

Student Name:

Instructor Name:

Course Name:

Date:

Nursing Self-Care Strategies

Definition of Nursing Self-care

“Self-care” may possess different meanings in various contexts. In relation to nurses, this concept denotes a deliberate action intended for the spiritual, mental, relationship-related, economic, psychological, and physical wellbeing of nurses. Although nurses focus on the provision of care for many people, their own interest is often disregarded in many contexts. Achieving spiritual, mental, and physical wellbeing demands that the nurses focus on improving their quality of life, as well as their safety, rest, nutrition, and physical activities. The provision of the ideal outcomes for patients demands that nurses operate at their peak wellness. Therefore, understanding the significance of this concept is essential in developing strategies for self-care in order to promote the best delivery of patient service.

Significance of Self-Care

Comprehending the role of self-care in the nursing field ensures and improves the overall quality of care. The nursing field has always been a traumatic field for people to work in. For instance, this field always exposes nurses to trauma due to the many shifts they have to endure without rest and the experiences they have with patients. The need for promoting their own health is imperative for their overall care of others. Therefore, self-care acts as a stress

management tool, especially through bodily exercises and having a balanced diet with foods that are essential for reducing stress levels. Similarly, self-care is essential in replenishing the nurses' compassion and empathy, which are essential elements for their profession. According to Alexander (2015), nurses constantly give their empathy and compassion to the patient, yet they do not replace it. A deficiency of empathy and compassion may lead to anxiety and depression among nurses; thereby placing both patients and nurses at risk.

A lack of self-care by the nurses is detrimental for patient care, since it may lead to many errors, general disdain, health problems, and fatigue. In this case, nurses have the responsibility of understanding their physical, mental, spiritual, economic, and psychological and relationship needs to identify self-care strategies. Nurses should learn to consider their physical health, which can suffer from musculoskeletal pain and depression. Due to these challenges, nurses often end up leaving the nursing field. Other physical challenges stipulated by the Occupational Safety and Health Administration (OSHA) are normal injuries resulting from falls, slips, needle punctures, workplace violence, tuberculosis, and bloodborne pathogens (OSHA September 2013). Apart from physical issues bedeviling the nurses, mental challenges resulting from anxiety and depression may adversely affect their overall output. Therefore, developing strategies to address nursing challenges is crucial for promoting self-care.

Self-Care Strategies

Self-care practices and strategies are designed for reducing work-related stress and anxiety. Various strategies nurses should utilize are conducting self-assessments, diagnosing any self-care deficits, planning a course of action, implementing that plan, and evaluating its progress. Based on their self-care assessment, the nurses commence by understanding the actions

needed to care for themselves. In this case, nurses can take part in meditation or full body scans to examine their physical state as well as to conduct an inventory of their overall life. The second step and strategy is a personal diagnosis of their self-care deficit, which assists in understanding the areas that demand adjustments (Alexander 2015). Having understood the areas that demand action, the third step entails devising a self-care plan. At this point, various activities have to be considered. The fourth step entails the implementation of the plan in which various activities are undertaken.

Based on the initial assessment, the nurse gains an understanding of the types of activities required, which include the following. Firstly, planning a healthy and nutritious diet is an essential part of overall nursing self-care. In this part, nurses consider meals that are portable and require minimal preparations. Secondly, there is a need to stay hydrated, especially while at work, by having sips of water; hence keeping the body at its optimal temperature. Thirdly, nurses can consider taking restroom breaks, particularly when a nurse is busy with the patients (Alexander 2015). There is a necessity of taking a few minutes in the restroom to prevent burnouts and fatigue. This can also assist in attending to short phone calls when there is a need.

Another activity to implement is considering which exercise should be chosen to assist in increasing strength and morale at work. Constant exercise enhances the flexibility of the body, promoting job performance. In some organizations, employers provide discounts on gym memberships to promote exercises for their employees. Therefore, exercising is an essential activity that should be integrated into the nurses' schedule to promote effectiveness. The fourth activity that should be considered in this step is creating a comfortable sleep environment (Ross 2017). When nurses spend several shifts at work, they need ample time to rest and relax from

their busy schedules. Having a peaceful sleep environment can reduce work-related stress and provide stamina for the following day.

The fifth activity entails maintaining a robust relationship with friends and families by keeping in touch with them. Nurses should comprehend the fact that shifts always lead to relationship challenges, since they cannot find time for their social life. Maintaining strong relationships is essential for nurses' emotional health. In most cases, family relationships promote an environment conducive for their mental growth (Ross 2017). Therefore, nurses should strive to meet friends outside their work environment to promote their mental growth. Lastly, nurses can learn to be mindful through guided imagery, meditation, and deep breathing to refocus on important issues and relieve any present stress in their life.

