

WELLNESS
For Nurses



Spiritual Health First Aid for Nurses



1

Take Note



*RECORDING
THIS SESSION*



2

Evaluation/Certificates

- Attend 90% of the webinar
- Evaluation
- Certificate



Connecticut Nurses Association is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation



3

Disclosures



There are no planner or presenter Conflicts of Interest for this program



4

Interactivity

- Chat box
- Question & answers



5

Learner Outcomes

Participants will self-report knowledge gain of how spiritual health can effectively be applied to professional practice and personal life



Participants will self-report their ability to identify at least one self-care practice to promote their own health



6

Welcome

Cheryl Green

PhD, DNP, RN, LCSW, CNL, CNE,
ACUE, MAC, FAPA

Associate Professor
Department of Nursing
Southern Connecticut State University

Off-Shift Nurse Leader
Yale-New Haven Hospital
New Haven, Connecticut



7

Spiritual Health First Aid for Nurses

Cheryl Green, PhD, DNP, RN, LCSW, CNL, CNE, ACUE, MAC, FAPA

8

Why is spiritual health important?

- Awareness of spiritual health is necessary for nurses as they provide care to patients. While one may feel safe and at peace within their own life circumstances when spiritual health attainment has been achieved, true spiritual health is a realization that even in imperfection and strife, peace can be maintained. Hence, spiritual health can be viewed as a means to maintain health; both mental and physical, amidst trials

9

Purpose

- Nurses will be provided the opportunity to learn about spiritual health and how it can effectively be applied within their nursing practice, to maintain their own physical and emotional health. Strategies will be given to nurses to address burnout, stress, and maintain a healthy work-life balance

10

Learning Objectives

1. Recognize the value of spiritual health in maintaining physical and emotional self-care.
2. Identify coping skills that can be utilized by nurses as they provide health care to patients, that can assist them in reducing their own fear and anxiety.
3. Compare and contrast self-care practices that promote or impede nurses' own health.

11

Spirituality Defined

- "Spirituality is deemed to be that which gives life meaning, purpose and connection with others; is distinguished from religiosity but may incorporate religious beliefs for some people, and may comprise a religious system of beliefs and values, or a nonreligious system of beliefs and values. It can be a metaphysical or transcendental phenomenon that relates to connectedness, transcendence and meaning and purpose in life (Timmins & Caldeira, 2019)."

12

The Nursing Profession and Spirituality

- In comparison to other health professions, nursing has historically had a strong religious and spiritual history. Dating back to pre-Christianity, being a nurse was seen as a noble act. **Nurses were concerned with the nourishment of the human spirit, which included prayer during illness**
- Celtic writing dating back from antiquity, referred to the nurse as an **“anam cara,” a soul friend**
- In the Christian era, the Sisters of Charity and Beguines viewed the care of the ill in the same way that Jesus had cared for the sick, nurses were referred to as those providing **“compassionate accompaniment”**

13



14

What is the purpose of a first aid kit?

1. Preparedness to treat the ill and persons involved in an unexpected accident or situation leading to injury
2. Treatment of the wounded
3. Stabilization of bleeding
4. Prevention of infection
5. Prevention of inflammation and severe pain

15

Nurses

- As nurses, we are among few professions that welcome the birth of a newborn and comfort the dying
- Nurses represent caritas, patience, and acceptance when persons are at their most vulnerable; angry, depressed, and sad
- After dealing with and listening to our patients' stories of pain, death, and loss, what do we do with all of these emotions?

