



Could Health Professional Wellness Implementation Begin With Students? Health Students' Perceptions

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December 5, 2007

OVERVIEW

- What's the issue concerning wellness amongst the health professions/professionals?
- Is there a clear understanding of what 'wellness' is?
- What are the perspectives of Health Science students concerning 'wellness' and their personal practices?
- Recommendations/Conclusions



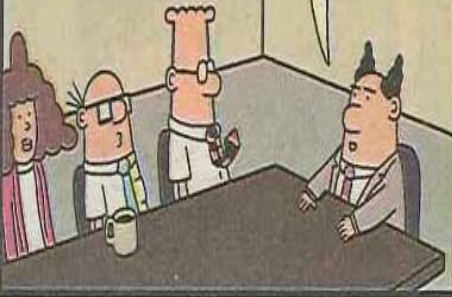
THE ISSUES for HEALTH PROFESSIONAL STUDENTS

As future healthcare professionals who will be advising their patients about wellness, health sciences students

- Must have healthy personal practices and attitudes.
- Must have wellness as part of their curriculum & training.
- Must have the knowledge & skills to discuss wellness with patients/public and colleagues.
- Must be prepared to cope with personal and workplace tensions and pressures.
- Must plan to become part of a transformed workforce placing emphasis on healthy lifestyle choices & well-being.



TOMORROW IS THE MANDATORY MEETING ON EMPLOYEE HEALTH AND WELL-BEING.

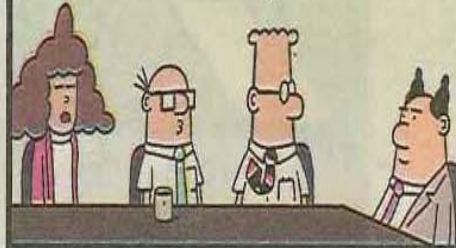


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THE MEETING STARTS AT 6 A.M., SO IT WILL INTERFERE WITH YOUR SLEEP AND NOT YOUR WORK.

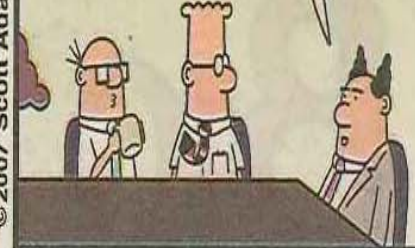


DOESN'T THAT SEND A MESSAGE THAT WORK IS MORE IMPORTANT THAN HEALTH?



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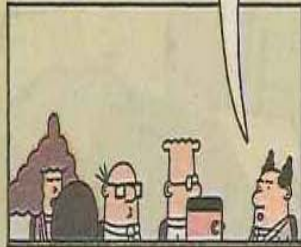
I HOPE SO. THAT'S THE THEME OF THE MEETING.



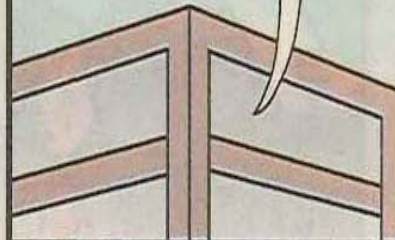
HEALTHY EMPLOYEES ARE UNPRODUCTIVE.



THEY'RE ALWAYS EXERCISING OR EATING FRUIT WHEN THEY SHOULD BE WORKING.



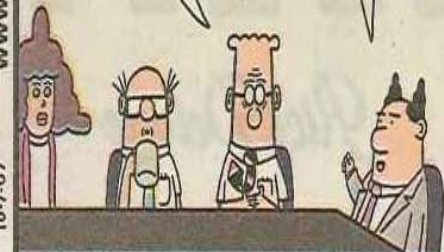
WE PREFER EMPLOYEES WHO WORK HARD AND DIE BEFORE THEIR PENSIONS START PAYING OUT.



www.dilbert.com
10-7-07

SUDDENLY I FEEL SICK.

RIGHT ON SCHEDULE!



Some facts about health professionals and wellness

- Compelling data shows that health professionals who have healthy personal habits are more likely to encourage patients and others to adopt related habits.
- Education and training of health professional students have negative impact on nearly all aspects of their personal health
- Lack of enthusiasm for information about lifestyle & preventive care
- Self adherence to healthy lifestyle viewed as not essential for them to encourage patients to do so.

