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Combining Theory with Evidence-based Practice to Enhance Nursing Practice

The purpose of discussion and study are to examine the influence of spiritual self-care practices, resilience and stress on perceived well-being of nursing students, nursing faculty and those that provide direct patient care. This discussion will focus on the state of nurses in the profession both national and globally. Nursing students may not be prepared to adequately cope and adapt to the demands of nursing school and can become overwhelmed leading to attrition. In the United States, nursing student attrition rates are approximately 27% to 50% annually. The rigor of the courses and concerns about finances, family obligations and employment can add to the stress. Examining factors that could contribute to improving coping skills of nursing students to reduce attrition rates is important. One factor that could influence student resilience to remain in nursing programs is spiritual self-care practices. Spirituality is the belief that people hold related to their subjective sense of existential connectedness including beliefs that reflect relationships with others, acknowledgement of a higher power and recognition that an individual's place in the world can lead to spiritual practices. Spiritual self-care is a set of spirituality-based practices in which people engage to promote continued personal development and well-being in times of stress. Examples of spiritual self-care practices include prayer, worship, meditation and interacting with others. Spiritual beliefs and self-care practices (for example prayer or meditation) often overlap, making it difficult to distinguish between the two. The results of this study provide support that practicing spiritual self-care can help nursing students adapt to the stress associated with taking classes, doing homework, completing tests and doing clinical rotations in hospital settings. The demands of technology and meeting the needs of the student and faculty preparedness in the academic arena. Are we addressing the needs of our profession and what can we do to ensure a healthy nursing workforce globally?

As a result of this activity, participants will understand White's theory of spirituality and spiritual self-care that was substructured from Orem's self-care deficit theory, how spiritual self-care can help nursing students cope with stress associated with their nursing programs and the role of spirituality self-care in building resilience. Participants will discuss strategies and shared "Best Practices" on ensuring nurses can meet the demands of the profession and how to mitigate and ensure a healthy nursing workforce globally.

Biography

Dr. Mary L. White is a tenured professor at McAuley School of Nursing, University of Detroit Mercy since 2002. Dr. White published research on self-care and spiritual self-care practices in patients with chronic illness, women and cardiovascular disease and evidence-based practice in pediatrics. She developed a valid, reliable instrument to measure spiritual self-care practices based on her midrange theory of Spiritual Self-Care. Dr. White presented her research on spirituality self-care practices at international, national and regional conferences. She is president of the International Orem Society and co-editor of the Self-Care, Dependent-Care & Nursing Journal of the International Orem Society.

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