16

Self-Care Practices That Impede Health

- Sleep deprivation
- Drinking large amounts of caffeine
- Smoking
- Use of prescription drugs
- Holding on to uncommunicated anger or frustration
- Unforgiveness
- Envy; Professional jealousy
- A diet with limited fruits and vegetables, lean meats

17

Failure to Process the Illnesses and Deaths We Experience, Leaves Nurses Feeling Depleted



18

Palliative Care

19

National Consensus Project for Quality Palliative Care, 2019

- The elements of a comprehensive assessment
- Family caregiver assessment, support, and education are referenced in numerous domains
- The essential role of care coordination, especially during care transitions
- Culturally inclusive care is referenced in all the domains and expanded in the cultural aspects of care domain
- Communication (within the palliative care team and with patients and families, other clinicians, and community resource providers) is a prerequisite for the delivery of quality care for the seriously ill

20

Example Palliative Care in Practice

- Forster & Haiz (2015) conducted interviews with 10 nurses, doctors, and social workers around their perceptions of bereavement support following the death of a child. Findings indicated that peer support, family support, physical impact of support and spiritual beliefs, and personal coping strategies, were all instrumental in healthcare professionals' ability to cope with the death of their pediatric patients themselves, so that they could then support the dying child and the family

21

Exploring Nurses' Attitudes Toward Death

Glaser & Strauss (1965)- Sociologists, Health Care Professionals

- Clinicians tend to avoid direct communication about dying

- 4 Awareness contexts:

- 1. Closed awareness-** Family and the health care team hold more information about the patients' health status than the patient is aware of
- 2. Suspected awareness-** Patient attempts to find out more details about their state of health and asks their family and health care workers about their condition
- 3. Mutual pretense awareness-** Health care team and family are aware that the patient is dying, but pretend in the presence of the patient that death is not actively occurring
- 4. Open awareness-** The process of dying is acknowledged by the family, health care team, and the patient

22

Defining Death

- An ending of life at a cellular level
- The absence of the soul from the body
- Embodying the signs of dying: bodily weakness, weight loss, unceasing labored breathing, a preference for sleep, fatigued, mottling, breathlessness, bladder and bowel changes, no desire for food or drink

23

Defining Grief

- A normal response to a loss or death
- It is an emotional response, that can encompass physiological reactions such as tears or wailing
- Can involve both emotional and physical isolation
- Feelings of loneliness

24

Defining Bereavement

- The time or period of grief and mourning after a death has occurred
- Experienced as a social, mental, emotional, and physical reaction
- Physical reactions to bereavement can be present as illness, changes in appetite, somatic complaints, and sleep disturbances
- Mental reactions to bereavement can be despair, anxiety, anger, sadness, and guilt

25

Nurses are Not Immune to Grief and Bereavement

Caritas



Life Transitions



26

Life Transitions are Difficult, But Normal

27

The Unexpectancy of Life...



28

Spiritual Coping

- Ibrahim et al. (2020) studied 113 critical care nurses and nurses who worked within an emergency department. The nurses identified as being Muslim. These nurses reported that their religious beliefs and practices were instrumental in their management of job-related stress
- Gaps in religiosity in mental health can cause mental health providers to avoid spiritual discussions and identified problems related to religion and spirituality (van Nieuw Amerongen-Meeuse et al., 2018)
- Healthcare no longer has a strictly biomedical focus. A holistic paradigm embraces the spiritual (Caldeira, Romero, Martins, & Casaleiro, 2019)

29

After the Death- Grief and Mourning

Rando, 2000

6 Key Processes of Mourning----Healthy Adapting to a Loss

1. Recognition of loss
2. Recognition of separation and experiencing and expressing the pain of loss
3. Recollection and re-experiencing the deceased, the relationship, and the associated feelings
4. Relinquishing old attachments to the deceased
5. Readjustment to adapt to the new world without forgetting the old
6. Reinvestment

