

# Nurses' Lives

Building evidence to improve Scotland's health



@richardgkyle



The **Nurses' Lives Research Programme** at Edinburgh Napier University does research to better understand nurses' health and careers.

Our mission is to *deliver* **better evidence** *about* nurses to *drive* **better education** and **support** *for* nurses.





Health Behaviour and Outcomes



Bullying and Workplace Violence



Health Inequality and Population Health





Health Behaviour and Outcomes



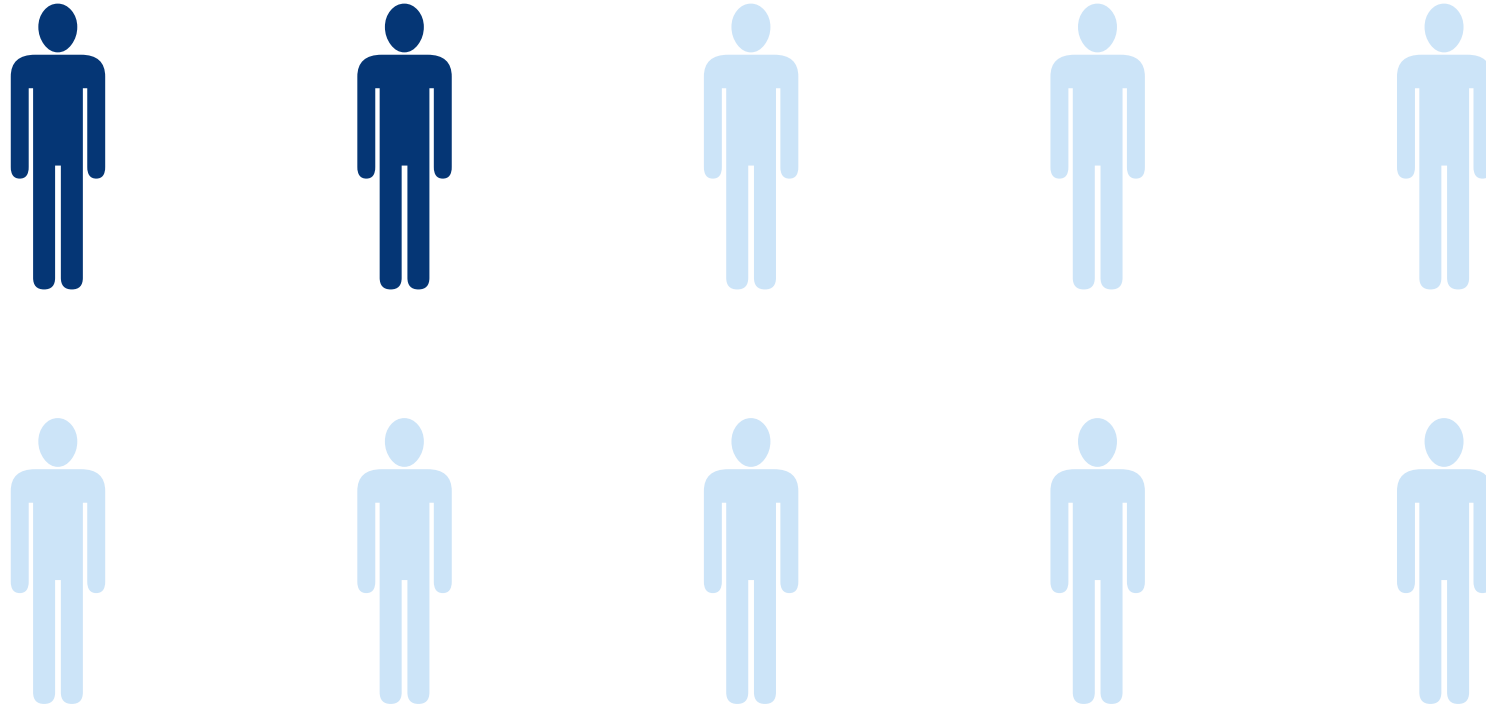
Bullying and Workplace Violence



Health Inequality and Population Health



