This is the only reference available to help nurses incorporate the concept of wellness into their day-to-day practice—for both their patients and themselves. It is particularly important at a time when the emphasis on cost effectiveness and the use of advanced technology often conflicts with the ability to embrace wellness as an important aspect of health care. Designed for nurses working in adult-health clinical settings, this succinct clinical reference provides evidence-based techniques nurses can use to both improve patient outcomes and reduce their own stress to cultivate a sense of professional and personal well-being.

The guide clearly defines wellness as it applies to the practice of nursing, and helps nurses understand the relationship between health promotion and wellness. Easy-to-use assessment tools for identifying the wellness-related needs of patients, along with techniques for teaching them self-help methods to promote their own well-being, are provided. This includes plentiful information about resources available for patient teaching. The book addresses such specific areas as stress reduction, body–mind connectedness, and self-responsibility, as well as spiritual, nutritional, digestive, sensory, cardiovascular, sexual, and many other areas of wellness. It also offers evidence-based information about complementary and alternative practices that can enhance more traditional methods. Case examples illustrate “wellness in practice.”

Key Features:
- Organized for quick access to information and pocket-sized for ease of daily use
- Includes “Fast Facts in a Nutshell” to guide application of information in the clinical setting and “Resources in a Nutshell” listing helpful Internet sites
- Provides risk assessment tools for nurse and patient
- Offers easy-to-use tools for teaching patients techniques to promote wellness
- Presents quick tips for enhancing wellness that can be put to use immediately
FAST FACTS FOR HEALTH PROMOTION IN NURSING
Carol A. Miller, MSN, RN-BC, is an independent care manager at Care & Counseling, where she focuses on promoting wellness for clients and their families. She has served many roles during several decades of her nursing career, including 2 years as a spokesperson for a national educational campaign about issues related to caregiving. Ms. Miller is author of Nursing for Wellness in Older Adults 6e (2012) and Nurse’s Toolbook for Promoting Wellness (2007). Nursing for Wellness received the 1990 AJN Book of the Year Award in Gerontological Nursing and has been published in three foreign editions. Ms. Miller has published more than 100 nursing articles and textbook chapters. She has served as director of nursing, Cuyahoga County (OH) Nursing Home, and as nurse practitioner for the Cleveland Visiting Nurse Association. Ms. Miller has participated in several research projects, including one on Stresses and Supports in Caregiving (National Institute on Aging). Additional professional nursing roles include providing expert witness testimony related to nursing care of adults, serving as consultant to publishers, hospitals, nursing homes, and community agencies, and presenting at numerous national, state, and local conferences on many topics, including wellness. She has served on professional advisory boards and boards of directors for organizations such as Neighborhood Health Care and the Federation for Community Planning in Cleveland, Ohio.
FAST FACTS FOR HEALTH PROMOTION IN NURSING

Promoting Wellness in a Nutshell

Carol A. Miller, MSN, RN-BC
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My interest in health promotion for wellness dates back to the community health nursing course I took during the senior year of my BSN program. I still have the paper I wrote on “The Creation of Health” in which I defined health as “a continual striving toward wholeness that can be reached only in relationship to our environment and the community of people around us.” I had been inspired by Halbert Dunn’s book High-Level Wellness and was enthusiastic—as well as idealistic—about applying these concepts as I cared for patients as a new nurse. My first job focused on geriatric and mental health patients, and I faced the significant challenge of meshing my ideals with the realities of my patient situations. During my years of nursing practice in various settings, I have increasingly appreciated that health promotion for wellness can be incorporated in any type of patient care situation by addressing needs holistically. As an independent care manager for more than 2 decades, I have many real-life opportunities to identify and implement actions that promote wellness for my clients and their caregivers. Several years ago, my skills and knowledge related to health promotion for wellness were validated when I became certified through the American Holistic Nurses Association. Fast Facts for Health Promotion in Nursing: Promoting Wellness in a Nutshell represents the culmination of what I have learned and practiced about this topic since I first wrote about it as a nursing student.
Since Florence Nightingale, nurses have considered health promotion interventions as essential components of nursing care, and in recent years, health promotion has increasingly addressed broader aspects of body–mind–spirit connectedness. *Fast Facts for Health Promotion in Nursing: Promoting Wellness in a Nutshell* summarizes much of the knowledge I have gained as I have researched, written about, and practiced the complex concepts associated with health promotion and wellness. More importantly, it applies this knowledge in an easy-to-use guide that nurses in adult health care settings can use to promote wellness for patients. I view health promotion for wellness as essential nursing actions that can readily be incorporated into usual care for patients under any circumstances. This book contains numerous tools to use for nursing assessment and as interventions, all based on a health promotion perspective. In a nutshell, because health promotion for wellness encompasses physical, mental, emotional, social, and spiritual aspects, the tools in the book can readily be used in any patient care situation to enhance well-being for patients. Perhaps most importantly, because healthy nurses provide optimal patient care, the tools can be applied for self-care to improve quality of life for nurses, both professionally and personally.

