

The Change Project: An Innovative Approach to Student Self-Care in the Classroom



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From Clinical Practice to Classroom...in a
“post COVID world”



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What assignment(s) or activities do you remember from nursing school?

- Fill your vase



- Sensory perception



Domain 10: Personal, Professional, and Leadership Development

10.1 Demonstrate a commitment to personal health and well-being.

- Entry Level:
 - 10.1a Demonstrate healthy, self-care behaviors that promote wellness and resiliency.
 - 10.1b Manage conflict between personal and professional responsibilities.
- Advanced Level:
 - 10.1c Contribute to an environment that promotes self-care, personal health, and well-being.
 - 10.1d Evaluate the workplace environment to determine level of health and well-being

Domain 2: Person-Centered Care

2.1 Engage with the Individual in establishing a caring relationship.

□ Entry Level:

- 2.1a Demonstrate qualities of empathy.
- 2.1b Demonstrate compassionate care.
- 2.1c Establish mutual respect with the individual and family.

2.8 Promote self-care management.

□ Entry Level:

- 2.8a Assist the individual to engage in self-care management.
- 2.8b Employ individualized educational strategies based on learning theories, methodologies, and health literacy.
- 2.8c Educate individuals and families regarding self-care for health promotion, illness prevention, and illness management.



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The Change Project: Self-Care Initiative...Background

Definition of health

- Personal health
- 8 Dimensions of wellness
- Internal and external variables
- Change Theories
 - Health Belief Model
 - Theory of Planned Behavior
 - Transtheoretical Model of Change



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The Change Project: Self-Care Initiative...

ACTION



Reflection during lecture

- SMART goals
- Behavior they could/want to change
- What stage of TMC?

Introspective moment...



- What habit do you currently have that “needs to be changed”?
- What stage of change are you in?
- Have you been in other stages previously?
- What can you do to get to the next stage?
- How could others assist you in getting there?

- Think about a family member or friend...
- What habit do they need to change?
- What stage are they in?
- How can you help that person get there?

- Someone willing to share?





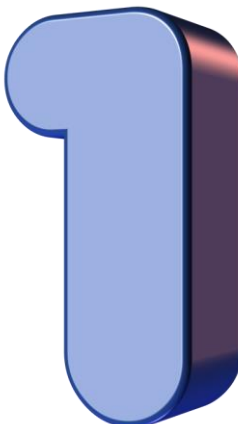
Change Project... for next week:

[EBP Resources](#)




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Part One:



1. Describe the behavior you plan to change or initiate.
2. What stage of change are you in at this point regarding the behavior?
3. What are the reasons you have not been able to change this behavior in the past?
4. Name two specific psychological or physiological benefits you might expect by achieving this goal?
5. What kinds of techniques have you found helpful in any previous attempts to change a behavior?
6. Assess the potential barriers, both internal and external that may cause challenges. Name at least three.
7. Formulate a realistic plan for change and describe this in detail. Create SMART goal(s) towards improved wellness.
8. How confident do you feel about succeeding with this change?



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Part Two:



Weekly Journal

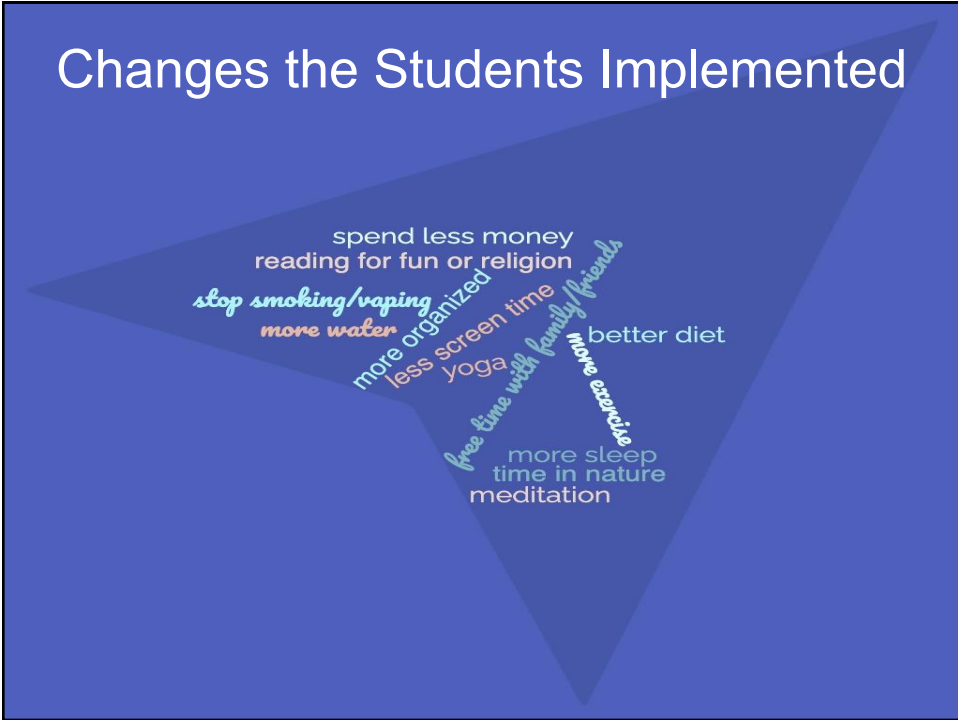
Week	What goals did you meet?	What were the challenges you met or overcame this week?	What worked well that you could continue?	Did you have any support? If so, who? If not, would you like some?	What are your goals for next week?	Steps to accomplish your goals?
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Part Three:



Evaluation

1. What was enjoyable, intimidating, frustrating about this project?
2. Was there a turning point when the behavior began to feel routine?
3. Do you think you can keep the behavior as a habit/practice? Explain.
4. If you chose a partner, how did they help you
5. What were your overall challenges? How did you overcome them?
6. How did you stay motivated?
7. Did you use any motivation or rewards to help support/achieve your goals? If so, what were they?
8. Reflect on your nursing practice, how will this assignment change how you will work with patients in the future?



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RESULTS

What did the students learn?
What was the impact?

A hand with white nail polish is shown holding a blue marker, positioned as if it has just finished writing the word 'RESULTS' and is about to underline it.

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Comments from the Students

- “This project gave me a newfound sense of **relief** in my life. Learning to cope and deal with my feelings and my stressors has really taken a huge pressure off life. I feel like I can finally breathe again, and I am excited to see what my future nursing career, as well as the world has in store for me with my newfound confidence in myself”
- “The most enjoyable aspect of this project was the **opportunity to change**. The fact that I can be given an excuse to do something differently as an assignment was exciting”
- “This project pushed students to try and **better themselves** and **improve their health**”
- “This motivated me to live a **healthy** lifestyle, so I can set a good **example** for my future patients”
- “I was able to **give myself** seven hours of sleep each night because it was ‘for class’”
- “All goals are accomplishable with **support** and accountability”



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- “I think that this change project helped me **push through adversity** and helped me see the positive in the situation”
- “This is going to be really beneficial to me when I am a nurse because it is a very stressful job and I know that some days I am going to need to get home and have a positive attitude to destress and I know that working out would be perfect for that”
- “As a nurse, this practice may also help me to prioritize my time off work, may that be with my future children, future husband, family, friends or doing the “life” responsibilities previously mentioned”
- “I really loved how the project slowly progressed from a **project** to a **goal** to a **habit**”
- “I hold in my hands, whether I get enough sleep. Therefore, I must get enough sleep to be able to take care of myself and others”.
- “The change project was enjoyable because it reminded me to take more time for myself, even when school and life got stressful”



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Student Perceived Improved Health



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Patient-Care Insight Gained by Students



- “A little added push can **motivate** someone to make a big change, might be all they need to positively change their life”
- “This assignment has shown me how to make **realistic** goals and how to achieve them, and I can share this with future patients so that they too can make meaningful and attainable changes in their lives”
- “Having gone through this experience I will be more patient towards my patients, and I will show **compassion** to them, as it can be hard to change a habit when you aren’t motivated or feeling your best”.
- I have learned how important not only the proper amount of sleep is, but also how **healing** sleep is. Therefore, for my future patients, I will be able to understand the necessity of sleeping as well as falling asleep. Rather than focusing on just giving medications to my patients, I can also help my patients by calming them down so they can fall asleep. This sleep will not only allow them to ease the pain but also heal their body.
- This will change how I look at patients in the future by becoming more **empathetic** to their situation- especially the ones in which they have to change a part or multiple areas of their lifestyle.