(References: Frank et al., 2000 & 2004); Nuss et al., 2004; Wolf et al., 1991; Lee & Graham, 2001)



Defining & Understanding Wellness

- Challenge in defining and associating wellness with every day activities and lifestyle
- Wellness Definition vs. Wellness Description
- Focus on health or wellness Literacy



STUDY OBJECTIVE

This preliminary Appreciative Inquiry study explored health professional students' perceptions, actions and recommendations regarding their own wellness and stress management.



METHOD

- Health sciences students were asked to voluntarily participate in a pilot survey and peer interview.
- Four questions were posed to students:
 - Without giving students a definition of wellness, how do they describe or define wellness?
 - What do the students do to promote their own wellness
 - What kinds of specific activities do they engage in?
 - What should the university ensure is available to these students so they can promote their own health and well-being?



RESULTS

- In the pilot, 44 students participated
- 50/50 female:male mix.
- Mix of ages, backgrounds and levels of education
- Health professional students viewed their school program as:
 - being very intense
 - not conducive to creating a balanced lifestyle
 - does not emphasize wellness/well-being.
- Social networks within and external to school were important to majority of students
- Students indicated that the university needs to have specific programs, activities and facilities in place



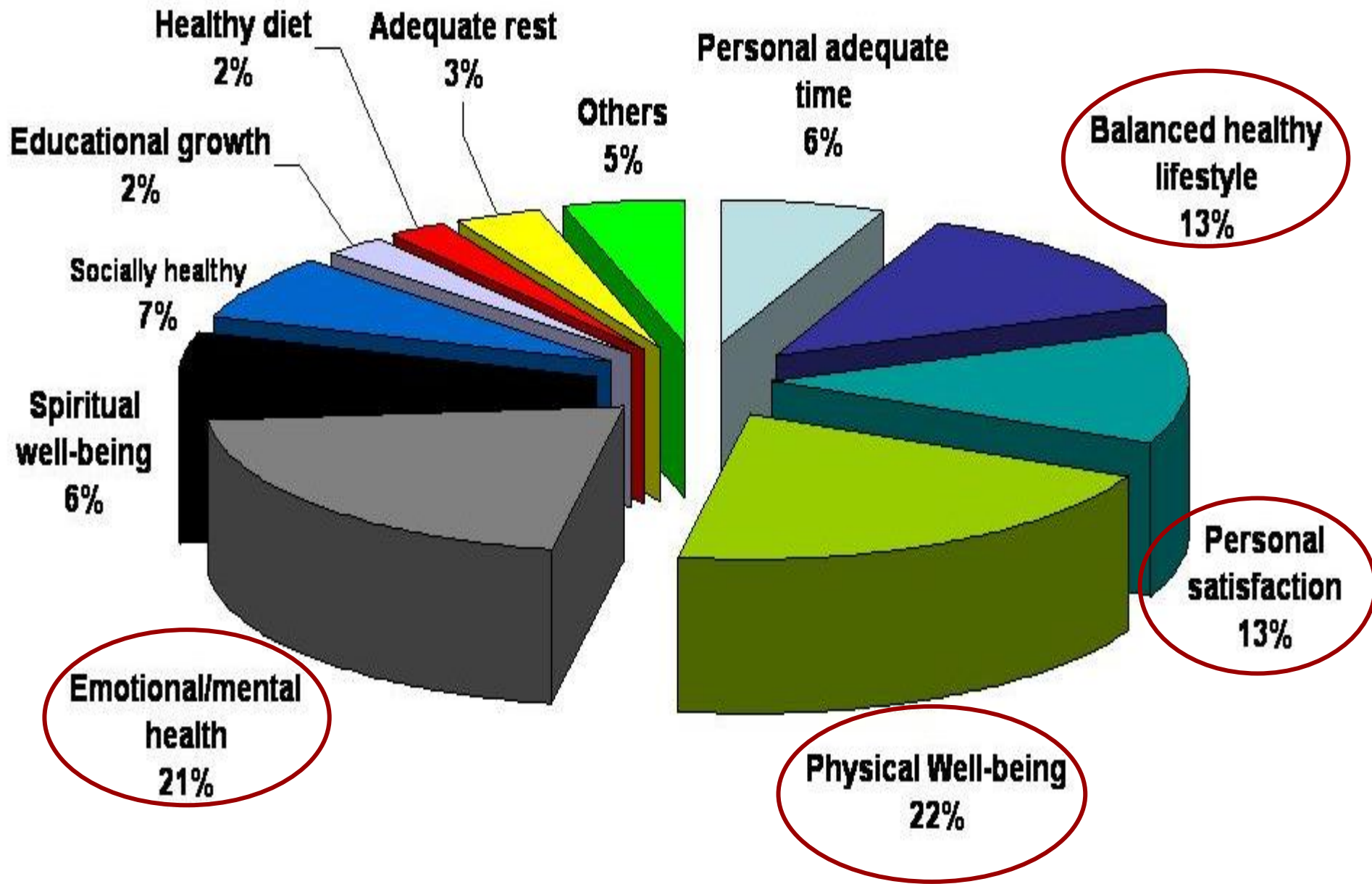


Figure 1: How Students Define Wellness (N=44)

