

Partnerships to Promote Nurses' Health

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Expanding the scope and scale of the U!REKA research network on nurses' health

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Session Aim

The aim of the session is to expand the **scale** and **scope** of the U!REKA network on nurses' health. 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.

NURSES' LIVES

RESEARCH PROGRAMME

Better Evidence. Better Education. Better Support.

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.

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Health Inequality and Population Health



Bullying and Workplace Violence



Health Behaviour and Outcomes



Health Inequality and Population Health



Bullying and Workplace Violence



Health Behaviour and Outcomes



2015

Key Findings

- > 7 in 10 nurses in Scotland overweight or obese (BMI ≥ 25.0)
- > Nurses significantly more likely to be overweight than general working population

2030 NURSING

A VISION FOR NURSING IN SCOTLAND



Promoting nurses' health and wellbeing

Nurses of today will have longer careers than their predecessors. As 2030 approaches, working to age 70 before retiring is likely to be the norm for many citizens.

Older age does not necessarily mean poorer health, but there is a natural and gradual decrease in fitness as we age. Research into older nurses at work shows they can struggle with the physical and psychological demands, and that this can be exacerbated by, for example, working patterns.^{5,6} While little research has been done on the health or economic impacts of shift-working in nursing, it has been reported that nurses working for 12 hours or longer are more likely to report reduced efficiency and effectiveness, leading to poor-quality care, poor patient safety and more care left undone.⁷

The need to put in place measures to protect and promote nurses' physical and mental health and wellbeing therefore becomes even more important.

We know from important research carried out in Scotland⁸ that some aspects of nurses' health and wellbeing are below that of other health professionals and the general population. Some are living with physical health problems, working long hours with insufficient rest, eating an unbalanced diet and taking part in insufficient physical

- 5 Stichler JF. Healthy work environments for the ageing nursing workforce. *J Nurs Manag*. 2013;21:956-63.
- 6 Buckle P. Workplace infrastructure. Future of ageing: evidence review. London: Government Office for Science; 2015 (<https://www.gov.uk/government/publications/future-of-ageing-workplace-infrastructure>).
- 7 Ball J, et al. The 12-hour shift: friend or foe? *Nurs Times* 2015;111(6):12-4.
- 8 Kyle RG, Neall RA, Atherton IM. Prevalence of overweight and obesity among nurses in Scotland: a cross-sectional study using the Scottish Health Survey. *Int J Nurs Stud*. 2016;53:126-33 ([http://www.journalofnursingstudies.com/article/S0020-7489\(15\)00332-6/fulltext?cc=y](http://www.journalofnursingstudies.com/article/S0020-7489(15)00332-6/fulltext?cc=y)).

Research shaped national nursing policy to promote nurses' health



One in four of England nurses is obese, study warns

Obesity is connected to conditions that are the main causes of sickness absence in the NHS, say the authors of a new study.



2017

Key Findings

- > 1 in 4 nurses in England are obese (BMI ≥ 30.0)
- > Nurses **significantly more likely** to be obese than other healthcare professionals



HEALTH: We can ALL ditch sugar!