30

Spiritual First-Aid



31

First Aid for Self-Care Tips

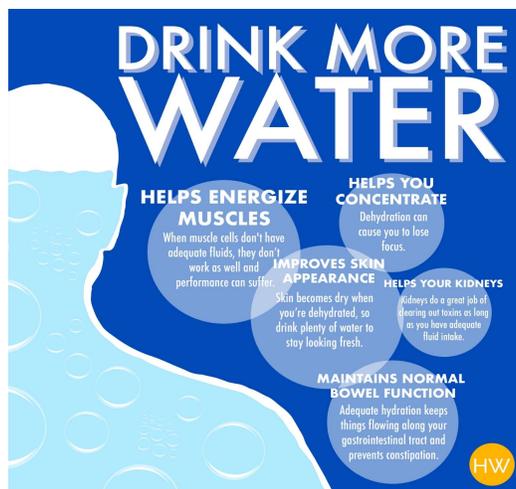
Nurses knowledge of healthy lifestyles and health promotion does not always translate to self-care. Tips for nurses in maintaining self-care include **6 dimensions of a health-promoting lifestyle:**

1. Nutrition
2. Spiritual growth
3. Physical activity
4. Stress management
5. Interpersonal relations
6. Health responsibility (Keele, 2019)

32

Nurses' First Aid: Nutrition

33



34

Dietary Reference Intakes for Water		
Age Group	Gender	Adequate Intake*
1-3 years	Males and females	1.3 liters ~5.5 cups/day
4-8 years	Males and females	1.7 liters ~7 cups/day
9-13 years	Males	2.4 liters ~10 cups/day
	Females	2.1 liters ~9 cups/day
14-18 years	Males	3.3 liters ~14 cups/day
	Females	2.3 liters ~10 cups/day
≥ 19 years	Males	3.7 liters ~15.5 cups/day
	Females	2.7 liters ~11 cups/day
Pregnancy 14-50 years	Females	3.0 liters ~12.5 cups/day
Lactation 14-50 years	Females	3.8 liters ~16 cups/day

35



36

Nurses' First Aid: Spiritual Growth

37

First AID for Nurses: Bible Reading

- Bible reading can be used by nurses as a means to bring spiritual comfort
- Bible reading can also be used by nurses, at the request of their patients, to promote general well-being and mental health
- Culturally, the Bible has been used to promote general well-being and mental health in African-Americans (Hamilton, Moore, Johnson, & Koenig, 2013; Woods-Giscombe et al., 2016) within the context of religious practices
- Scriptural reading can reduce stress during stressful life events

38



39

Example of Scripture Used To Decrease Stress and Promote Comfort/Safety



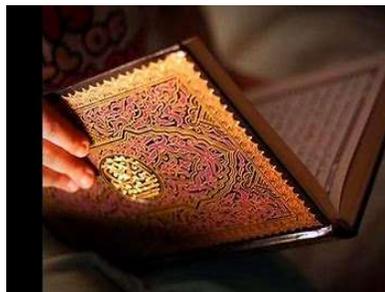
40

Torah



41

Koran



42

Nurses' First Aid: Physical Activity

43

Physical Activity

- Walking
- Stretching
- Lifting Weights
- Dancing
- Riding a Bike
- Jumping Rope
- Running
- Hiking in Nature

44



45



46

Nurses' First Aid: Stress Management

47

Stress Management

- Gardening- Indoor and Outdoor
- Pets
- Decreasing your work schedule or taking time-off
- Allowing a time to debrief before leaving work
- Listening to music
- Sleep
- Meditate and/or pray
- Giving yourself permission to self-care (i.e. massage or conditioning your hair)
- Saying "No"

48

Nurses' First Aid: Interpersonal Relations

49

Interpersonal Relations

- Prioritize Family over work
- Be cognizant of how your time is spent
- Be cognizant of the unpredictability of life
- Consider ending relationships with friends or associates that deplete your energy and are negative
- See a counselor or therapist
- Eliminate bullies from your life
- Realize you are not meant to "fix" everyone in your life
- Consciously choose to develop healthy relationships

50



51

Nurses' First Aid: Health Responsibility

52

Health Responsibility

- Self-care is a personal decision to value yourself
- It is the realization that although that as a nurse you are gifted at providing care to others, you neglect yourself
- It is the realization that you have functioned on a glass half empty and need to refill