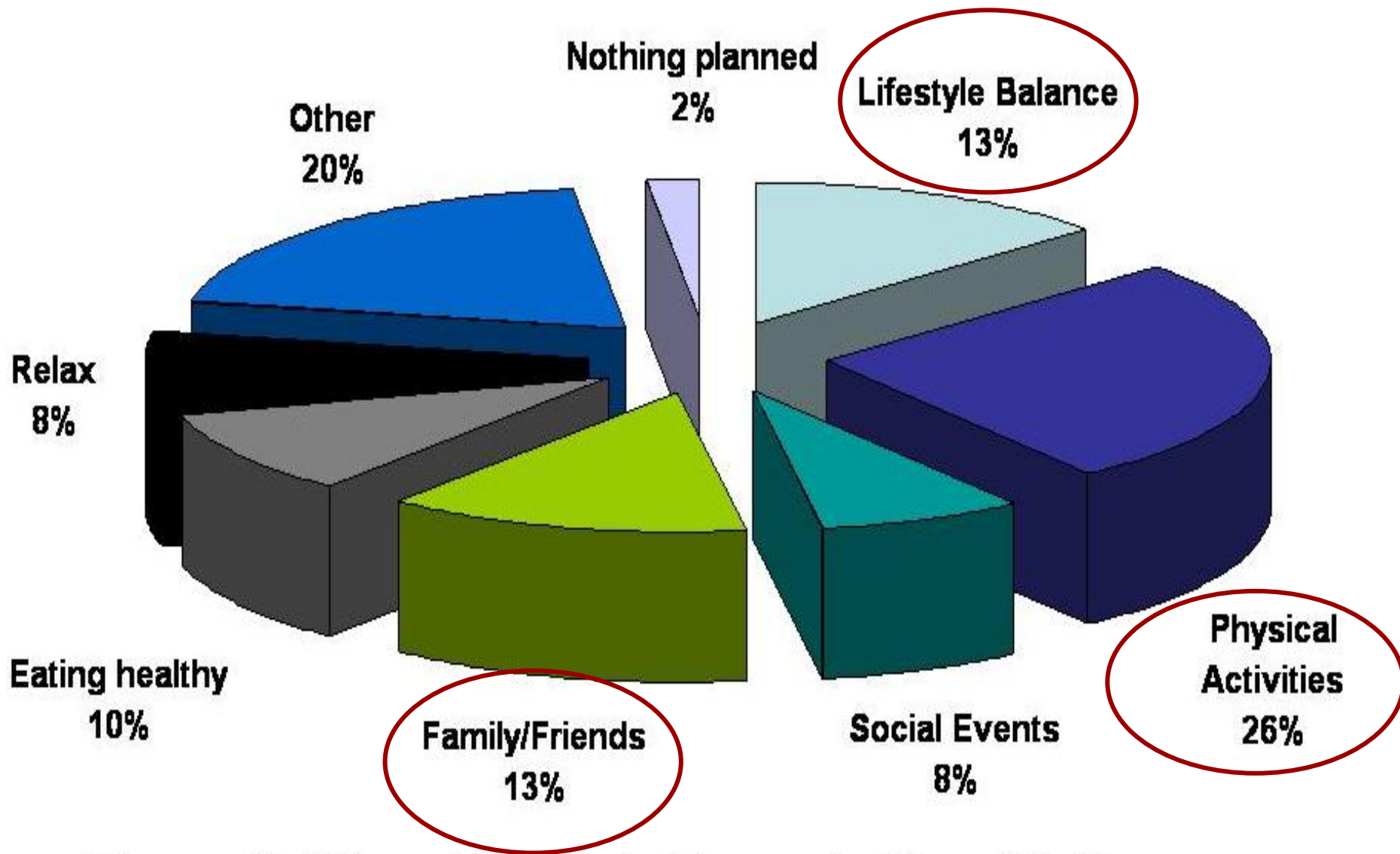


Figure 2: Ways Students Promote Own Wellness
N=44

