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Impact of Evidence-Based Educational Guidelines to Increase Nurse Educator's Physical Activity at Work and Home

Carol M. Patton, Dr. PH, FNP-BC, CRNP, Healthcare Informatics, CNE, Parish Nurse

IMPORTANCE OF EVIDENCE-BASED ASSESSMENT AND CLINICAL GUIDELINES FOR NURSE PRACTITIONERS

- ✓ Lack of planned physical activity and exercise is a major issue impacting nurse educators and nurses working in sedentary roles
- ✓ Despite the plethora of evidence and benefits of regular physical activity and exercise many nurse educators do not engage in regular physical activity or if they do, the level or extent of physical activity is insufficient to maintain a normal body mass index (BMI)
- ✓ Nurse educators are a population who may not get as much planned exercise and activity at work and at home as they need resulting in elevated BMI's
- ✓ A BMI greater than 30 predisposes nurse educators to chronic health issues like chronic disease and illnesses like heart disease and stroke, respiratory problems and muscle and joint problems
- ✓ Many nurse educators are working in sedentary occupational roles presently
- ✓ Nurses who complete fewer than 5000 steps per day are considered to have sedentary occupational sitting time
- ✓ Nurses completing fewer than 5000 steps per day are at risk for preventable chronic disease and higher risk for increased mortality and morbidity from being overweight.
- ✓ Overweight nurses are more likely to experience poor health and chronic disease resulting in higher absence from work, exit early from the nursing workforce, or take early retirement

