

# HAC 2016 ABSTRACT for Oral Presentations

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**Project title**

Factors Affecting Perceived Health and Wellness of Nursing Students at Hospital Authority

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**Keyword(s)**

Committed and happy staff

Perceived health and wellness

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**Introduction**

Committed and happy staff is defined as perceived health and wellness that motivates staff to work. Health and wellness leads to happy staff who have increased control in their daily work. This study explored the present state of health and wellness of nursing students as novice nurses (Benner, 1984), and evaluated the factors affecting their health and wellness perception.

**Objectives**

(1) To explore whether perceived health and wellness of staff is correlated to committed and happy staff; and (2) to evaluate the factors affecting health and wellness perception of nursing students.

**Methodology**

Perceived health and wellness were measured by inventory of wellness status key (Edlin, Golanty & Brown, 2010). These included six categories including stress coping, nutritional state, environmental health, fitness and body care, emotional health, and medical self-responsibility. Each category contains 10 questions. Respondents were required to complete the questionnaire to measure perceived health and wellness. They scored each question if the statement was: always true (5), frequently true (4), occasionally true (3), seldom true (2), or never true (1). Convenient sampling method was adopted. 197 nursing students were consented to provide feedback after explanation and the questionnaires were collected. Respondents rate was 71%, n=140. Statistical Package of Social Sciences, SPSS, version 20 was used for analysis. Descriptive statistics was performed by t-test for each factor. The significant level was  $p < 0.05$ , with 80% level of confidence. Correlation between two factors in the wellness status key was performed by two-tailed Pearson correlation test, significant at the  $p < 0.01$  level.

**Result**

Students' overall health and wellness was fair ( $34.6 \pm 3.3$ ). In each category, students were good at stress coping ( $35.7 \pm 3.9$ ) and environmental health ( $42.0 \pm 4.2$ ), fair at emotional health ( $34.9 \pm 4.6$ ) and medical self-responsibility ( $34.1 \pm 4.5$ ). Nutritional state ( $30.8 \pm 5.3$ ), fitness and body care ( $29.1 \pm 5.1$ ) needed improvement. In factor analysis, stress coping was significantly correlated to emotional health (Pearson correlation  $r=0.59$ ). Nutritional state was correlated to fitness and body care (Pearson correlation  $r=0.55$ ). Environmental health was correlated to medical self-responsibility (Pearson correlation  $r=0.50$ ). Correlation was significant at the 0.01 level (2-tailed). **Conclusion** In this study, perceived health and wellness of staff and committed and happy staff was correlated. Nursing students had fair health and wellness perception. They demonstrated strength in stress coping and environmental health.