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BACKGROUND



RNFA's frequently experience stress and anxiety in the OR.



As students, RNFAs report mental health challenges due to rigorous coursework expectations.

Integrating wellness strategies into RNFA education can enhance wellbeing while simultaneously offering valuable pedagogical experience for future nurse educators.

WHAT WELLNESS CAN DO

Better mental acuity

Greater productivity

Increase energy levels

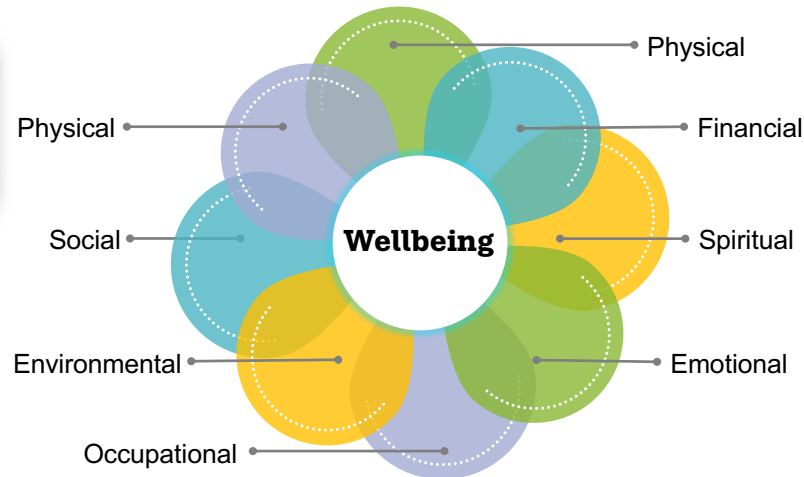
Stronger relationships

Enhance resilience

Improve physical health

Improve mood

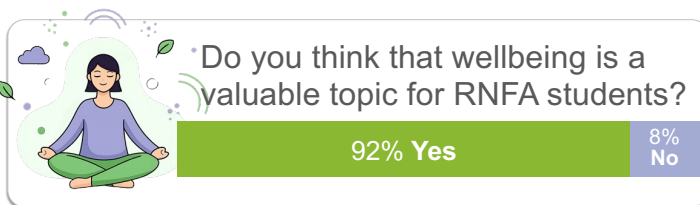
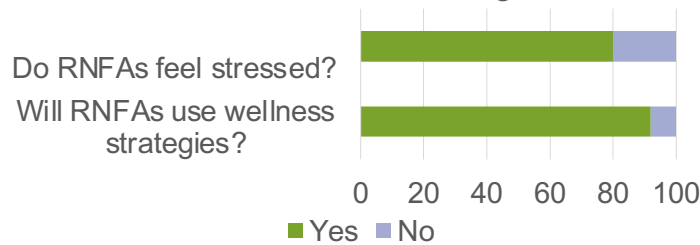
WELLNESS FRAMEWORK



Swarbrick's 8 Dimensions of Wellness (Adapted)

RESULTS

Stress vs. Wellbeing



PROGRAM

- Teaching Immersion Program for curriculum supplementation
- Mentorship of doctorate-prepared clinical faculty

IMPLICATIONS

Embedding wellness into RNFA education supports student wellbeing and innovation in education while preparing future RNFAs to handle stress.



REFERENCES