Chapters in Part I relate the concepts of health promotion and wellness to usual nursing care activities, with emphasis on strategies for teaching patients to promote wellness. Part II describes ways in which nurses promote wellness for all patients with regard to health protection, stress management, spiritual wellness, use of complementary and alternative medicine, nutritional wellness, and physical activity. The chapters in Part III provide tools for addressing health promotion in relation to the following topics: weight management and digestive wellness, cardiovascular wellness, respiratory wellness, urinary wellness, vision and hearing wellness, sexual wellness,
and sleep wellness. Features that are unique to *Fast Facts for Health Promotion: Promoting Wellness in a Nutshell* are:

- *Fast Facts in a Nutshell:* illustrate application of key concepts to clinical practice
- *Risk Assessment Tools:* identify risk factors that can be addressed in health promotion teaching
- *Wellness Assessment Guides:* provide assessment questions focused on health promotion
- *Wellness Teaching Tools:* summarize points for patient education
- *Wellness Activity Tools:* describe actions that can be used for health promotion
- *Self-Care in Practice:* brief prompts to encourage self-care for nurses

*Carol A. Miller, MSN, RN-BC*
First and foremost, I appreciate the multitude of ways in which my family, especially Pat Rehm, promotes my wellness, practically, emotionally, and spiritually—without their support and cheerleading it would be much more challenging to pursue my writing endeavors. I value the opportunities presented by teachers, clients, and colleagues that underpin my knowledge and practice of health promotion for wellness as a nurse. I also appreciate the support and assistance of all those at Springer Publishing Company, especially Margaret Zucarini, who expertly guided this book through all its stages.
Principles of Health Promotion for Wellness in Nursing
Health Promotion and Wellness in Nursing

Health promotion has always been an essential component of nursing care, and the traditional approach has focused on screening for diseases such as cancer and on preventing communicable disease through immunizations. More recently, the scope of health promotion has expanded to focus on topics such as stress reduction, personal health responsibility, and interventions to prevent illness and improve health even when people feel healthy. Because of these trends, it is imperative that nurses address not only the more traditional aspects of health promotion but also those that are associated with patient wellness. Even though this topic is still evolving, there are many guidelines for health promotion for wellness that can be applied to nursing, as discussed throughout this book. This chapter sets the stage for applying these guidelines to nursing care.

In this chapter, you will learn:

1. Overview of health promotion for wellness
2. Incorporating health promotion for wellness during assessment
3. How to foster personal responsibility for wellness in patients
4. Practices for self-wellness for nurses
WHAT IS HEALTH PROMOTION FOR WELLNESS?

In 1893, Florence Nightingale answered the question of “What is health?” by stating, “Health is not only to be well, but to use well every power we have.” She described the role of nurses as “helping the patient suffering from disease to live” and helping the healthy person “to have no disease” (Nightingale, 1893/1954). These reflections were written more than a century ago, but they are relevant to describing health promotion for wellness as it is addressed in this book:

- Health involves both the absence of disease and the use of personal power to achieve wellness, which is the ability to function at one’s highest level, including physically, mentally, emotionally, socially, and spiritually.
- Wellness is a process that occurs one step at a time and is built on a foundation of personal responsibility.
- The role of nurses in health promotion for wellness is to assist patients in discovering where they are and where they want to be in this process, and to guide them in identifying and implementing the steps to achieve their wellness goals.

