

CARING FOR SELF: MIND, BODY AND SPIRIT

Cynthia Brown RN, MS

Florida Atlantic University

777 Glades Road

Boca Raton, FL 33431

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Nurses require caring for themselves so they can effectively care for others. The nursing profession is stressful with long hours, patient overload, and difficult working environments. This stress may appear in many different ways including physical, emotional, and behavioral symptoms leading to absenteeism and job burnout. What is being done to remedy this problem?

Purpose: The purpose of this quantitative study was to examine students' care of self: mind, body, and spirit, both before and after participating in a holistic nursing class at a state university, Caring for Self. Was this class effective in assisting with care of self?

Method: The research design was a quasi-experimental design utilizing a survey format with a convenience group, students participating in a Caring for Self class at a state university. This design was used with out randomization or a control group. The survey was administered before and after the intervention of taking the Caring for Self class to answer the research question: "What is the impact of a nursing course focused on caring for self: mind, body, and spirit on a students' ability to care for self?" Subscales of the investigator designed instrument include Physical, Emotional, Mental, Choices, Relationship, and Spirit.

Findings: Pre- and post test surveys have been completed and are currently being analyzed using SPSS to examine changed behavior related to self care.

Discussion: Discussion includes the impact of caring for self with relation to physical, emotional and mental health, decision making, communication with others and spiritual growth. The strengths and weaknesses of this research design and implications for future research are considered.