know that students have been able to show up on time and meet the demands of a 12-hour shift and all the care that is implemented during those hours, students also highly value the experience. They feel that now they have a better sense of what to expect. They've also benefited from the wisdom of their preceptor, particularly when unusual incidents come up that would not have been addressed in nursing school. The RN preceptors we have worked with have been awesome role models in this regard.

Other skills would be personal presence and patient support/communication. I do mock interviews for my senior nursing students and I receive great feedback from both students and the leader volunteers from local healthcare organizations that conduct the interviews for me through this Leadership Class activity. The students appreciate that they have a better sense of what to expect in an interview. The interviewers seem to appreciate those students who can step up and engage fully in the interview, identifying their strengths, ability to communicate and show that they care and have a passion for patient care.

It seems many employers need something that catches their attention from the myriad number of applicants and limited jobs they have to offer a new grad. Volunteerism, leadership opportunities and participation in special nursing-related projects seems to provide an extra boost to those students who show their enthusiasm and competence for nursing in this way.

To view full article see: <https://www.zippia.com/nursing-faculty-jobs/trends/>

- 🍌 The manuscript **“Promoting Integration of Lifestyle Nursing Principles in Nursing Education and Professional Practice: A Collaborative Initiative”** was submitted to a nursing education journal in late April.

- The American Public Health Association has been active in promoting health through addressing the multiple ways in which current issues are influencing wellness. Please access their website for helpful resources: <https://www.apha.org/>
- The ANA Enterprise is capitalizing on the “Year of the Nurse 2020” theme by supporting nurses in various ways. Please access their website for helpful resources: <https://anayearofthenurse.org/about-year-of-the-nurse/>

Lifestyle Nursing Webpage and documents 2021

<http://LNusa.org>