

Partnerships to Promote Nurses' Health: Expanding the Scope and Scale of the U!REKA Research Network on Nurses' Health and Wellbeing

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ABSTRACT

Healthcare professionals are at the heart of efforts to support and improve the health of local communities across Europe. Nurses have an established and expanding role in health promotion through offering advice and interventions to encourage behaviour change. Because nurses are the largest single occupational group in global healthcare systems this means that the impact they can have through their effort is considerable. However, recent research has shown that there is a connection between nurses' own health and their health promotion with patients. For example, a recent systematic review assessing the impact of personal health behaviours on health promotion practice found that patients may be more likely to accept advice offered by a visibly healthy professional. Nurses' own health-related behaviours are also known to affect the frequency with which they offer health promotion advice and people's perception of its credibility. Supporting nurses to improve their health is therefore important to ensure that health promotion messages are shared and acted upon by the public. Improving nurses' health may also help to reduce sickness absence and injury among nurses which could address shortages of nursing staff across Europe. For this reason, understanding the health of nurses and developing interventions to enable nurses to improve their health is an important public health priority. In Scotland, the Nurses' Lives Research Programme was established in 2015 to better understand nurses' health and to test interventions that aim to improve the health of nurses and other healthcare professionals. Recent Nurses' Lives research has estimated the prevalence of obesity and health-related behaviours among nurses and other healthcare professionals in Scotland and England using routinely-collected administrative data. Through U!REKA a network has now been established that includes researchers across partner institutions with a shared interest in the health of healthcare professionals across Europe. Through this network replication studies that use the methods of analysis developed in Scotland are in progress by colleagues at

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University College Ghent in Belgium, and planned by partners at Metropolia University of Applied Sciences in Finland. By using comparable methods across several European countries, the aim of this collaborative research programme is to better understand the health of nurses in countries across Europe and use this learning as a platform to develop and test joint interventions to improve nurses' health. Through this network the potential for the U!REKA collaboration to make a positive impact on health care professionals and systems across Europe is significant.

The aim of this session will be to expand the scale and scope of our network to ensure that it can realise this impact. The session will have two parts. In the first part, we will share ongoing research in Scotland, Belgium and Finland. In the second part, we will open up discussion to enable other U!REKA partners to join the network and share ideas for future collaborative research our U!REKA network could develop.

Aim of the paper and urban challenge it addresses:

U!REKA has enabled the creation of a research network focussed on understanding and improving nurses' health and wellbeing. Current partners are Edinburgh Napier University (Scotland), University College Ghent (Belgium) and Metropolia University of Applied Sciences (Finland). The aim of the session is to expand the scale and scope of this U!REKA network. This will be done by: (1) sharing research being conducted by current partners; (2) inviting new partners to join the network; and (3) setting the direction for future collaborative research.

KEYWORDS

Keyword 1	Nursing
Keyword 2	Healthcare Professionals and Students
Keyword 3	Epidemiology
Keyword 4	Interventions
Keyword 5	Health Promotion and Behaviours

Workshop

Workshop II: Health and Wellbeing in Urban Environments