
Collaborating With A Local Parks & Recreation Department To Provide Health Education To Individuals Living With Special Needs

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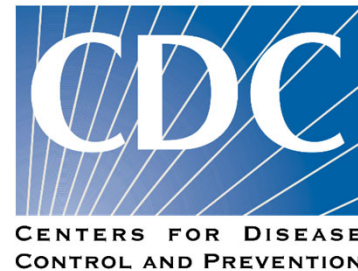


SESSION OBJECTIVES

- At the end of this presentation the learner will be able to adapt a strategy to partner with their community
- At the end of this presentation the learner will be able to effectively supervise nursing students providing health education to individuals living with special needs
- At the end of this presentation the learner will be able to create a health teaching outline for individuals living with special needs

BACKGROUND

- HP 2020 Goal
 - Improve health-related quality of life and wellbeing for all individuals
- CDC Statistics
 - 30% of adults in AL have a type of disability
 - ~15% of those are cognitive/developmental disabilities
- RWJF's Culture of Health Framework
 - Making health a shared value
- AACN's BSN Essentials
 - VII – Clinical Prevention and Population Health
 - VIII – Professionalism and Professional Values



HEALTH TEACHING EXPERIENCE

- Every Wednesday for 7 weeks a different group of 4 to 6 nursing students attended a camp designed for ILWSN and taught a 45 minute session about healthy lifestyle choices
- Nurse educators assigned different health topics to their students at beginning of semester
- Clients varied in age from teens to adults
- Students developed teaching plans appropriate for elementary aged clients
- Students also met with clients' caregivers to extend their teaching into the clients' homes



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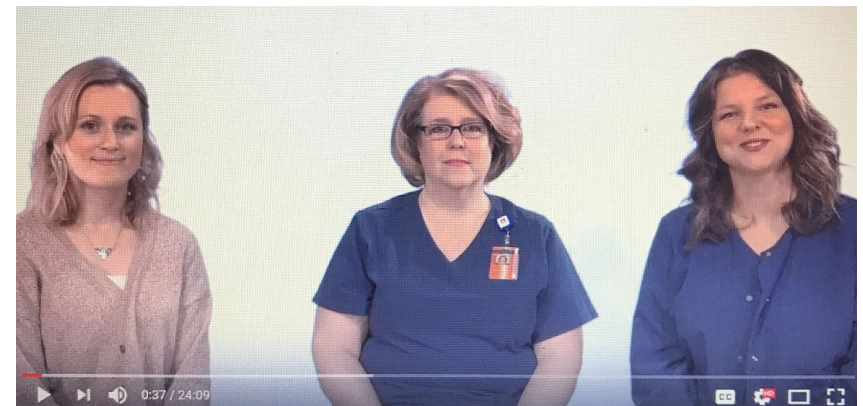
OBJECTIVE ONE

- *At the end of this presentation the learner will be able to adapt a strategy to partner with their community*
- What did we do?
 - Look at curriculum and find gaps
 - Touched on ASD in Psych/Mental Health and seizure disorders in Med-Surg, but other than that, this population was largely unrepresented in our curriculum
 - Look for community engagement centers that offer programs for that population
 - Auburn Parks and Recreation
 - Partner with that center
 - Make it worth their time – a mutual benefit
 - We provided health classes and they provided us engagement with a vulnerable population



OBJECTIVE TWO

- *At the end of this presentation the learner will be able to effectively supervise nursing students providing health education to individuals living with special needs*
- What did we do?
 - Students submitted their work one week in advance to the nursing faculty for review
 - Faculty members supervised the educational experience on-site
 - Pre-brief Video:
 - <https://www.youtube.com/watch?v=R9MBJy4uFgU&feature=youtu.be>
 - Pre-brief paperwork
 - Required for clinical
 - De-brief experience
 - Article about in-patient experience



OBJECTIVE THREE

- *At the end of this presentation the learner will be able to create a health teaching outline for individuals living with special needs*
- What did we do?
 - Listened to topics suggested by community partner
 - Handling money, Doing laundry
 - Looked at the literature
 - Dental health, Emotional regulation
 - Created objectives for students and provided resources for them to develop appropriate teaching engagements
 - Topic: Nutrition
 - Theme: “It’s not hard to choose healthy!”
 - Suggested Resources: www.myplate.org, www.cdc.gov/nutrition/
 - Learner Objectives: At the end of this teaching engagement clients will be able to list at least one change they can make to increase consumption of healthy foods

RESULTS AND CONCLUSION

- Nursing students indicated they gained confidence in their abilities to care for ILWSN
- Clients developed a better understanding of healthy lifestyles
- Caregivers reported their intent to incorporate some healthy lifestyle choices discussed at camp into their everyday lives
- Nursing students' part in health education for this group of ILWSN proved successful
- More opportunities for them to partner alongside ILWSN and the Parks and Recreation Department were developed to continue growing the community partnership and enhance the culture of health amongst ILWSN



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