Tackling NCDs by improving the health and wellbeing of nurses

Christine Hancock
Director, C3 Collaborating for Health
CNF Conference, 8 March 2014
Aims and objectives

• Explore issues about the health of the nursing workforce;
• share examples of work currently underway to promote nurses’ health;
• consider the use of the Heart Age tool to promote health among nurses and others; and
• share initiatives and solutions in making healthier choices and supporting patients and communities in preventing non-communicable disease.
'Ought not the [nurse] that is giving counsel to a sick man who is indulging in a mode of life that is bad for his health to try first of all to change his life, and only proceed with the rest of his advice if the patient is willing to obey?'

Nurses’ health

• Studies indicate:
  • Unhealthy lifestyle behaviours – diet, smoking, drinking
  • Lack of physical activity
  • Inadequate sleep
  • High stress levels and poor stress management skills
  • Knowledge deficits
  • Beliefs and values – e.g. putting others first
  • Health status similar to general population
Issues

- Healthier nurses are:
  - Able to give better care – “put your own oxygen mask on first before you help others”
  - More productive
- Work environment is key
- Ageing workforce – nurses working longer
- Do you as a nurse leader contribute to or undermine the health and wellbeing of your colleagues?