While implementing these interventions, the nurse should consider devising goals for every action to improve their success. The last step for self-care strategies is an evaluation of their progress, which follows the initiation of the various interventions mentioned above. The evaluation of personal progress is essential for understanding which suitable activities should be implemented continually (Ross 2017). Although sometimes integrating these activities into the normal work schedule is challenging, these activities should nevertheless become part of the nurses' lifestyle.

Conclusion

In essence, nurses should comprehend that self-care is a lifelong process that demands commitment. The implementation of self-care strategies ensures success in the nursing field and allows nurses to appreciate it more. The various strategies explored in this paper are self-care assessment, personal diagnosis of self-care deficit, devising a self-care plan of action,

implementing the plan where various activities are undertaken, and evaluating the plan. Nurses can consider undertaking various activities such as staying hydrated, taking restroom breaks, planning healthy meals and snacks, selecting an exercise, keeping in touch with friends, and being mindful. These activities are essential in achieving spiritual, mental, and physical, economic, psychological, and relationship-related success. Specifically, nurses have an obligation to improve their quality of life, safety, rest habits, nutrition, and physical activities. The provision of the best patient outcomes demands that nurses operate at their peak wellness.

Works Cited

Alexander, Gina K., et al. "Yoga for Self-Care and Burnout Prevention Among Nurses."

Workplace Health & Safety, vol. 63, no. 10, 2015, pp. 462–470.,

doi:10.1177/2165079915596102.

OSHA. "FACTS about Hospital Worker Safety." *U.S. DEPARTMENT OF LABOR*,

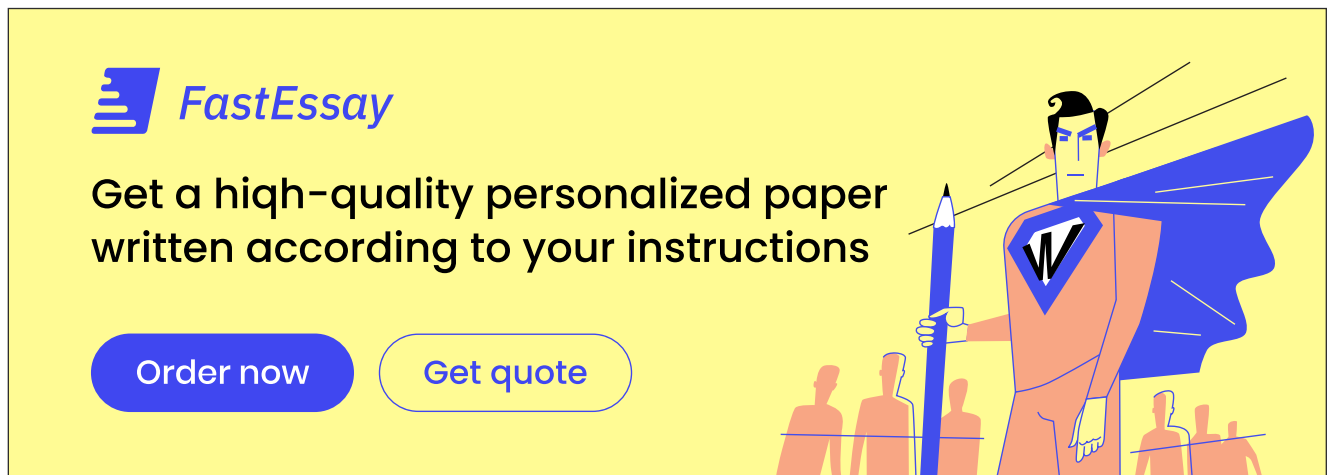
Occupational Safety and Health Administration, Sept. 2013,


www.osha.gov/dsg/hospital/documents/1.2_Factbook_508.pdf.

Ross, Alyson, et al. "Nurses and Health-Promoting Behaviors: Knowledge May Not Translate

Into Self-Care." *AORN Journal*, vol. 105, no. 3, 2017, pp. 267–275.,

doi:10.1016/j.aorn.2016.12.018.



 **FastEssay**

Get a high-quality personalized paper written according to your instructions

[Order now](#) [Get quote](#)

The advertisement features a yellow background. On the right side, there is a cartoon superhero character with a blue cape and a red suit with a white 'W' on the chest. He is holding a large blue pencil. In the background, there are several orange silhouettes of people. The text is in black and blue, and there are two blue buttons with white text.