

**TOPIC: IN SUPPORT OF INCREASED EDUCATION IN SELF-CARE AWARENESS FOR NURSING STUDENTS AND NURSES**

**SUBMITTED BY: The College of New Rochelle**

WHEREAS, self care is referred to as an active role a person participates in to maintain and/or improve one's health and wellbeing; and

WHEREAS, in order for self care to be effective, nurses need to evaluate their level of self appreciation before they can present themselves as instruments of healing for their patients; and

WHEREAS, working beyond scheduled hours and experiencing exhaustion are factors that place the nurse at a three times higher risk for medication errors, and inadequate sleep can impair sound judgment and vital decision making which compromises patient safety; and

WHEREAS, stress management techniques such as healthy eating, daily exercise regimen, positive affirmation, meditation, self awareness, peer/collegial support network, and effective time management skills can prevent or alleviate psychological and physical stressors that nursing students may have during their intense nursing curriculum and that nurses may experience in their intense working environment; and

WHEREAS, one study reports that nurses felt energetic and revitalized after having their complete meal break without interruption and away from the unit, colleague teamwork improved, and patient satisfaction increased; and

WHEREAS, the nurse owes the same duties to self as to others, including the responsibility to preserve integrity and safety, to maintain competence, and to continue personal and professional growth; therefore be it

RESOLVED, that the National Student Nurses' Association (NSNA) advocate for its constituents to support increased education about self-care awareness and practices for nursing students and nurses; and be it further

RESOLVED, that the NSNA encourage its constituents to become involved in efforts to promote daily self-care practices such as self-reflection, relaxation, guided imagery techniques, improved nutrition, exercise, and effective time management; and be it further

RESOLVED, that the NSNA publish an article on self-care awareness for nurses and nursing students in *Imprint*, if feasible; and be it further

RESOLVED, that the NSNA send a copy of this resolution to the NSNA constituents, the American Association of Colleges of Nursing, the American Holistic Nurses' Association, the National League for Nursing, the American Nurses Association, *the American Nurse*, *the American Journal of Nursing*, the National Organization for Associate Degree Nursing, and any others deemed appropriate by the NSNA Board of Directors.