ANA’s Health Risk Appraisal: Improved Health, Safety, and Wellness for Nurses
Objectives

- Identify unique health, safety, and wellness risks in the nursing profession.

- Discuss ANA’s health risk appraisal development and specific preliminary findings.
American Nurses Association

nursingworld.org
ANA’s HealthyNurse Definition

One who creates and maintains wellbeing in the following areas of their life:

- Physical
- Intellectual
- Emotional
- Social
- Spiritual
- Personal
- Professional
Unique Risks in Nursing

- MSDs
- Chemical, radiological, and infectious disease exposures
- Work place violence
- Incivility/bullying
- Stress
- Fatigue
ANA’s HealthyNurse™ HRA allows RNs to:

- Identify health, safety and wellness risks
- Compare results to ideal standards and national averages
- Access an interactive web wellness portal
- Build a nurse-specific personal and occupational health risk aggregate database
ANA’s HealthyNurse™ HRA

www.anahra.org

- Demographics
- Occupational Health
- Health/Safety/Wellness
Demographics

- Age
- Race
- Marital status
- Specialty
- Education
- Affiliations
- Student vs. RN
- Domiciliary state
- Years of working as nurse
Occupational Health

- Safe patient handling & mobility
- Workplace violence/incivility
- Sharps
- Worksite wellness
- Fatigue
- Absenteeism
- Other risks
In my current work environment:

- My employer values my health and safety.
- I put my patients’ health, safety, and wellness before that of my own.
- Safety devices and protective equipment are available to me.
- Reporting of injuries and health concerns is encouraged.
- Employees/staff members look out for each other’s safety and health.
- I have an opportunity to be involved in safety planning.
- I am recognized and thanked for the efforts I make at work.
Health, Safety, and Wellness

- History
- Screenings
- Immunizations
- Nutrition
- Physical Activity
- Alcohol & tobacco use
- Sleep
- Skin cancer
- Distracted driving
Do you currently smoke cigarettes?

- Not at all
- Some days
- Every day
- Don’t know/Not sure
Sample detail of HRA heat graph

Sharps
In my current work environment... - My facility has a sharps injury

Skin Cancer
What is the SPF number of the sunscreen you use most often?

Nutrition
How many ounces of sugar-sweetened beverages, such as soda or

What is the SPF number of the sunscreen you use most often?
Answer: 50+

National Average: 2010 NHIS data: 70% of adults usually or always practiced one of the sun-protective behaviors described at right: 37% stayed in the shade, 40% used protective clothing, 31% used sunscreen of SPF 15+

Link to resources
# Healthy Nurse Results

You will find your personalized results in the heat graph below. The heat graph contains US national standards when available. Most answers fall under the following key:

- **Red**: High Risk
- **Yellow**: Medium Risk
- **Green**: Little to no risk
- **Gray**: Not a risk question, you answer not applicable, or you skipped this question

### Health
- **Over the last 30 days** how many days have you...
- **History** Have you ever been told by a health care provider that you...

### History
- **During the past 30 days** how many days did you...
- **Fatigue/Shiftwork** At my main nursing job, I usually work...
- **Health** How often do you exercise to help maintain your health?
- **Healthy Sleep** How many hours of sleep do you get per night on average in a 24-hour period, including day shifts?

### Health Work
- **Healthy Work Environment** In my current work environment, I am comfortable reporting instances of...
- **Healthy Work** In my current work environment, I feel comfortable reporting instances of...
- **History** In the last year, I have missed this many days of work due to illness...
- **History** In the last year, I have missed this many days of work due to work...

### History Work Environment
- **Healthy Work Environment** In my current work environment, I am often concerned about...
- **Healthy Work Environment** In my current work environment, I am often concerned about...
- **History** In the last year, I have experienced...
- **History** In the last year, I have experienced...

### Fatigue/Shiftwork
- **Fatigue/Shiftwork** At my main nursing job, I usually work...
- **Fatigue/Shiftwork** At my main work environment, I am often concerned about...
- **Fatigue/Shiftwork** At my main work environment, I am often concerned about...
- **Fatigue/Shiftwork** In my current work environment, I am often concerned about...

### History Work Environment
- **Healthy Work Environment** In my current work environment, I am often concerned about...
- **History** In the last year, I have experienced...
- **History** In the last year, I have experienced...

### Disconnected Driving
- **Disconnected Driving** How often do you drive... while eight or more hours on the road?
- **Disconnected Driving** How often do you drive... while four or more hours on the road?

### Alcotest
- **Alcotest** During the past year, how many times did you...
- **Alcotest** During the past year, how many times did you...
- **Alcotest** Do you feel comfortable reporting instances of...
- **Alcotest** Do you feel comfortable reporting instances of...

### Health
- **Health** Do you feel well today?
HRA Individual Result
### Specific Breakdown

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>How often do you drive... - While texting?</td>
<td></td>
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<tr>
<td>Nursing job, I usually work this schedule:</td>
<td></td>
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<tr>
<td>Nursing employment, the usual length of my shift.</td>
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<tr>
<td>Health - How often do you get the emotional support you need?</td>
<td></td>
</tr>
<tr>
<td>Health - Would you say that, in general, your health is:</td>
<td></td>
</tr>
<tr>
<td>Healthy Work Environment - My current work environment... - My employer</td>
<td></td>
</tr>
<tr>
<td>Healthy Work Environment - Reporting of injuries, falls, near misses</td>
<td></td>
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<tr>
<td>Immunization - If you are 60 years or older</td>
<td></td>
</tr>
<tr>
<td>Immunization - If you are an older adult OR have</td>
<td></td>
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<tr>
<td>Nutrition - During the past month, about how much sugar</td>
<td></td>
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<tr>
<td>Nutrition - How many ounces of sugar</td>
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<tr>
<td>Physical Activity - In a typical week, do you engage in</td>
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<td>History - Do you keep a record of your personal health information</td>
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<tr>
<td>History - Does your health care provider update your electronic health</td>
<td></td>
</tr>
</tbody>
</table>

**In my current work environment... - Safety devices and protective equipment are available to me.**

**Answer:**
National Average: 2005 National Survey of the Work and Health of Nurses (NSWHN) data. Safety devices and protective equipment are available to me – 45% are concerned about the effectiveness of existing personal protective equipment (PPE) in an outbreak, while 32% are concerned with availability.

**Ideal Answer:** Agree

[Link to resources]
Web Wellness Portal

Be a Healthy Nurse

A healthy nurse as defined by the ANA HealthyNurse™ program is one who actively focuses on creating and maintaining a balance and synergy of his or her health, safety, wellness and live to the fullest capacity physically, intellectually, emotionally, socially, and spiritually. A HealthyNurse™ is a better role model, educator, and advocate – personally, for the family, for the community, for the work environment, and for the patient. By choosing nutritious foods and an active lifestyle, managing stress, living tobacco-free, getting preventive immunizations and screenings, and choosing protective measures such as wearing sunscreen and bicycle helmets, nurses can set an example on how to BE healthy.
Portal By Category

Stress Relief

Stress can cause havoc in more than just your home life. Today we know that the effects of stress on your health and wellness can be profound. However, “managing your stress” is easy to say, but hard to do. Or is it? Truth is, once you figure out what works for you, your stress-filled life might get a little lighter.

- How to say “No”
- Video: An introduction to yoga
- The sleep/exercise mix for better stress relief
- 5 stress-inducing habits to stop right now!
Questions?

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