# Nurses

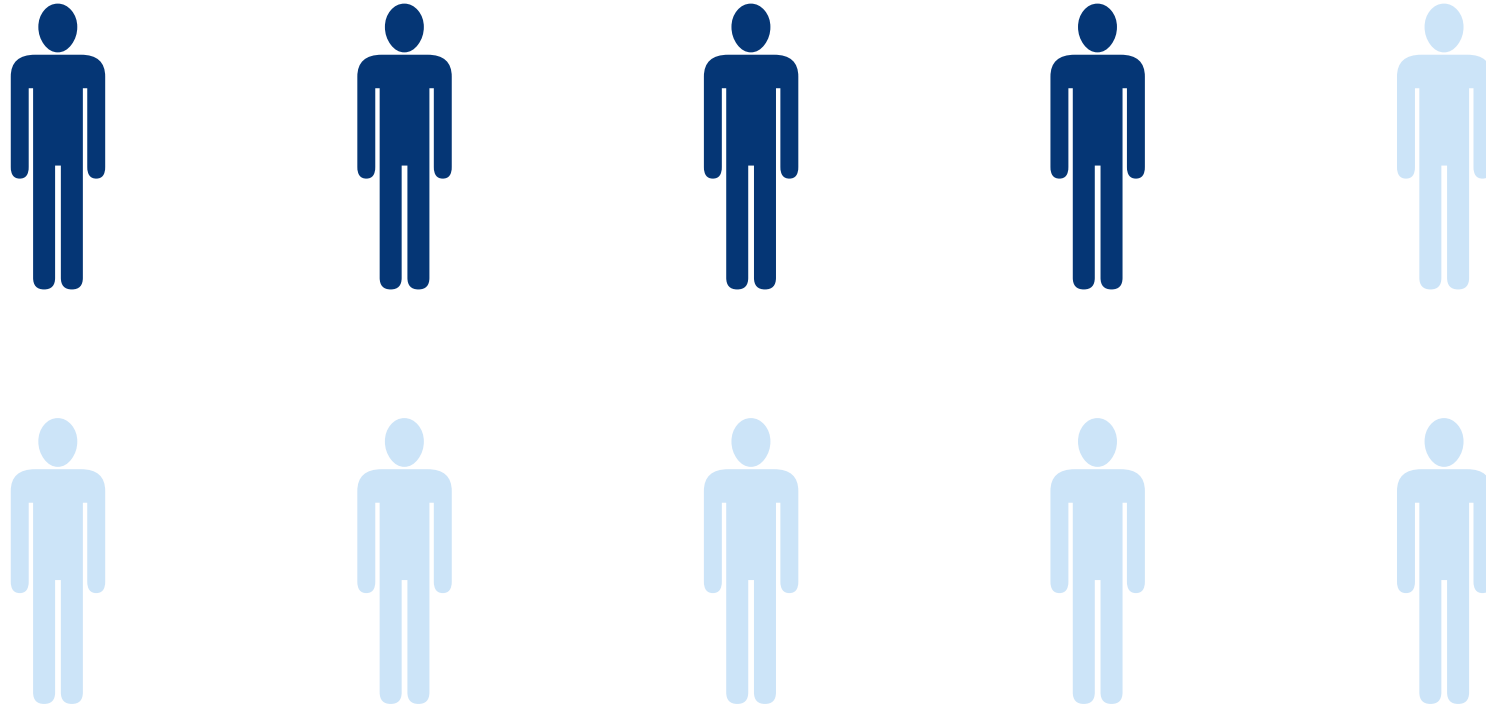


**17%**

**Smoke**



# Nurses

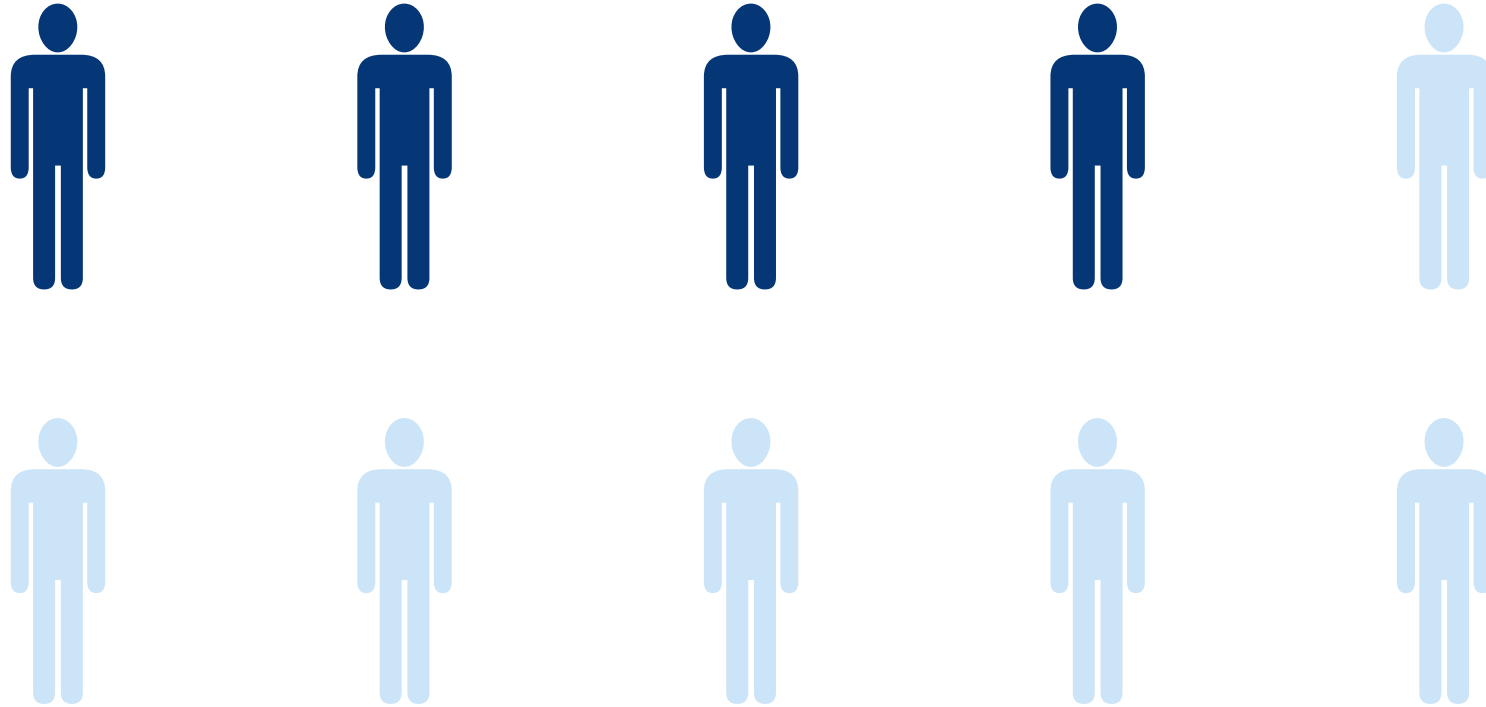


**44%**

Don't Meet  
**Physical Activity**  
Guidelines



# Nurses

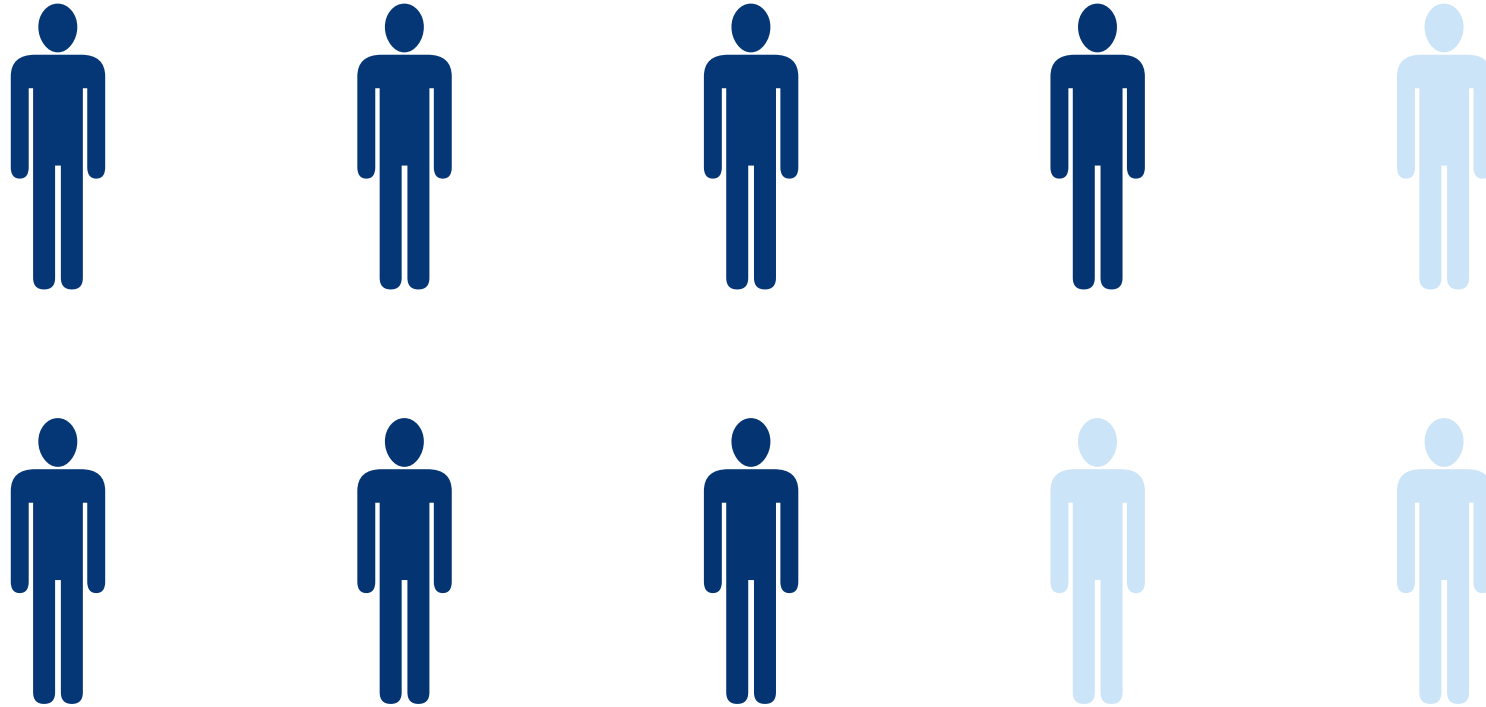


**46%**

Don't Meet  
**Alcohol Consumption**  
Guidelines



# Nurses



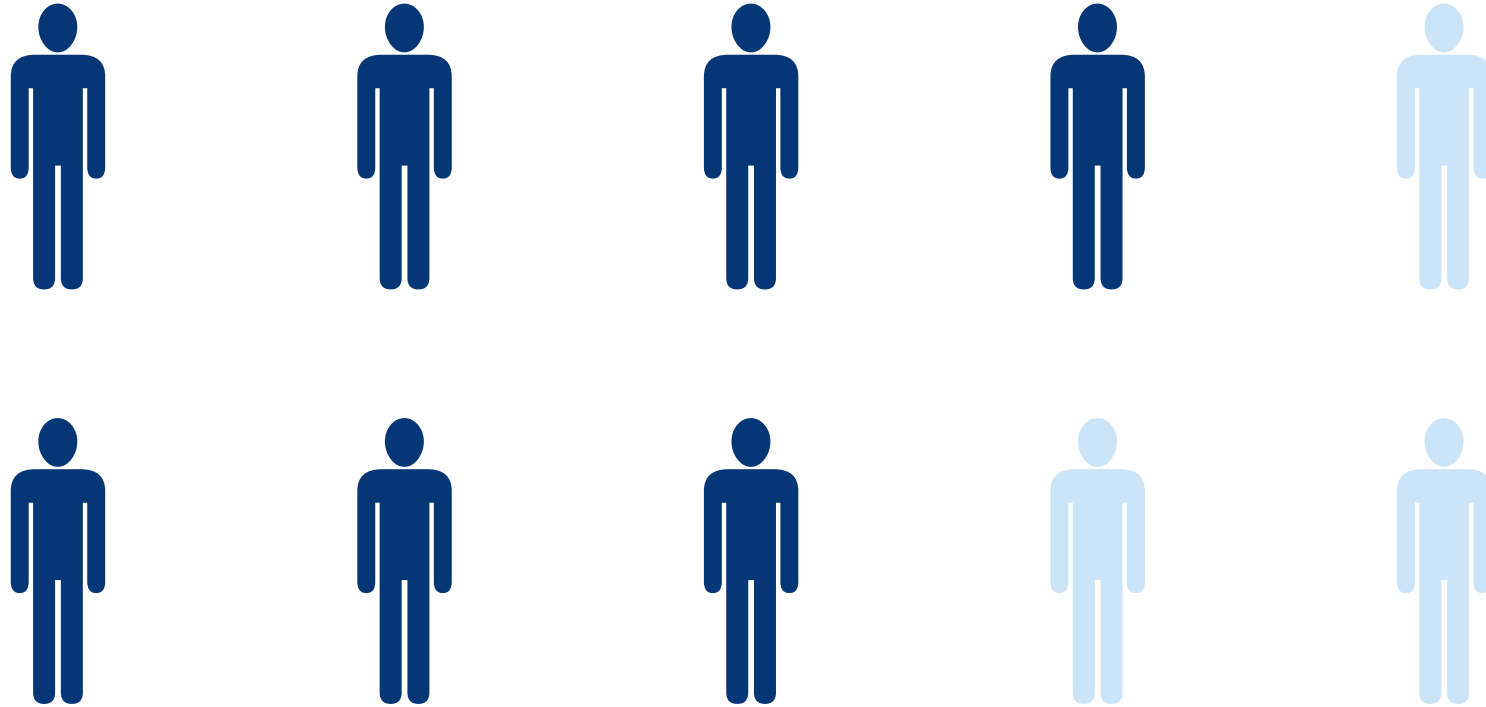