FAST FACTS in a NUTSHELL

In a nutshell, the answer to What is wellness? is the statement I’m OK and I want to be better. Similarly, the answer to the question How do nurses “do” health promotion for wellness? is You’re OK and you can be better, and I can facilitate that process.
HEALTH PROMOTION FOR WELLNESS IN PRACTICE

Despite the recognition that promoting wellness is an essential aspect of patient care, health care systems continue to emphasize efficiency, physical care, and use of technically advanced interventions. Nurses are challenged—and sometimes overwhelmed—by countless demands on their time, energy, and attention in clinical settings. In all clinical settings, the immediate priority is to address life-threatening and physical comfort needs. In the context of health promotion for wellness, another priority is to identify opportunities to address the broader needs of the whole person and his or her support people during the course of providing care.

People can work toward wellness at any time, whether they feel physically healthy or are dying, and personal wellness goals and choice of interventions will vary depending on health status, as in the following examples:

- Healthy people: prevention and early detection of disease, personal growth
- People with risks for disease: alleviation of risks
- People with chronic conditions: optimal management and daily functioning, prevention of decline or complications, mitigation of symptoms, especially pain or discomfort
- Patients experiencing acute illnesses: optimal management of physical, mental, emotional, and spiritual needs
- Patients recovering from serious illness: support to achieve optimal recovery
- Patients who have incurable and declining conditions: comfort and freedom from pain, support for addressing the many emotional and spiritual issues related to dying
Because health promotion for wellness encompasses physical, mental, emotional, social, and spiritual aspects, it is possible to include at least one way to promote wellness in every clinical situation.

**Health Promotion in Practice**

Ms. T is in the coronary care unit recovering from coronary artery bypass surgery. Although she is alert and comfortable and her physical needs have been met, she seems anxious. You ask her if she is worried about anything and she says, “I am feeling closed in with all these tubes and the sound of machines all around—it feels like there’s not enough air here.” You take a minute to demonstrate a simple deep breathing exercise, you do it with her, and encourage her to do this frequently. This intervention alleviates her anxiety and provides her with a tool for self-care.

**DEVELOPING A “WELLNESS WAY OF THINKING”**

Health promotion for wellness is incorporated into usual patient care by applying a “wellness way of thinking” during nursing assessments and other nurse–patient interactions. This is not necessarily time consuming and can be accomplished by asking a relatively simple question while providing patient care. Examples of wellness-oriented questions are:

- Do you take time for any activities that are primarily for your wellness, rather than for addressing the needs of others?
- How often do you include self-wellness activities in your daily life?
- What do you do for self-wellness when you feel stressed?
- How does this situation affect your quality of life?
• What are your thoughts about things you could do when you feel anxious?
• How do you deal with your worries about the test results that will be back next week?
• What do you do for relaxation?
• Do you ever use simple breathing techniques for relaxation?
• Are there any relaxation techniques you would like some information about?
• Do you take time for enjoyable activities by yourself or with others?
• How does this affect your quality of life?
• How do you cope with feeling guilty about your mother having to go to a nursing home?
• Have you considered seeing a massage therapist?
• Are you familiar with using affirmations? . . . meditation? . . . guided imagery?

FAST FACTS in a NUTSHELL

Wellness-oriented nursing assessments depend more on the nurse’s frame of reference than on the amount of time available.

Wellness in Practice

When a patient talks about a stressful situation, ask, “What do you do for self-wellness?” At a minimum, this simple question raises the patient’s awareness about self-wellness, and it paves the way for supporting healthy behaviors and identifying stress reduction interventions.

PERSONAL RESPONSIBILITY AS THE FOUNDATION OF WELLNESS

Personal responsibility is the foundation of wellness because individuals, ultimately, choose between behaviors that affect their health positively or negatively. Personal responsibility
for health is on a continuum that is influenced by both the patient and the type of intervention. At the minimal level, patients cooperate and accept interventions, such as medications and treatments administered by others. At a maximum level, patients initiate and participate fully in actions that are most beneficial and are supported by well-founded evidence of safety and efficacy. Nurses promote personal responsibility for wellness through interventions such as the following:

- Facilitating patients’ self-awareness about their health
- Asking patients to perform a self-assessment of their current lifestyle to identify areas for improvement
- Discussing the relationship between behaviors and health
- Helping patients identify and address barriers to wellness-enhancing actions
- Helping patients develop an action plan to achieve positive health behaviors
- Informing patients about reliable sources of evidence-based information on which to base health-related decisions
- Teaching patients to use communication skills to discuss health care choices with their primary care practitioners and other health care providers
- Promoting responsible decisions regarding choices of interventions

**FAST FACTS in a NUTSHELL**

Patients may be basing health care decisions on misinformation about therapies that may not be safe or effective. Assess their understanding of so-called interventions and suggest sources of reliable information, such as the ones listed in Resources in a Nutshell in this book.