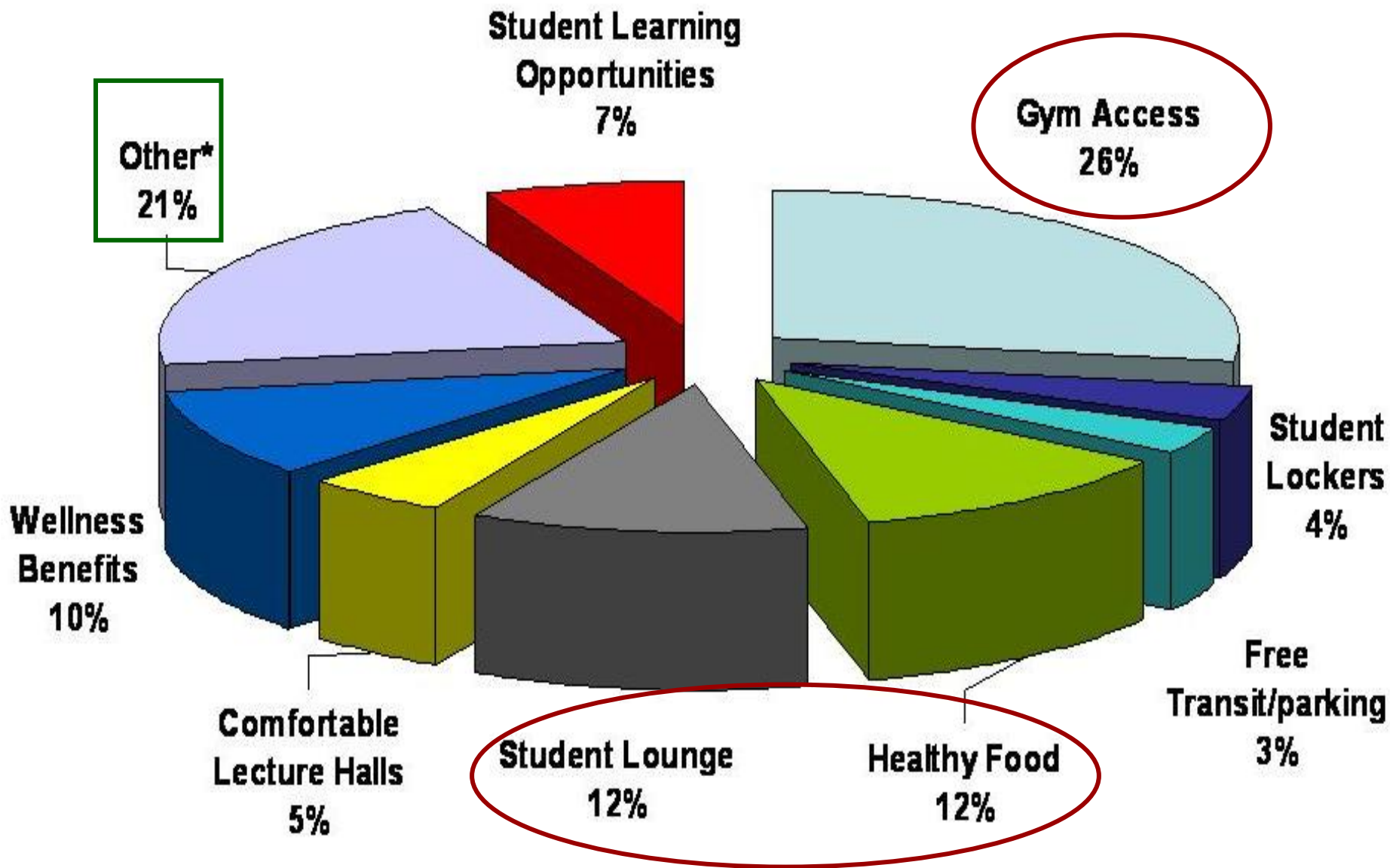


Figure 3: What the University Needs in Place to Support Student Wellness (N=44)

