

Self care

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INTRODUCTION



Picture by D. Ambrosio

What Is Self-Care?

“Self-care is any deliberate activity that we do to provide for our physical, mental, and spiritual well-being. It is important for all humans, but **especially for nurses**, who spend their working hours caring for others”.

Self-care reduces stress, replenishes a nurse’s capacity to provide compassion and empathy, and improves the quality of care. It’s also recommended by the American Nurses Association in its [Code of Ethics](#).

<https://www.purdueglobal.edu/blog/nursing/self-care-for-nurses/#:~:text=What%20is%20Self%2DCare%3F,working%20hours%20caring%20for%20others.>

Self-Care Is Mandated by the ANA Code of Ethics

The fifth provision of the American Nurses Association’s Code of Ethics states : that the moral respect that nurses extend to all human beings “extends to oneself as well: the same duties that we owe to others we owe to ourselves.”

- These duties include the responsibility to:
- Promote health and safety
- Preserve wholeness of character and integrity
- Maintain competence
- Continue personal and professional growth

Retrieved from :<https://www.nursingworld.org/practice-policy/nursing-excellence/ethics/code-of-ethics-for-nurses/>

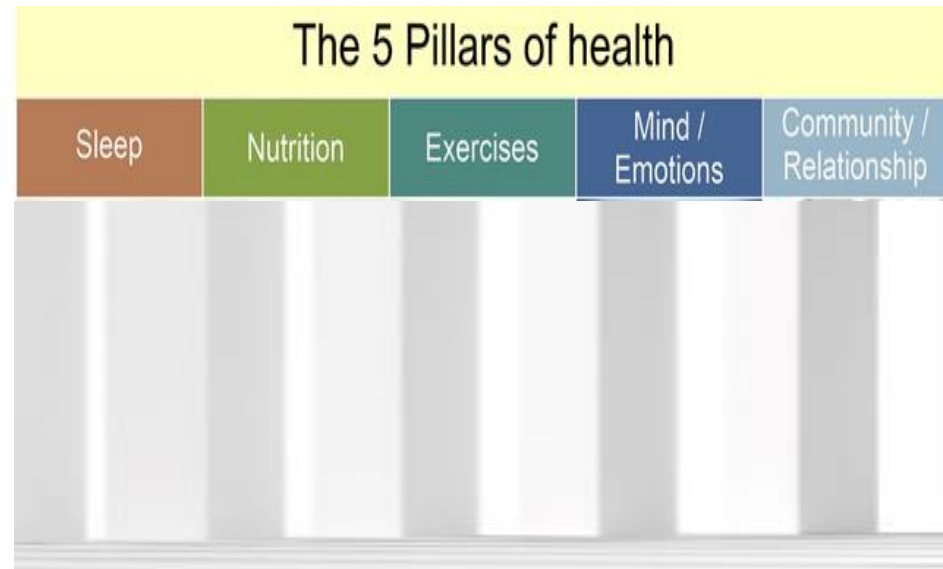
Self Care impact...

- It reflects not only care of oneself but will **effect patient safety**
- Self care for the nurse will **reduce the stress, replenish the nurse capacity to provide compassionate and empathic care and improve the quality of care by the nurse.**
- It is your **ethical responsibility** as a nurse provision five.
- Self care should be part of ***your professional identity.***

SELF CARE FOR NURSES Is VITAL

The pillars of Health to be discussed this semester :

- Sleep
- Nutritional
- Exercise/Physical
- Mind/Emotion/Stress Reduction
- Social
- Intellectual
- environmental



What can you do?

The first step is to self-reflect and self-assessment.

Where are you currently with self-care?

You may wish to assess the following areas of your life:

- Physical
- Nutritional
- Emotional
- Social spiritual
- Intellectual
- environmental



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How will we work on self care together?

Weekly in this course we will discuss different aspects of self care .

You will consider and reflect how the topic discussed in class impacts you.

- Do you need to make changes?
- Do you want to add these self care activities into your life?
- Are you making time for self care?

Assignments weekly:

- You will upload comments each week of your self care to the forum. You may or may upload a picture of you doing or an example of self care. If you use a picture it should depict a healthy choice you made for self care – or an example of self care. As a group we can begin to think about self care & sharing ideas.
- **Remember as nurses we are “non- judgmental” and accepting of each others thoughts and ideas, we are respectful and kind

What Is your self-care goal...

Take a few minutes ...

1. Reflect on what you would like to improve about your health this semester
2. Make a plan...
3. When will you start ?
4. Make a realistic, obtainable goal

Example: I will sleep 8 hours 3 days a week

Self-Care is not selfish...take care of you!



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