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Providing mindfulness activities for nursing students in the classroom

The session demonstrates brief strategies faculty may implement in the classroom to support a nursing student's positive mind and body learning experience. Why? College nursing students in pursuit of meaningful careers face many challenges to their health and happiness on their path to success. In as little as two minutes many strategies to support a student's positive mind and body learning experience can be accomplished. Dedicate two minutes more, and faculty can empower a student to embrace a mindful presence in their daily lives. This workshop includes a participant discussion of the definition of Mindfulness, results of an IRB approval pilot survey of 50 current nursing student mindful behaviors, a brief overview of pertinent global research on Mindfulness, and allows the audience to engage in a few Mindful exercises, as well. The techniques discovered in this session are evidence based and universal. A packet of mindful methods to explore in classrooms will be provided to participants to take home.

Biography

Elizabeth Delaney is an Associate Professor for Ohio University Southern in Ironton, Ohio. She holds a master's degree in nursing and is board certified as a family nurse practitioner in the state of Kentucky. She has over 30 years experience as a registered nurse. She has over ten years experience as a professor in higher education in undergraduate nursing. Her research interest, presentations and publications are in the field of brain based learning strategies.

Mashawna Hamilton has been educating student nurses at Ohio University Southern (OUS) since 2005. She shares a passion for nursing education and improving the health of the individual, family, and community through community nursing. Throughout her career as a nurse educator, Mrs. Hamilton has been awarded the 2014 Elsevier Leading Stars in Education (ELSIE) Award, recognized by Ohio Magazine for Excellence in Education, received the Ohio University Southern Outstanding Faculty Award for Teaching, and was most recently recognized as an "OHIO Faculty Newsmaker". She has published manuscripts regarding innovative teaching strategies and presented at multiple national, regional, and state nursing conferences.

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