

42ND NURSING AND HEALTHCARE CONGRESS

October 19-20, 2018 | Ottawa, Canada

Self-care: Teaching nursing students the importance of adhering to the american nurses association code of ethics for nurses with interpretive statement's provision 5

Cheryl Green

Southern Connecticut State University, USA

Teaching nursing students the importance of self-care and working within healthy environments, is imperative as students begin to transition to the role of prelicensure nursing student to graduate nurse. The American Nurses Association's Code of Ethics for Nurses with Interpretive Statements, Provision 5, emphasizes the duty of the nurse to not only promote the health and safety of others, but to self as well (ANA, 2015). Care of one's self, through healthy eating, physical exercise, sleep, use of positive affirmations, and complimentary alternative therapies such as mindfulness meditation and aromatherapy, when introduced to prelicensure students during their nursing education, can be beneficial to them when they are registered nurses, in the prevention of stress, anxiety, and distraction in the workplace.

Biography

Cheryl Green is a nurse leader at Yale-New Haven Hospital and an Assistant Professor of Nursing at Southern Connecticut State University in New Haven, Connecticut. She is a board member and Governance Chair for Sigma Theta Tau International Nursing Honor Society Chi Zeta Chapter, and is on the Connecticut League of Nurses (CLN) board as a secretary elect, and serves on the Executive board for CLN as well. Her research interests include: incivility, stress reduction, substance addiction, spirituality, and medication error prevention within the clinical environment.

cagreen2271@sbcglobal.net

Notes: