NURSING STUDENTS at VIU

HEALTHY U COWICHAN

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80% OF STUDENTS reported being unable to cope with their life and educational responsibilities (Regehr, Glancy & Pitts, 2012).

OUR METHODS

Healthy-U has hosted multiple health promotion events for the students in order to facilitate student engagement and participation. Healthy-U has spread mental health awareness, sexual health awareness, and Healthy-U plans have been made to provide education about stress, stressors, and the future plans to do this in the coming fall semester by implementing various initiatives (i.e., self-care strategies the students can utilize to lower their stress levels). Healthy-U plans to do this in the coming fall semester by implementing various initiatives (i.e., self-care strategies the students can utilize to lower their stress levels). Healthy-U plans to do this in the coming fall semester by implementing various initiatives (i.e., self-care strategies the students can utilize to lower their stress levels).

OUR RESULTS (SO FAR)

There are multiple techniques used to alleviate stress, and the effectiveness of each varies from person-to-person.

- Mindfulness
- Exercise
- Animal Assisted Therapy
- Alcohol/Drugs
- Emotional Freedom Techniques
- Meditation
- Yoga
- Hypnotherapy

Healthy-U has found that there has been a great deal of research done on the above techniques, and we are in the upcoming semester.

THE BACKGROUND

As 3rd year BSN nursing students our semester six community placement is Healthy-U Cowichan on the Vancouver Island University (VIU) Cowichan campus. As a group, we are working with an interdisciplinary team consisting of nurses, health counselors, and VIU administrative staff. Collaboratively we are assessing the health needs of our student population so as to in the future find ways to help them with their increasing stress levels by educating them about healthy behaviors they can apply to their day-to-day lives.

ABSTRACT

The life of a student is associated with high levels of stress. There are lots of ways to decrease stress, but not all of them are well known. As a group Healthy-U seeks to learn what the most common and significant stressors exist for the students population.

RAT YOUR STRESS:

- Mild
- Moderate
- Severe

HOW DO YOU DE-STRESS?

- Person-to-person conversations
- Exercise
- Animal Assisted Therapy
- Alcohol/Drugs
- Meditation
- Yoga
- Hypnotherapy

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DIAGNOSE

FUTURE STEPS

P PLAN

E EVALUATE

A ASSESS

I IMPLEMENT

By building on the research done by previous Healthy-U Cowichan groups, and by continuing to gather our own data, our Healthy-U group is going to continue to assess the stress levels in the student population at VIU Cowichan. We are going to work towards finding and diverse coping techniques.