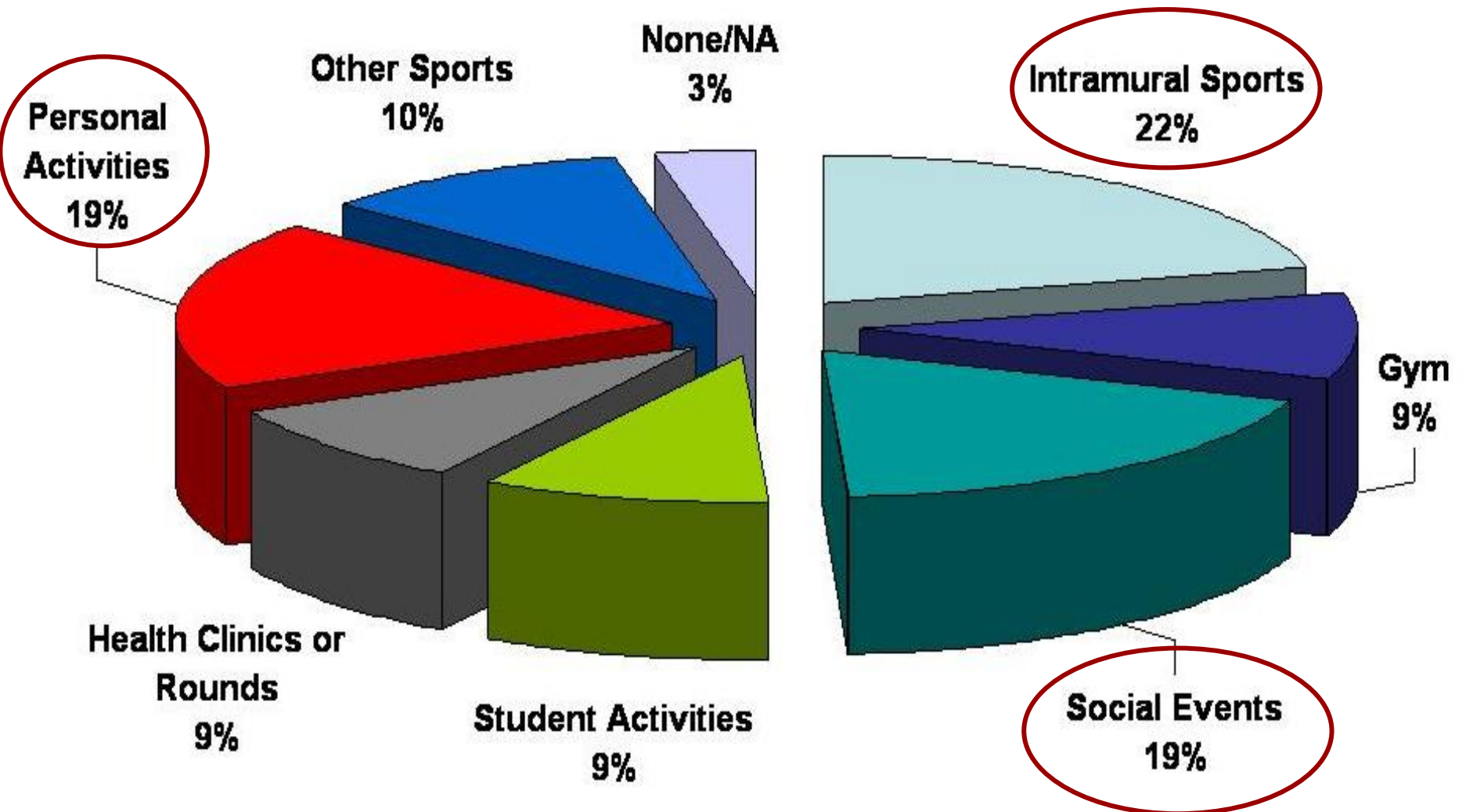


Figure 4: Wellness Activities Students Participated in at University (N=44)