A major component of personal responsibility is awareness of one’s current health status and the factors that affect one’s health and functioning. Nurses facilitate patients’ awareness
of their health status and the factors that influence it by performing nursing assessments from a wellness perspective, as described in assessment guides in most chapters of this book. One way of assessing patients’ perceptions about their health is by asking questions such as the following:

- On a scale of 1 to 10, with 1 being poor and 10 being very good, how would you rate your usual health during the past month?
- How has it changed—either better or worse—in recent years (or other time frame)?
- Does health affect your quality of life in undesirable ways?
- What conditions influence the way you feel, either positively or negatively?
- What would have to happen to improve your level of health?
- Have you identified any health-related goals for yourself?
- What conditions interfere with or support your efforts to achieve health-related goals?
- How much control do you feel over the conditions that have a negative effect on your health?
- Are you interested in finding out more information about steps you can take to improve your health?

Questions about a patient’s perception of health vary according to the clinical situation.

Health Promotion in Practice

In acute care settings, when asking about symptoms, include a question about the patient’s typical level of health before the hospitalization. When caring for patients who have disabilities or chronic conditions, ask how their current level compares with their usual or optimal level of health and functioning.
Another aspect of developing personal responsibility is understanding that the goal of changing one’s behaviors is to attain a higher level of health. People with chronic conditions usually develop an ongoing awareness of fluctuating levels of health and functioning. Similarly, people who recover from acute illnesses are usually aware of their variable experiences of health during and after these episodes. “Healthy” people, however, may not be aware of the importance of addressing conditions that increase the risk of disease. Health promotion for wellness focuses on teaching patients not only about interventions to address immediate needs but also about actions they can take to improve health. Often, these interventions involve motivation for behavior change, as discussed in Chapter 3.

Help patients recognize the relationship between health and behaviors by asking how they feel after they engage in specific actions.

**Health Promotion in Practice**

Ms. B has knee pain intermittently, but it is becoming more chronic. You suggest that she keep a log of activities that positively or negatively affect comfort and functioning so this information can be used when planning interventions.

**SELF-WELLNESS FOR NURSES**

An unfortunate reality is that more than half of nurses who provide direct patient care in hospitals and nursing homes report feelings of burnout and job dissatisfaction (McHugh, Kutney-Lee, Cimiotti, Sloane, & Aiken, 2011). Typical signs of burnout in nurses are anger, frustration, fatigue, negativity,
cynicism, withdrawal, and negative reactions toward others (Sabo, 2011). Even without burnout, however, nurses cope with myriad job-related stresses that are layered on stresses associated with all other aspects of their lives. Information and tools in this book are applicable not only to patient care settings but also to self-wellness for nurses. At the end of each chapter a brief feature called “Self-Wellness in Practice” illustrates how nurses can apply the information to promote wellness for themselves.

Health care organizations are addressing the need for stress management for nurses by offering training in interventions such as meditation, biofeedback, imagery, Reiki, and progressive muscle relaxation. Bormann and colleagues (2006, 2007) have developed and tested a simple and easy-to-use technique called Frequent Mantram Repetition, which has been used effectively for reducing stress in health care professionals and patient settings. HeartTouch is another easy-to-use technique developed and tested by a nurse that can be used to reduce stress in clinical settings (Walker, 2006). Nurses who practiced HeartTouch for 1 month noticed physical, mental, and emotional benefits for themselves, patients, colleagues, and family members (Walker, 2008). The following Wellness Activity Tools can be used to learn how to practice these self-care interventions. Videos illustrating how mantram has been effective in reducing stress for veterans with posttraumatic stress disorder are cited in the Resources in a Nutshell section.