By SARAH STACEY FOR THE MAIL ON SUNDAY
PUBLISHED: 13:43 GMT, 2 July 2018 | UPDATED: 11:04 GMT, 4 July 2018

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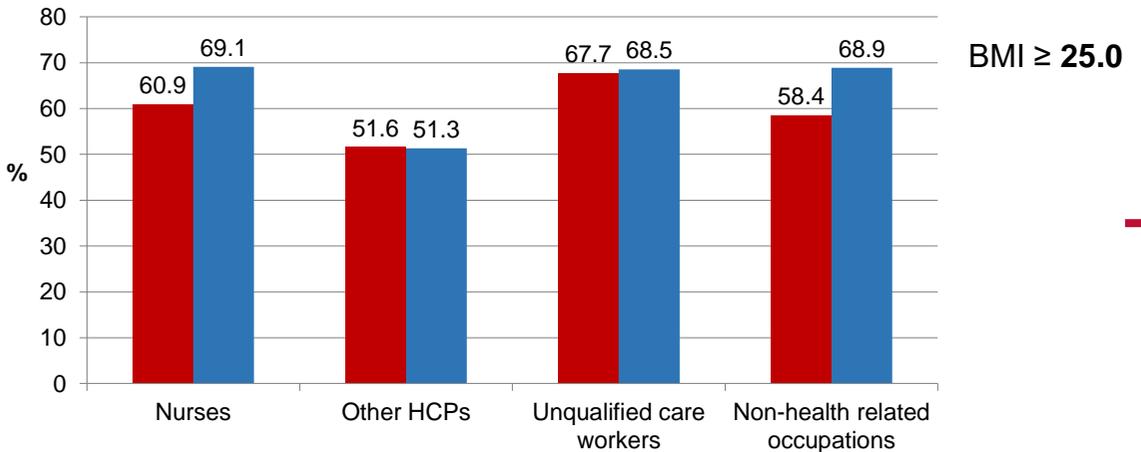
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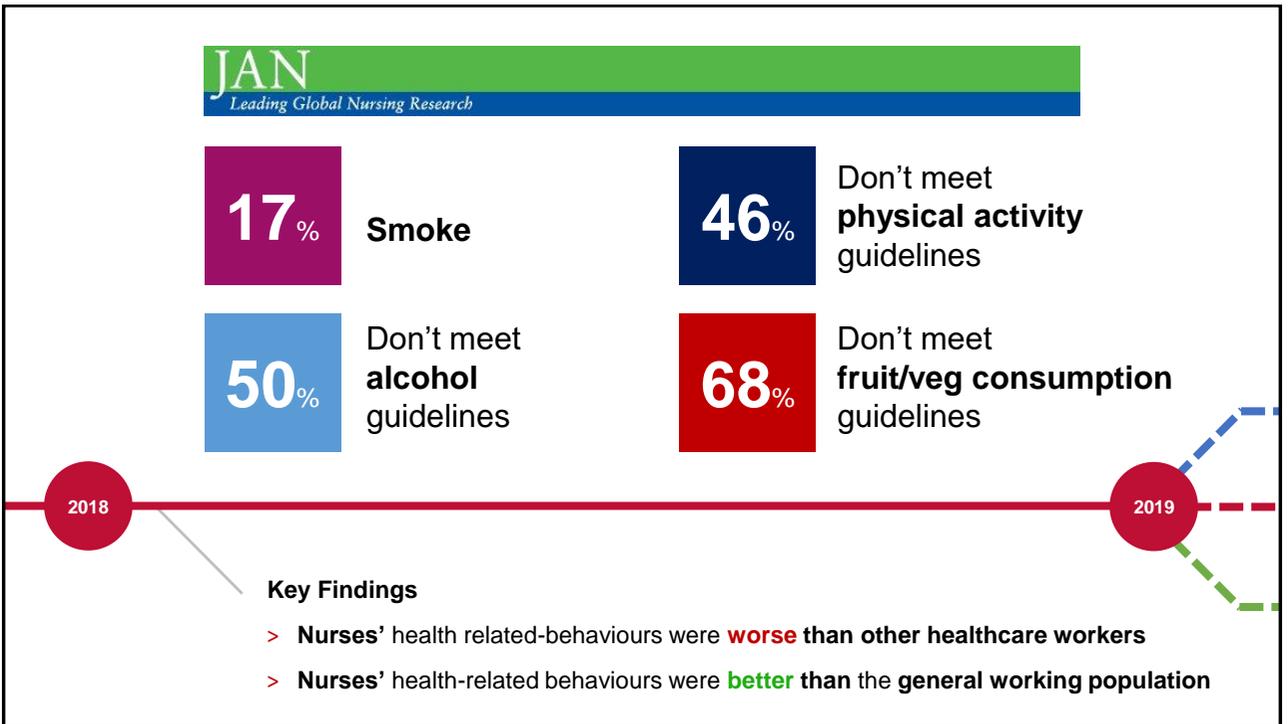
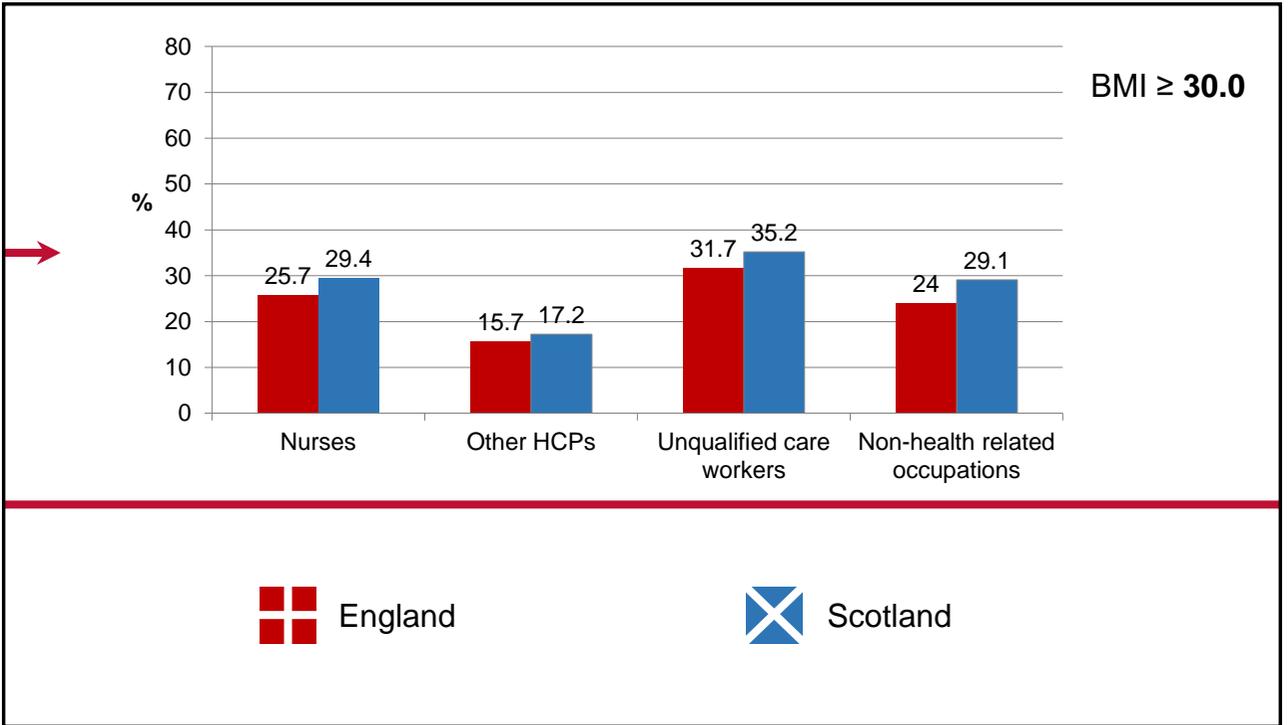
Health experts agree that obesity is the biggest health concern for the NHS, with a staggering 57 per cent of women and 67 per cent of men overweight or obese. And sugar is the number-one villain in the obesity war.