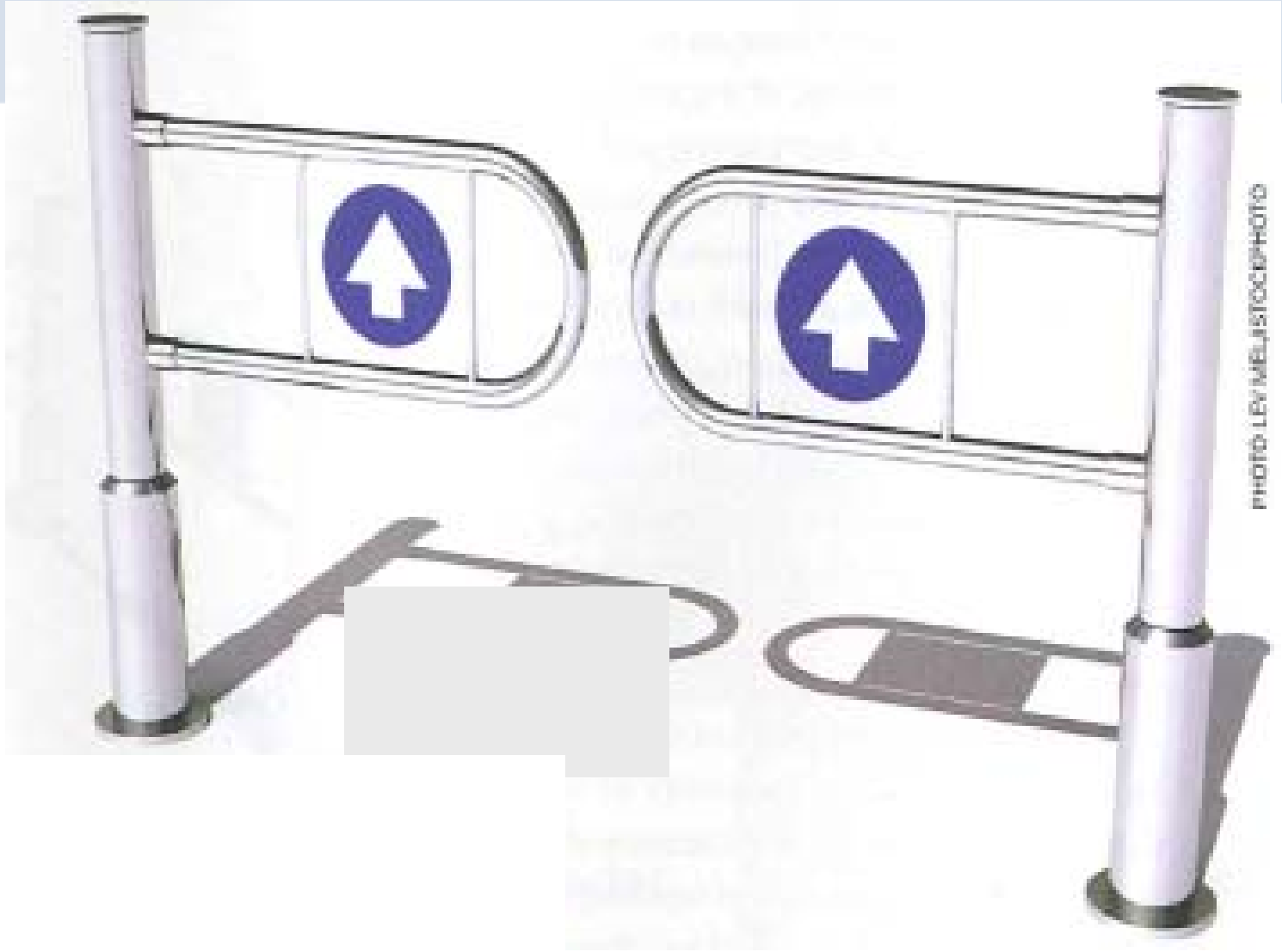


PHOTO LEV MELI/STOCKPHOTO



The question remains: “what needs to **CHANGE** across the health sciences faculties to support and incorporate the importance of wellness, a wellness culture and wellness practices?”