**Wellness Activity Tool:**
**Frequent Mantram Repetition**

Frequent Mantram Repetition is a quick and easy technique that can be used at any time, in any situation, to focus attention and calm the body and mind.
Reasons for Using It

- It serves as a “rapid-focus tool” for the mind to interrupt automatic or negative thought patterns at any time or place.
- After repeating a mantram during calm periods, it becomes a “portable stress buster” when used to focus attention, slow thinking, and allow “pause time” for decision making.
- Clinical research studies (Bormann et al., 2006; Yong et al., 2011) have shown that mantram repetition can lower perceived stress, anxiety, and anger and can increase spiritual well-being in health care workers.

How to Choose a Mantram

- Choose a mantram (word or phrase with spiritual meaning) that has been repeated and shared for generations within all major faith traditions; don’t make up your own.
- Examples of mantrams (and associated meanings) are:
  - Christian: Maranatha (Lord of the Heart) or Jesus
  - Buddhist: Om Mani Padme Hum (a blessing of the heart)
  - Hindu: Rama (eternal joy within)
  - Jewish: Shalom (peace)
  - Muslim: Allah
  - Native American: O Wakan Tanka (Oh, Great Spirit)
- Take your time and choose one that holds meaning for you and offers strength and support; it should be compatible with your spiritual beliefs; avoid words that have any negative associations.
• Use it for a few days or weeks to see how it feels; use it at night while falling asleep; change it if you feel you need to try a different one, but once selected, use it for the rest of your life.

**How to Use a Mantram**

• Practice repeating it quietly to yourself as often as possible, especially during nonstressed times (e.g., before going to sleep) so the mind–body connection is strengthened by associating it with a physiologic state of relaxation.
• Repeat it during times of distress or when dealing with feelings like anger or unwanted emotional states—each time it is used, it brings a stronger sense of calm and peace.

Developed by Jill E. Bormann, PhD, RN
Research Nurse Scientist
VA San Diego Healthcare System
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**Wellness Activity Tool:**
**HeartTouch Technique**

HeartTouch Technique is an internal method of helping nurses change their thoughts and feelings in order to positively affect their perceived stress and meaningful connections with self, others, and the Divine.

**A. Heart-Centered Awareness**

• Centering: Take three slow, deep breaths, focus your attention on your breath, let go of all distractions.
• Imagine a small circle of light in the center of your forehead and watch it move slowly down
your face, neck, and chest until it comes to rest over your heart. Allow the circle to grow with each inhale until it is a sphere encircling and permeating your entire chest area.

- Recall a time when you felt very loved or very loving toward another, whether person, animal, plant, or place. Relive the situation, feeling the feelings and experiencing it with all your senses, including any movement that was occurring.

**B. Loving Touch**

- Send the feeling of love to an individual by imagining it as a stream of light moving from your heart area to the heart area of the other. If you are touching the other in your mind or in reality, visualize the love as a stream of light moving down your arm to your hand, filling and surrounding the other individual.

- Mentally identify something about the other individual that you love and appreciate.

**C. Connecting With Higher Power**

- Finally, while maintaining the connection with the other individual, create a connection with whatever you perceive as a Higher Power, Source of Love, Light, Truth, and/or Wholeness, whether it be through prayers, meditation, or another personal method.

- Having created a connection with the other individual and a Higher Power, imagine a three-way connection between the individual, yourself, and a Higher Power, which might look like a triangle or circle of light.
• The feeling of love is the connecting energy between the nurse, the other individual, and Higher Power that creates balance, wholeness, and health.

Developed by Marsha Jelonek Walker, PhD, RN, AHN-BC, LMT
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SELF-WELLNESS IN PRACTICE

Take a few minutes to carefully read the Wellness Activity Tool on Frequent Mantram Repetition or HeartTouch Technique and try one of these techniques now.

RESOURCES in a NUTSHELL

Frequent Mantram Repetition Videos
Need to Know (PBS, June 22, 2012)
http://www.pbs.org/wnet/need-to-know/video/need-to-know-june-22-2012-homecoming-for-veterans/14098

YouTube (KPBS, April 3, 2012)
http://www.kpbs.org/news/2012/apr/03/vets-find-mantram-repetition-helps-ptsd-symptoms