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- 93% of students found value in the assignment
- 93% thought the Change Project should continue to be a part of this class in the future
- 78% said that they would like if every nursing class incorporated self-care.

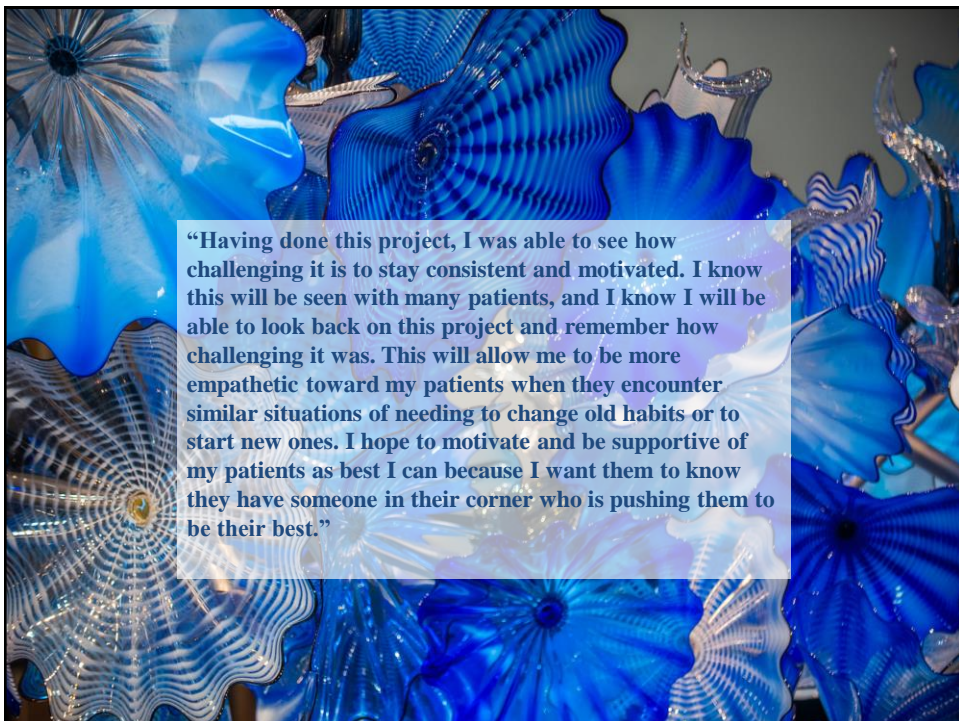
How can you implement student self-care in your classes?



