

Healthy Monday for Hospital Professionals

How Periodic Cues Keep Nurses on Track for Better Self-care

BACKGROUND

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/NewYork-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.

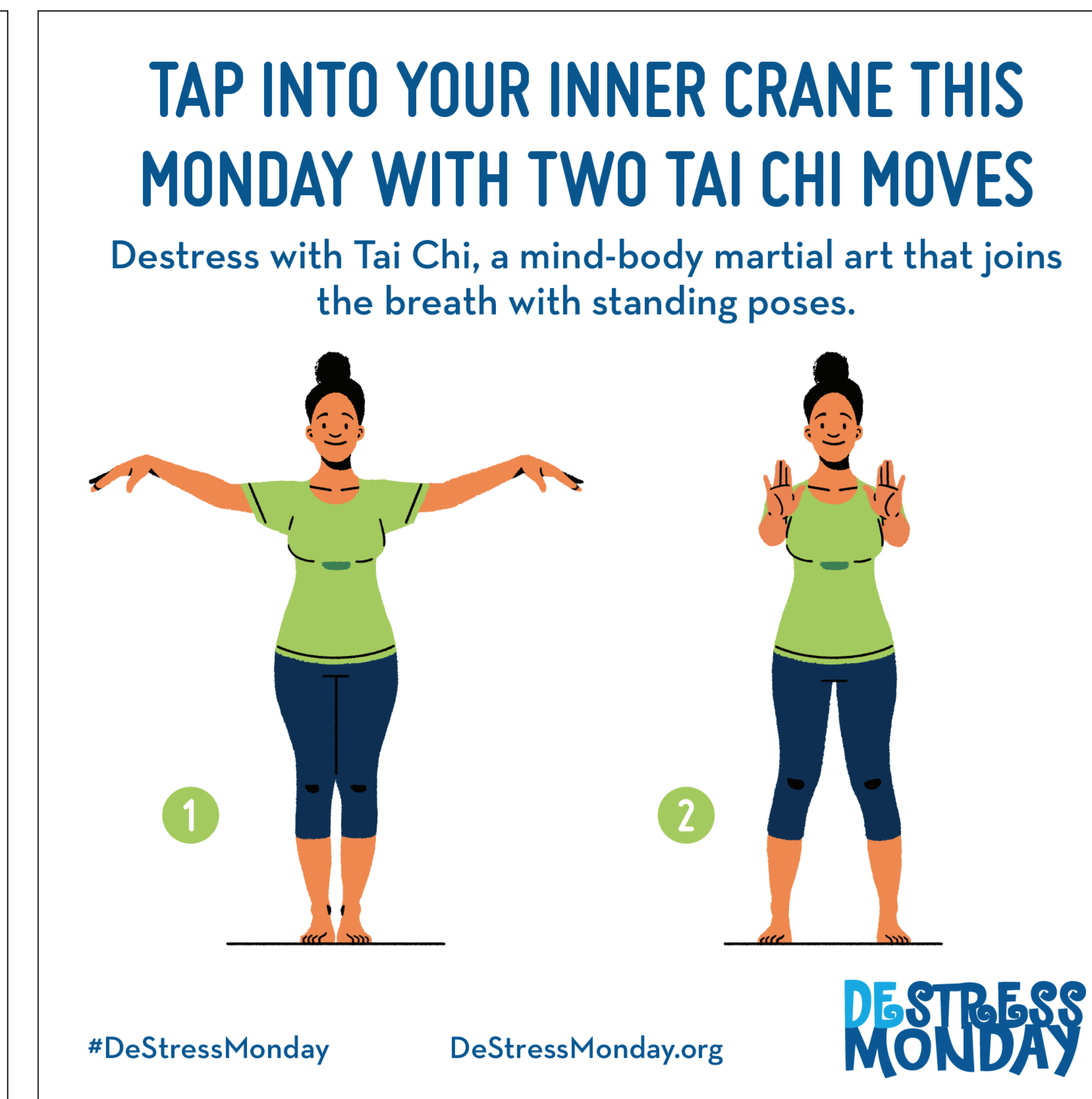
The Monday Campaigns
The day all health breaks loose.

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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.



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.



PROGRAM DELIVERY

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



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.

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.



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