53



54



55

A Call to Mentorship

- Self-care is imperative for burnout prevention and nurses physical, emotional, and spiritual health
- **At This Moment in Time:** Nurses mentoring nurses is important to the preservation of what is now, a profession in the midst of a pandemic, that now involves self-sacrifices unto death
- Teaching nurses, graduate nurses, and student nurses mental, physical, and spiritual health in dealing with stress, is paramount in the formation of healthy self-care (Snyder, 2019)

56



57

References

Caldeira, S., Romeiro, J., Martins, H., Casaleiro, T. (2019). The therapeutic dimension of research about spirituality: Particularities of cancer, mental health

and infertility. *Nursing Forum*, 54(4), 488-491.

<http://dx.doi.org/10.1111/nuf.12356>

Forster, E. & Haiz, A. (2015). Paediatric death and dying: Exploring coping strategies of health professionals and perceptions of support provision. *International Journal of Palliative Nursing*, 21(6), 294-301.

<http://dx.doi.org/10.12968/ijpn.2015.21.6.294>

58

References

Hamilton, J.B., Moore, A.D., Johnson, K.A., & Koenig, H.G. (2013). Reading the Bible for guidance, comfort, and strength during stressful life events. *Nursing Research*, 62(3), 178-184.
<http://dx.doi.org/10.1097/NNR.0b013e31828fc816>

Ibrahim, M. A., Isa, K. Q., Haji-Idris, H.-A., Nawi, S.-H., Teo, Y. C., Abdul Rahman, H., Abdul-Mumin, K.H. (2020). Spiritual Coping with Stress Among Emergency and Critical Care Nurses: A Cross-Sectional Study. *Community Mental Health Journal*, 56(2), 287-293.
<http://dx.doi.org/10.1007/s10597-019-00486-6>

59

References

Keele, R. (2019). To role model or not? Nurses' challenges in promoting a healthy lifestyle. *Workplace Health & Safety*, 67(12), 584-591.
<http://dx.doi.org/10.1177/2165079919828738>

60

References

Snyder, B. (2020). Practicing what we preach: Teaching psychiatric-mental health student nurses to care for themselves. *Journal of Psychosocial Nursing & Mental Health Services*, 58(6), 40-45. <http://dx.doi.org/10.3928/02793695-20200406-02>

Timmins, F. & Caldeira, S. (2019). *Spirituality in healthcare: Perspectives for innovative practice*. Cham, Switzerland: Springer Nature Switzerland.

61

References

van Nieuw Amerongen-Meeuse, J.C., Schaap-Jonker, H., Schuhmann, C., Anbeek, C., Braam, A.W. (2018). The religiosity gap in a clinical setting: Experiences of mental health care consumers and professional. *Mental Health, Religion, & Culture*, 21(7), 737- 752. <http://dx.doi.org/10.1080/13674676.2018.1553029>

Woods-Giscombe, C., Robinson, M.N., Carthon, D., Devane-Johnson, S., Corbie-Smith, G. (2016). Superwoman schema, stigma, spirituality, and culturally sensitive providers: Factors influencing African American women's use of mental health services. *Journal of Best Practices in Health Professions in Diversity*, 9(1), 1124-1144. ISBN 987-0-9794409-0-8 / ISBN 0-9794409-0-4

62

References

Picture of First Aid Kit-

<https://www.bing.com/images/search?view=detailV2&ccid=iXlgK8wC&id=A404FE9EC34154AB9A01BB7345E7EAB418EC3E54&thid=OIP.iXlgK8wCxOVDaViSkJi9qWHaFs&mediaurl=http%3a%2f%2fbeamontemergencycenter.com%2fwp-content%2fuploads%2f2015%2f09%2fFirst-Aid-Kit-Case.jpg&exph=770&expw=1000&q=free+picture+of+a+first+aid+kit&simid=608001368598579385&ck=52E0C8F2739B19913BA407C46D8EC7DC&selectedIndex=5&ajaxhist=0>