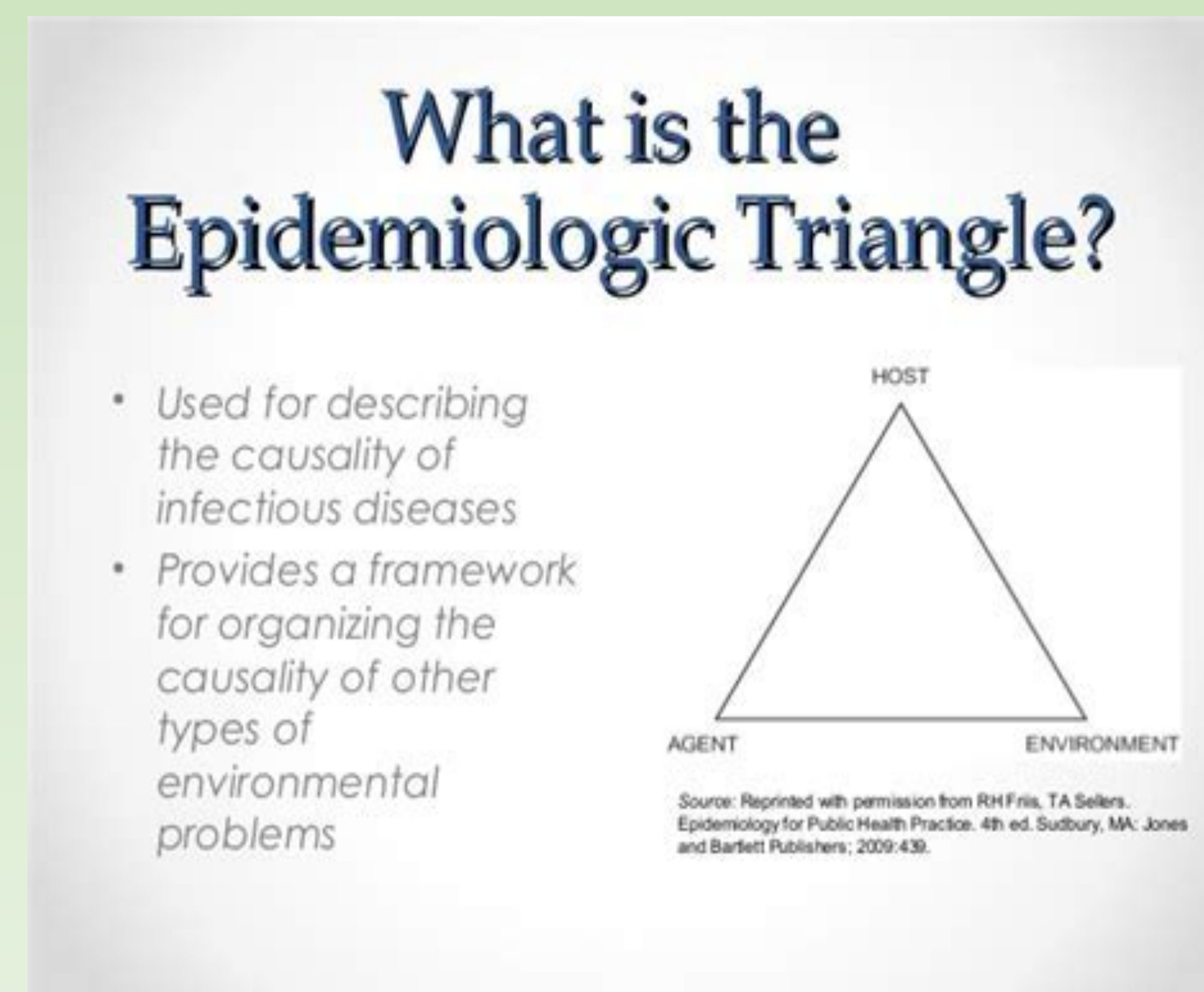
EDUCATIONAL OBJECTIVES

At the end of this presentation, the learner will be able to:

1. Identify the need for nurse educators develop sustainable behavior change strategies to increase physical activity at work and at home;
2. Review scientific rationale on physiologic impacts of lack of planned exercise following a national clinical guideline;
3. Identify evidence-based national clinical exercise and activity guidelines to enhance physical activity at work and home;
4. Gain awareness and sensitivity to the United States Physical Activity Advisory Committee Report 2018;
5. Highlight evidence-based, clinical practice guidelines for strategies and best practice to increase nurse educator's physical activity at work and home; and,
6. Examine the impact of regularly planned exercise for nurse educators at work and home on health outcomes

Purpose of Project

The overall purpose of this EBP project is to help nurse educators develop sustainable behavior change strategies to increase physical activity at work and at home



DISCLOSURE

I have no personal or financial interests to disclose in this presentation.

Significance of This Evidence-Based Practice Project

- ✓ Obesity is linked to inactivity and sedentary occupational roles
- ✓ Despite the benefits of being active and walking at least 5000 steps per day, less than 50% of American adults meet national guidelines for physical activity
- ✓ The *Physical Activity Guidelines for Americans* recommends all adults should engage in at least 150 minutes of moderate-intensity aerobic physical activity weekly or 75 minutes of vigorous-intensive physical activity each week
- ✓ Following the *Physical Activity Guidelines for Americans* contributes to overall health and decreases risk of chronic diseases including heart disease, cancer, or diabetes

Evidence-Based Design

Five (5) Specific Evidence-Based Project Outcomes:

1. Examine general levels of perceived benefits and barriers to exercise of nurse educators in a large urban College of Nursing regarding benefits and barriers to exercise (EBBS) pre and post evidence-based educational intervention;
2. Identify what non-exercising nurse educators perceived to be the biggest benefits of exercise;
3. Identify and assess what non-exercising nurse educators perceived to be the biggest barriers to exercise;
4. Identify how non-exercising nurse educators perceptions of benefits from exercise are related to their perceptions of barriers to exercise; and,
5. Examine the impact (effect) of the evidence-based educational intervention on nurse educators pre and post intervention scores on the EBBS.

PICO(T) Question

"In a population of nurse educators over the age of 18 working in a large urban nursing education program (Population), how does an evidence-based educational intervention help nurse educators develop sustainable behavior change strategies to increase physical activity at work and at home (Intervention) as measured on pre and posttest intervention scores on the Exercise Benefits-Barriers Scale (EBBS) (Outcome) by the same group of nurse educators (Control) over eight weeks (Time)?"

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