**67%**

Don't Meet  
**Fruit/Vegetable Intake**  
Guidelines





# Nurses

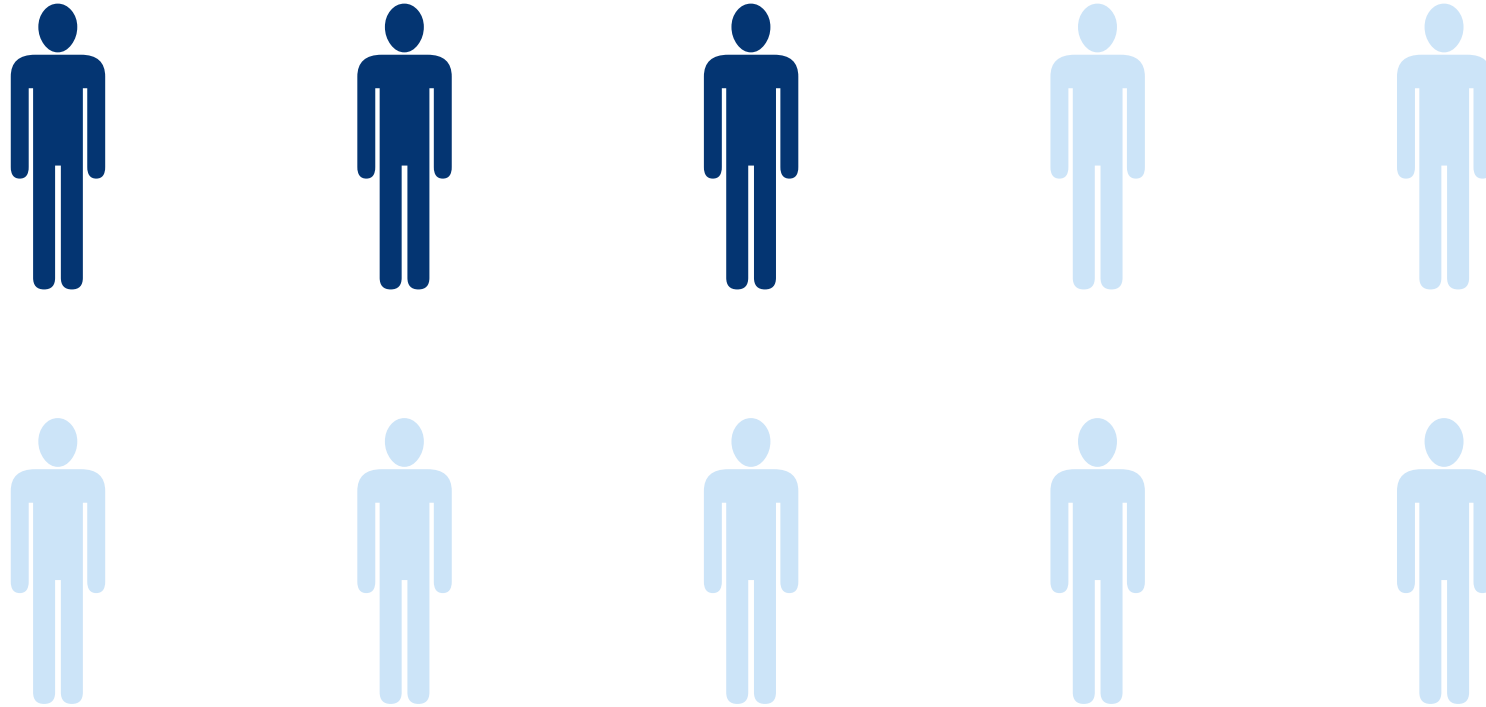


**69%**

**Overweight**  
(BMI  $\geq$  25)



# Nurses



**29%**

**Obese**  
(BMI  $\geq$  30)





Health Behaviour and Outcomes



Bullying and Workplace Violence



