

The Healthy Nursing Collaborative: leading the way to healthier lives

C3 Collaborating for Health

- **C3 Collaborating for Health** is a global charity whose vision is for a world where there are no premature or preventable deaths from chronic non-communicable diseases (NCDs), and where people find it easier to live healthy lives
- C3 catalyses action in the wider community, by building partnerships and fostering collaboration between different organisations that, working together, can overcome the barriers to leading a healthy life

C3 Nursing

Healthier Nursing Students, with LSBU

- Health status; 3 interventions; Health promotion practice

First Impressions Count, with LSBU

- Social marketing strategies to promote social norm around professional behaviour in relation to healthy lifestyles

Influencing and advocacy

- Collaborating with national & international nurse leaders & organisations
- Bupa global nursing strategy
- UnitedHealth literature review and co-authoring of articles

Healthier patients and communities

- Nursing and community-led projects in Uganda

Dissemination of knowledge and skills

- Presentations, meetings, publications, social media, ENS4Care, education

The Healthy Nursing Collaborative: leading the way to healthier lives

- Workshop objectives
 - To share information and evidence about nurses' own health
 - To analyse barriers and **solutions** to nurses leading healthy lives
 - To explore opportunities to incorporate prevention into practice
 - To shape the development of the Healthy Nursing Collaborative

What is the Healthy Nursing Collaborative?

- A global initiative, funded by Burdett Trust, to support nurses' health and help incorporate prevention into day to day practice.
- So far....
 - Building on C3 previous work with nurses
 - Survey of NNAs at ICN Congress, Barcelona 2017
 - Establishing a virtual network to learn from each other and build on each others' work (20 members, 11 countries approx.)
 - Exploring innovative ways of engaging nurses in making changes in their own lives and achieving change to make workplaces healthier e.g. using theatre/drama
 - Looking for examples of good practice in prevention

35 respondents to NNA Survey, ICN Congress, Barcelona 2017

- Why nurses' health is important
 - Nurses as individuals
 - Nurses in professional practice
 - Nurses as employees
- NNA led initiatives to improve nurses' health
 - Care and support
 - Education and information
 - Evidence and data collection
 - Working conditions
 - Lobbying and advocacy

Why a network?

- Networks are a group of interconnected people.
- They are a creative and innovative way of organizing around a common purpose, where members collaborate as peers based on the principles of reciprocity (exchange for mutual benefit)
- They are highly relational, characterised by a culture of sharing, trust, and respect between members.
- They are adaptive and thrive where they make an impact in relation to the network's purpose.
- Networks take time to generate an understanding of the intelligence, capacity and commitment of members.
- (Source 4 Networks)

- **To join**

1. Email pat.hughes@c3health.org
2. Complete a sign-up form at C3 stand