To celebrate 70 years of the NHS, Tameside and Glossop Integrated Care NHS Foundation Trust is challenging everyone to cut back on sugar for a full 70 days – with the ultimate aim of eliminating it completely from your diet.

Tameside Hospital is spearheading a campaign to ditch it by becoming the first hospital in the NHS and perhaps the world to ban sugary snacks and drinks from its restaurant and swap them to healthier options. Puddings have been off the menu since last summer and the only drinks available for staff and visitors are water, milk, tea and coffee.

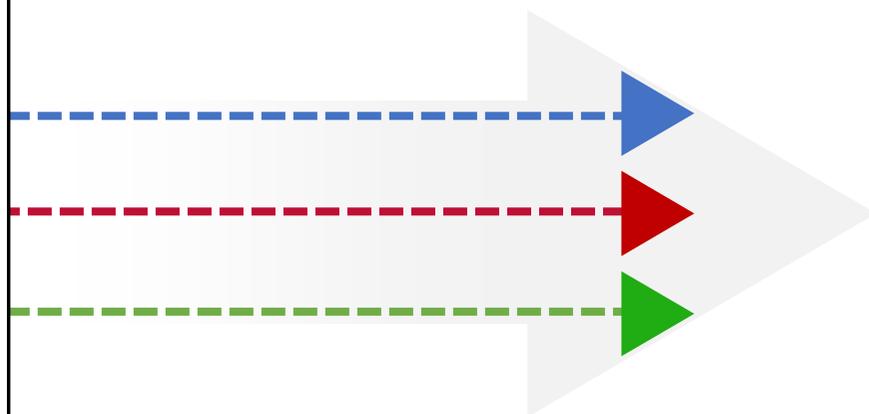
Research shaped local nursing practice to promote nurses' health





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Partnerships to Promote Nurses' Health

**Network**

The U!REKA research network on nurses' health and wellbeing aims to create links between colleagues and institutions across Europe with a shared interest in **understanding and improving nurses' health and wellbeing.**

Aim

The **network** does this by:

- conducting **collaborative research** projects,
- **exchanging staff** between partner institutions,
- **sharing ideas** and approaches to public- and policy-engagement to ensure research findings have a meaningful and lasting **impact** on practice, policy and public debate in each partner country and at a European level.

How

The goal of this U!REKA network is that by 2021 **all six U!REKA partner institutions** will be involved in a programme of research that will provide epidemiological evidence to inform development of interventions to improve nurses' health and wellbeing across Europe and a platform to test what works, where and why.

Goal



Amsterdam University of Applied Sciences



How do we **expand** the **scope** and **scale** of our **partnership** to promote nurses' health?



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Thank You

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