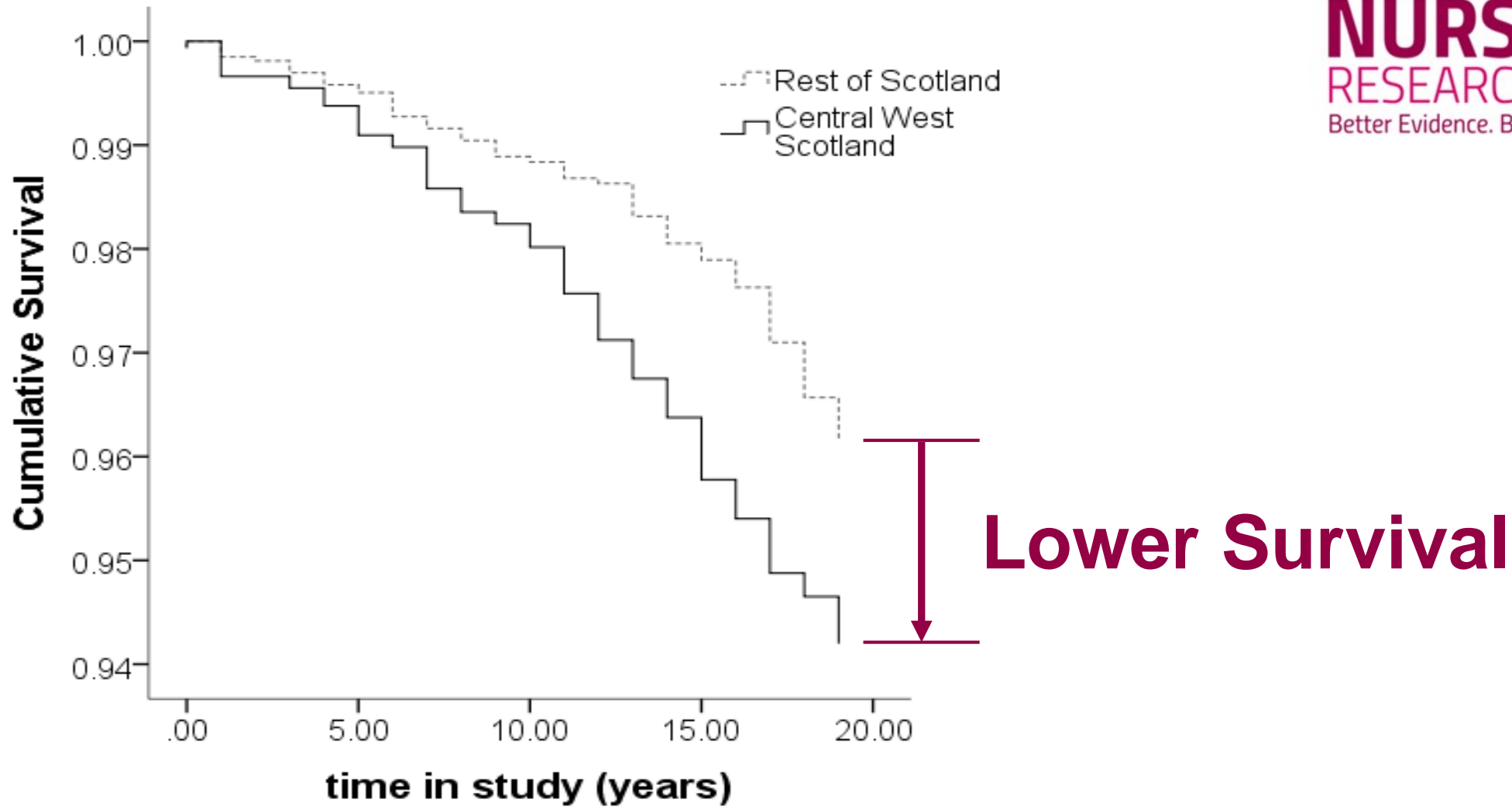
Health Inequality and Population Health





30%

Higher Mortality



Source: Scottish Longitudinal Study



Improving

# Nurses' health

can improve...

Scotland's health.





# 60,000

**Registered nurses working  
in Scotland**



# 3,360

**Student nurses trained  
in Scotland each year**