63

References

Picture of a Bible with a Pen and Cup of Coffee-

<https://pixabay.com/photos/book-bible-religion-reading-study-2617987/>

YouTube Video- Psalm 91 For Sleep-

<https://www.youtube.com/watch?v=xSaOzFoDnng>

64

References

Picture of the Torah-

https://www.bing.com/images/search?view=detailV2&ccid=oo%2b5evhj&id=C628E5FAE9AEA8EB7A50246AB896BB74AF537B80&thid=OIP.oo-5evhjYVWlvtidTPXtwHaEk&mediaurl=https%3a%2f%2flifesite-cache.s3.amazonaws.com%2fimages%2fmade%2fimages%2fremote%2fhhttps_s3.amazonaws.com%2flifesite%2fTorah__jewish_810_500_75_s_c1.jpg&exph=500&expw=810&q=free+picture+of+Torah&simid=607989922960115137&ck=D239E075D1D44FEE2F37460F72A5E835&selectedIndex=9&FORM=IRPRST&ajaxhist=0

65

Reference

Picture of Koran-

<https://www.bing.com/images/search?view=detailV2&ccid=cXZuC44o&id=2687E67C17515BCD6E2BE52D0A591793BEC8536D&thid=OIP.cXZuC44oi8VHPC-dXbED3wHaEK&mediaurl=http%3a%2f%2fgetwallpapers.com%2fwallpaper%2ffull%2f8%2f2%2f0%2f1051268-quran-wallpaper-1920x1080-retina.jpg&exph=1080&expw=1920&q=free+picture+of+koran&simid=608003911639499127&ck=62053D3C09CA7442859AC5308A322BF2&selectedIndex=2&qpvt=free+picture+of+koran&FORM=IRPRST&ajaxhist=0>

66

References

Picture of Emotionally Depleted Nurse-

https://www.bing.com/images/search?view=detailV2&ccid=3c7p5D2X&id=5297900D8A74D1C63206361B8554AE96853DA208&thid=OIP.3c7p5D2XJ5IMLwCokHRgRAHaEK&mediurl=https%3a%2f%2fmedia4.s-nbcnews.com%2fj%2fnewscms%2f2015_39%2f787771%2fnurse-upset-emotional-today-150921-stock-tease_d672e0bc97e8ddb75059cc07801253e8.today-inline-large.jpg&exph=394&expw=700&q=free+picture+of+emotional+nurse&simid=608006252392351457&ck=7027598D2B2957615ECBB1A94C5747F7&selectedIndex=5&qpv=free+picture+of+emotional+nurse&FORM=IRPRST&ajaxhist=0

67

References

Picture of Nurse Caring for Baby with Mother within a NBICU-

<https://www.bing.com/images/search?q=free+picture+of+nurse+providing+care+to+mother+and+child&qpv=free+picture+of+nurse+providing+care+to+mother+and+child&form=IGRE&first=1&tsc=ImageBasicHover&scenario=ImageBasicHover>

Picture of Nurses Caring for Dying Patient/ ED Setting-

<https://www.bing.com/images/search?view=detailV2&ccid=3OSS3D%2bV&id=4E3D35C1830DEB7A650BD70061333D7D8E8A3B94&thid=OIP.3OSS3D-VdFJBy-Rxff5n9AHaE8&mediurl=https%3a%2f%2fwww.usnews.com%2fcmmedia%2f3a%2f1a%2f101b3fe7496e9509fd407a6ef803%2f151201-hospital-stock.jpg&exph=2578&expw=3867&q=free+picture+of+nurse+providing+care+to+dying&simid=608047290828521981&ck=A87CEB7CA860C325B1B58BB4E5DFDB05&selectedIndex=10&FORM=IRPRST&ajaxhist=0>

68

References

National Consensus Project for Quality Palliative Care (2019). Retrieved from

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6371670/>

Rando. T.A. (2000). *Promoting healthy anticipatory mourning in intimates of the life-threatening or dying person*. In T.A. Rando (Ed.): Clinical dimensions of anticipatory mourning. Champaign, IL: Research Press.