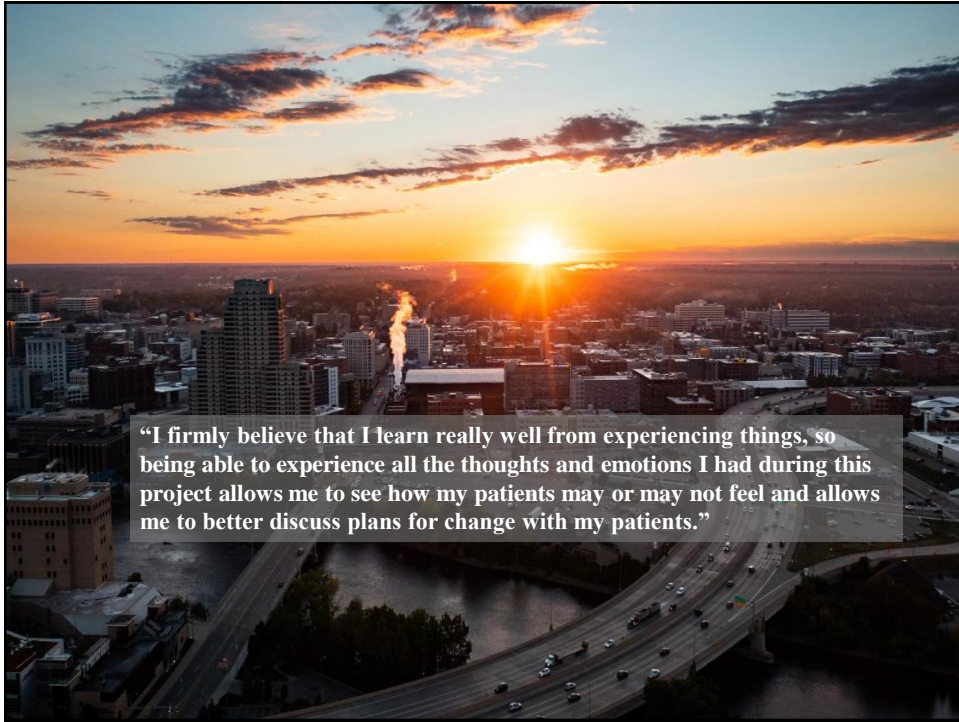
How can this assignment be improved or changed in order to be utilized with your students?



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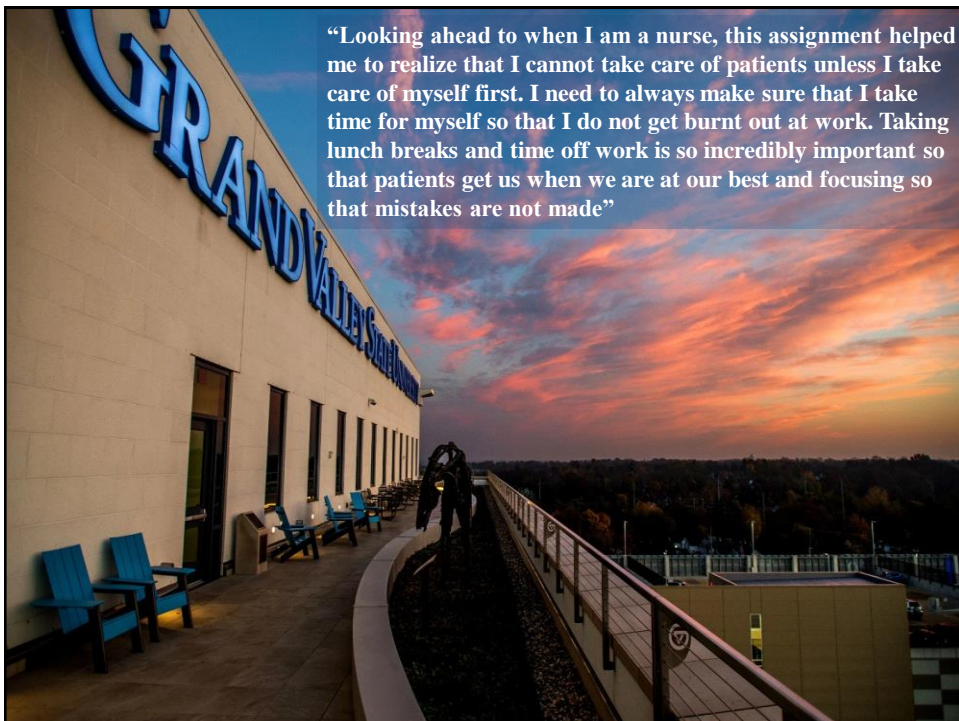


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“I firmly believe that I learn really well from experiencing things, so being able to experience all the thoughts and emotions I had during this project allows me to see how my patients may or may not feel and allows me to better discuss plans for change with my patients.”

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“Looking ahead to when I am a nurse, this assignment helped me to realize that I cannot take care of patients unless I take care of myself first. I need to always make sure that I take time for myself so that I do not get burnt out at work. Taking lunch breaks and time off work is so incredibly important so that patients get us when we are at our best and focusing so that mistakes are not made”

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