THREADING SELF-CARE AS A COMPETENCY IN NURSING CURRICULUM

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Purpose

- Integrating self-care as a competency throughout programs is critical in helping students identify and reflect on their *physical, mental, emotional, social,* and *spiritual health*.
- This self-recognition allows students to grow and integrate self-care into their practice.
- Self-care is essential to the entry and advanced levels in the AACN Essentials.

Process

- Leveled self-care journals, starting with first-semester
- Journals initially focused on the student's perception of self-care
- The students then used reflection, integrated self-care guides, and mobile applications.
- To integrate competency-based education, the journals built upon prior semesters, including journaling to recognize their growth or barriers.
- The culmination of the self-care competency was the students designing and implementing a self-care event with other disciplines, healthcare organizations, and community leaders within their local community.

AACN Essentials

- Domain 2: Person-Centered Care and Domain
  - Journaling & Reflection
- Domain 3: Population Health
  - Self-care event with other disciplines, healthcare organizations, and community leaders within their local community
- Domain 6: Interprofessional Partnerships.
  - Self-care event with other disciplines, healthcare organizations, and community leaders within their local community.
- Domain 8: Informatics and Healthcare Technologies
  - Online resources and mobile applications also integrated several sub-competencies from
- Domain 10: Personal, Professional, and Leadership Development
  - Journaling & Reflection

First Semester Journaling

◦ **Week 1:**

Make a plan and set your intentions. Reflect on your current level of self care. What practices do you already incorporate into your daily life? How will you continue to incorporate those practices into your schedule? What makes you happy? What causes you stress? Who do you lean on for support? Who should you avoid when you are feeling stressed. What additional self care practices can you incorporate and how will you incorporate them? What are your personal needs and intentions for self care?

◦ **Week 2: Physical Health**
◦ **Week 4: Emotional Health**
◦ **Week 6: Social Health**
◦ **Week 8: Mental Health**
◦ **Week 10: Spiritual Health**

Select one of the self care practices from the listed for the category or come up with your own mental self care practice. This should be something new to you. State your intention for the activity/practice. Reflect on what you did and discuss any impact it had on your overall wellbeing. How will you continue to care for your wellbeing?
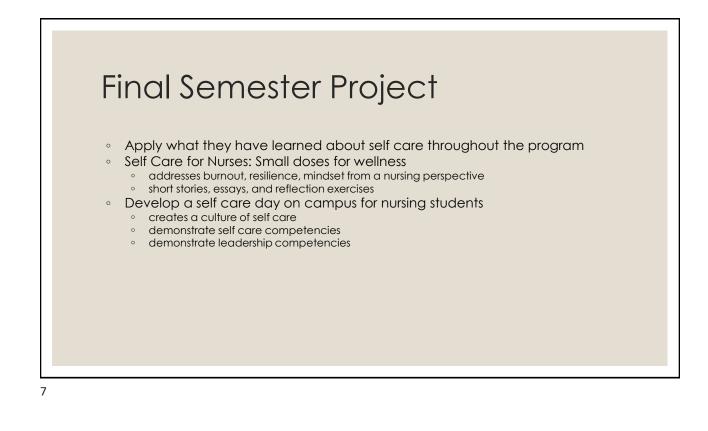
Scaffolding

Emotional Health

Semester 1

Select one of the self care practices from the list under emotional, or come up with your own emotional self care practice. This should be something new to you. State your intention for the activity/practice. Reflect on what you did and discuss any impact it had on your overall wellbeing. How will you continue to care for your emotional health?

Semester 2

Reflect on the self care practices from the list under emotional during semester 1. Is this something you have continued to incorporate into your weekly schedule? What influenced your ability or decision to include or not include this in your schedule? Select one of the self care practices from the list, or choose another under emotional, or come up with your own emotional self care practice *different* from the one you selected in semester 1. State your intention for the activity/practice. Reflect on what you did and discuss any impact it had on your overall wellbeing. How will you continue to care for your emotional health?

Final Semester Project

- Apply what they have learned about self care throughout the program
- Self Care for Nurses: Small doses for wellness
    - addresses burnout, resilience, mindset from a nursing perspective
    - short stories, essays, and reflection exercises
- Develop a self care day on campus for nursing students
    - creates a culture of self care
    - demonstrate self care competencies
    - demonstrate leadership competencies

Outcomes

- Connections with students
- Ability to identify their personal needs
- Students were able to identify barriers and growth in a safe environment.
- Integration of the community project promotes service and connection to the community.

Recommendations

◦ Gathering qualitative data related to students' perception of self-care as a competency
◦ Explore how they utilized the skills obtained in practice as a student and new nurse
◦ Utilize this with faculty
◦ Integrate self care practices within courses and programs
◦ Create areas that students can use for self care
  ◦ Healthy Food
  ◦ Infusers
  ◦ Private rooms with music therapy
◦ Better awareness of resources available

References