Healthy Monday for Hospital Professionals
How Periodic Cues Keep Nurses on Track for Better Self-care

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Healthcare providers are educated to offer guidance on health activities, but often struggle to commit to practices for their own health. The Monday Campaigns collaborated with Columbia University Irving Medical Center/New York-Presbyterian Hospital to design a Healthy Monday Program to support nurses and nurse practitioners to reduce stress and improve their overall health. The program was delivered in two 12-week phases.

METHODS
Health messaging was delivered across in-house channels every Monday, including: email blasts, video monitor displays, bulletin boards in work areas, team huddles, printed signage, a dedicated website page (with relaxation tool guides), in-person lectures and experiential workshops.

Participants reported increases in energy levels, knowledge and interest when using the Monday cue to initiate changes in their health practices. The program has been refined further based on feedback. It is being rolled out to a larger group of nurses and hospital staff in fall 2019 with the intention of being made available to interested hospitals in 2020.

BACKGROUND
Research references: Survey data collected from nurse and nurse practitioner participants, 2018

RESULTS
Pre- and post-surveys were conducted via SurveyMonkey that measured knowledge of nutrition/diet, physical activity, stress management, intentions to practice and barriers to self-care. Participants reported improvements across all outcomes as a result of the program.

CONCLUSIONS
Participants reported increases in energy levels, knowledge and interest when using the Monday cue to initiate changes in their health practices. The program has been refined further based on feedback.

PROGRAM DELIVERY
Practices included relaxation and meditation techniques, yoga, physical movement, and healthy-eating recommendations.