Analyzing Self-Care Initiative of Nursing Students

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Introduction

- Self-care – constant, voluntary, and learned actions performed in order to maintain one’s wellbeing
- Impaired by academic and clinical stress
- Rarely an interest in the self-care of health care providers

Method & Participants

- Face-to-Face Interviews; Format: semi-structured
- 9 participants total – 8 upper division; 1 graduate

Themes & Quotes

- “There was a secondary trauma type situation because you’re affected by your patient type situation and you feel almost powerless to do anything.”
- “You actually have to catch vomit or wipe someone’s bottom and see very stressful things and it’s physically tiring and make sure that you are okay with not getting all the glory, but doing all these very, very stressful things.”
- “You have to learn to be okay with failure. There’s always the fear of what if I don’t make it.”
- “The stress of no matter what you do is good enough.”
- “Powerless”
- “Seeing a patient who’s in a very, very bad situation knowing that they can’t get out of it and you can’t do anything about it.”
- “Fear of Failure”
- “Having a lot of fears... emotionally with nursing you’re always constantly on the verge of am I doing things right. There’s always the fear of what if I don’t make it.”
- “The stress of no matter what you do is good enough...”
- “I am trying to learn about other people’s health, but I can’t even keep my health in line.”

Participant Recommendations

- “Have your priorities very, very clear. Don’t lose sight of those.”
- “Stay grounded and find ways you can cope with those stresses.”
- “Relax. Don’t just study because that can be the end of you.”
- “Make a list of things that make you happy, because whenever you are stressed, you are going to go back to those things.”

References


Nursing School is . . .

- “a very unique opportunity to not only see people when they are sick, but to help them overcome that and to deal with their families and to have a holistic approach”
- “very hard, but not undoable”
- “stressful for everyone”
- “a lot of responsibility”

Self-Care Activities

- Hobbies: cook, swim, paint, jog, basketball
- Spiritual: pray, attend a religious ceremony
- Relaxation: pet therapy, meditation/ deep breathing app
- Communication: counseling, fostering friendships

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