Practice What You Teach: Implementation of Wellness Programs for School Nurses

Reba T. Hamm, BSN, RN, NCSN
School Nursing Supervisor
Wake County Human Services
Raleigh, NC
reba.hamm@wakegov.com

Learning Outcomes:
As a result of participating in this educational activity, learners will be able to:
- Effectively assess their current state of wellness;
- Formulate individualized strategies to maintain or obtain their optimal state of wellness; and
- Successfully explain their wellness plan.

About the Session:
This session will explore the benefits of promoting better health outcomes for school nurses and develop self-help strategies in order to improve health outcomes. In addition, it will provide evidenced-based data regarding the obesity epidemic nationwide and among nurses; examine the need for research and literature reviews to be done in order to help nurses achieve better self-care skills, weight management skills and healthier behaviors; and teach self-help strategies that nurses can incorporate to help improve overall health and wellness.

Why this is important to a school nurse:
The purpose of this activity is to enable the learner to take personal ownership for caring for themselves. There is not one among us that would teach these behaviors to students: missing meals, going all day without taking a bathroom break, not getting enough sleep, and not incorporating exercise into their daily routine. So why do we do it? The answer is we can practice what we teach and in doing so, positively increase wellness outcomes.

Additional Author(s): Debra A. Tyson, MSN, RN, NCSN, School Nurse