

HEALTHY NURSE, HEALTHY NATION™ – SUPPORTING NURSE WELL-BEING WITH THE AMERICAN NURSES ASSOCIATION

Key Takeaways

1. 1 in 75 people currently working in the United States is a nurse (4.4 million nurses). With numbers this large, supporting the well-being of nurses is critical and has significant impact on our society overall.
2. Nurses were struggling with stress and burnout prior to the COVID-19 pandemic, and this struggle has been exacerbated by the events of the last 2 years. The new added fears of both personal safety and safety of loved ones caused a shift in the daily stress that nurses experience, while pre-existing concerns like childcare/eldercare issues were amplified. We are now seeing a critical nursing shortage, as well as increasing financial pressures that continues to accentuate these pain points.
3. Well-being of nurse managers and nurse leaders is equally important, and we need to ensure that support for these groups is not overlooked.
4. Healthy Nurse, Healthy Nation™ (www.hnhn.org) is a free program from ANA Enterprise focused on providing health, safety, and well-being support and resources to any nurse (or non-nurse). Their mission is to improve the nation's health – one nurse at a time. Resources and benefits include:
 - Comprehensive well-being model and framework.
 - HealthyNurse® Survey & Index that provides individual heatmaps to assess your health and where you may be at risk.
 - Resources for nurse suicide prevention/resilience.
 - Free well-being app subscription to Headspace Plus for one year.
 - Monthly challenges to inspire friendly competition and actionable wellness changes.
 - Robust peer connection opportunities, including discussion boards, social media, nurse wellness journeys, topical blogs, and special events and contests.
5. MedStar Health is one of Healthy Nurse, Healthy Nation's Champion Partners and have made significant efforts in supporting the well-being of their nurses across their 10-hospital system. Some key components of their success include:
 - Creating the MedStar Health Center for Wellbeing - using an interdisciplinary group to coordinate well-being work across MedStar.

- Hiring dedicated resources to lead the work, including a System Director for Nurse Well-Being, 3 Well-Being Coaches, and 3 Resilience Coaches.
 - Tapping in to HNHN resources and using their well-being framework as a starting point to use with both individual nurses as well as materials for larger group well-being support. You do not need to reinvent the wheel!
 - Rolling out resources across their system to ensure all nursing teams have access and awareness to what is available for themselves personally and from the organization's well-being efforts.
 - Wellness Rounds on nurses while they are at the point of care - bring snacks, hydration, stress/decompression tools, and education materials on how to help them recognize stress within themselves or their colleagues.
 - Care for the Caregiver programs that bring together similar types of employees to help each other de-stress and resolve problems.
 - Wellness at Home resources that can be used by nurses when they are outside the care setting, including the [Scrub In](#) podcast.
6. Information and links to access HNHN resources and other free, open-access ANA Enterprise resources:
- [Healthy Nurse, Healthy Nation](#)
 - [Well-Being Initiative](#)
 - [Nurse Suicide Prevention/ Resilience](#)
 - [MedStar Health Champion Spotlight](#)

RESOURCES

Webinar Recording

[Link to Resource](#)

Presentation Deck

[Link to Resource](#)