43%

of NHS Scotland Workforce  
are **Nurses**



**1** in 20

**of the working population  
of Scotland work in the NHS.**

small  
actions

X

lots of  
people

=

BIG  
CHANGE



Putting **nurses'**

**health** first.



# Promoting Nurses' Health and Wellbeing

## Action Plan

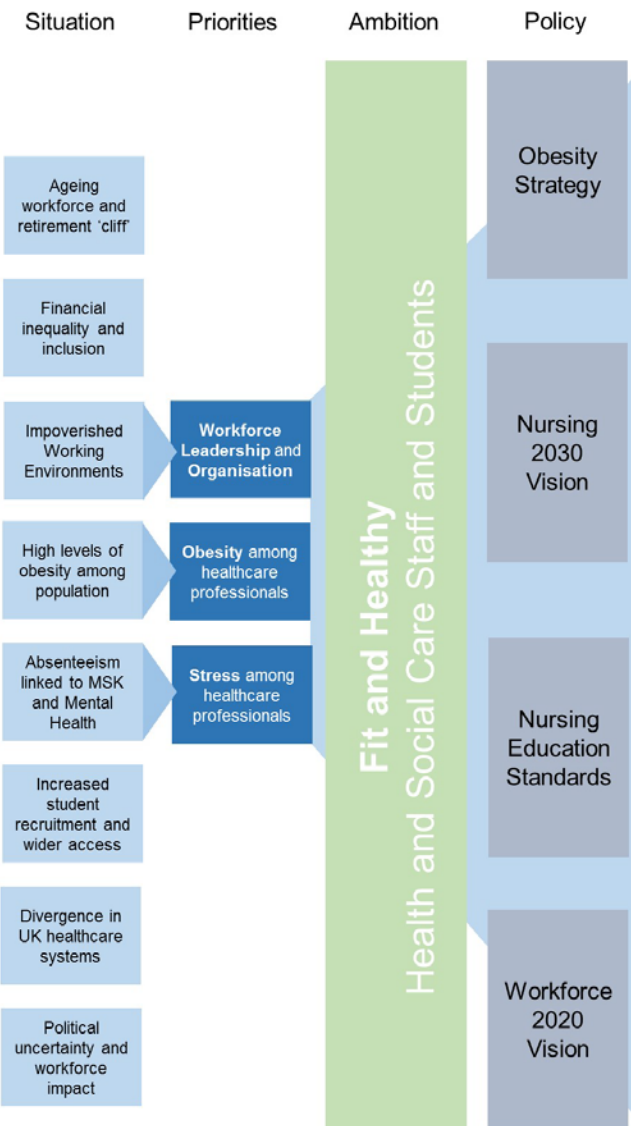


# 2030 NURSING

A VISION FOR NURSING IN SCOTLAND



## SCOPING



## ACTIVITIES



## OUTCOMES



Improved Patient Outcomes





# Contact

**NURSES' LIVES**  
RESEARCH PROGRAMME  
Better Evidence. Better Education. Better Support.

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