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.
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
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- 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