TRANSFORMATIONAL CHANGE

- Identify what & where the problems/issues are
- Identify what needs to change for improvements to be made
- Need strong leadership decision to facilitate and direct change in all areas of organization
- Need buy-in by all individuals in organization
- Plan & implement change
- Evaluate progress



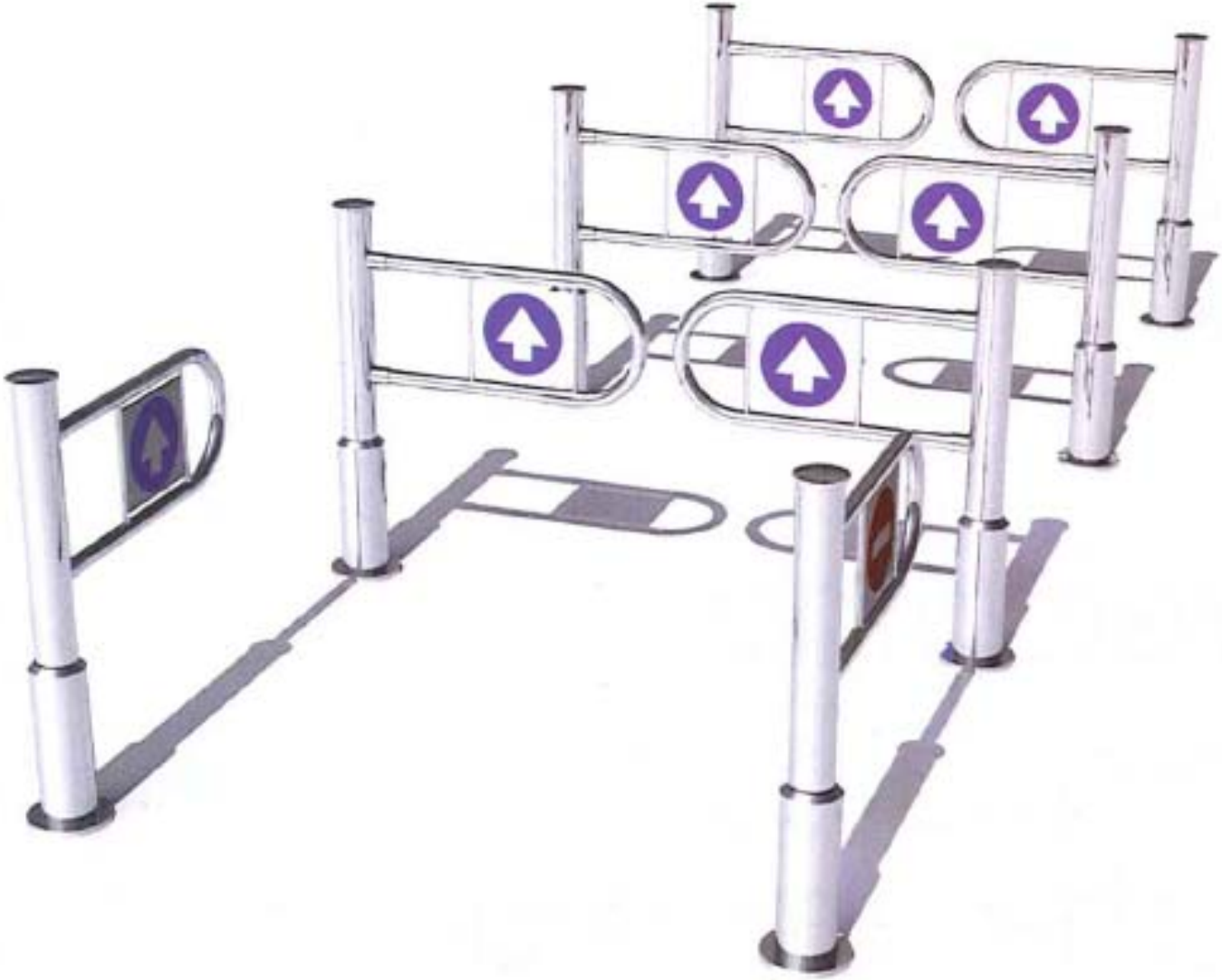


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RECOMMENDATIONS FOR TRANSFORMATIONAL CHANGE

There are issues that need to be addressed:

- Lack of value and emphasis on wellness
- Attitudinal change – at organizational and individual levels
- Workforce issues include dealing with stress and other health related aspects
- Wellness needs to be part of students' core curricula
- Wellness needs to be part of ongoing training for all health professionals
- Wellness initiatives/services need to be available and accessible



Mens sana in corpore sano

*“a sound mind in a sound
body”*



THANK YOU!



CONTACT INFORMATION

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