69

References

Picture of Family-

<https://www.bing.com/images/search?view=detailV2&ccid=2BmgI2FO&id=E5DE7F9A5F8507377BFFCDE16FAE17CCBB551B0F&thid=OIP.2BmgI2FOCveJpfQvBn3F2wHaD4&mediurl=https%3a%2f%2fi2-prod.mirror.co.uk%2fincoming%2farticle6419193.ece%2fALTERNATES%2fs1200%2fCheerful-family-taking-selfie.jpg&exph=630&expw=1200&q=free+picture+of+family&simid=608047170581301327&ck=E57A475FD07BE49B30B1CDF1373E080E&selectedIndex=11&qpvt=free+picture+of+family&FORM=IRPRST&ajaxhist=0>

70

References

Stressed Young Nurse (Sneakers On)-

https://www.bing.com/images/search?view=detailV2&ccid=FCu6TOSV&id=9C611F26384D02017802007299D9D48631CF71C1&thid=OIP.FCu6TOSV0IzXA8_Kol4baQHaEV&mediurl=http%3a%2f%2fthefootnotes.com.au%2fwp-content%2fuploads%2f2016%2f04%2fnurses-dealing-with-loss.jpg%3fx85888&exph=580&expw=991&q=free+picture+of+emotional+nurse&simid=608029256238043008&ck=3176B692B98A61D9EF39DE3A13A04338&selectedIndex=0&FORM=IRPRST&ajaxhist=0

71

References

Group of Nurses-

https://www.bing.com/images/search?view=detailV2&ccid=TM%2fYKgJJ&id=D7D65A4DEF8199115F9F276EE78C9F096B141900&thid=OIP.TM_YKgJJwa7q4G-9-iUfEwHaE8&mediurl=https%3a%2f%2fs3.amazonaws.com%2fuploads%2fwp-content%2fuploads%2fDUQ-MIG%2f2019%2f01%2f23112825%2fgroup-of-nurses-outside-of-a-hospital.jpg&exph=520&expw=780&q=free+picture+of+group+of+healthy+and+happy+nurses&simid=608027546862882145&ck=525D56874FB6BB15B42C52765C37B4E1&selectedIndex=1&FORM=IRPRST&ajaxhist=0

72

Three Take-Aways



- Spiritual health is a means to maintain physical and emotional health
- It is important to understand those self-care practices that can impede one's health
- There are several coping skills nurses can use to reduce their own levels of fear and anxiety



73



Thank You



[Self Care Resources](#)

Explore short video clips, check lists, self assessment, articles and more to learn about ways to support your wellness

Wellness Series Webinars

[On Demand Events](#)

Many topics addressing the different areas of wellness
From topics to support your professional/career development, to mindfulness to inspiration - all directed towards your self care.

If you missed a webinar, you can still watch and get a continuing education contact hour credit

[Upcoming Events](#)

Check out the calendar and register for upcoming Wellness Series Webinars!

74

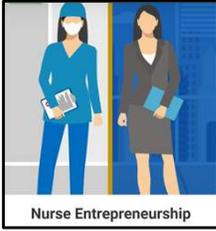
WELLNESS For Nurses  **Caring for the Profession**

 Self Care Resources
On-Demand Learning
<https://elearncna.com/>

 Finding Your Voice

East Practices to Promote Well Being

 Design Thinking For Nurse Led Innovations

 Nurse Entrepreneurship



75

Thank You
Nurses Care for Connecticut



Support
Ongoing Work
on Behalf of
Nursing
\$15/month

www.CTNurses.org

76

Evaluation/Certificates *Wait for the Link*

Complete evaluation
Download certificate



77



78