



# All Things Ignatian



## Promoting Healthy Behaviors in Children: Applying Ignatian Values in Schools

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### Background

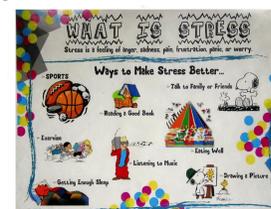
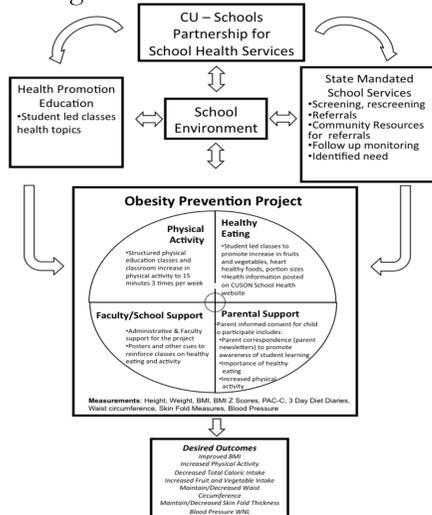
- An innovative partnership between Creighton University College of Nursing and 40 local public and parochial schools.
- Provides opportunities for nursing students to offer basic health promotion and disease prevention services, provide health education, and participate in service-learning, research endeavors.
- Incorporates Catholic Social Teaching into the curriculum and actively live out the University and Catholic mission of service to others.
- **The purpose of this poster** is to show how the close alignment of Ignatian values and professional expectations and standards for nursing have been integrated in the clinical setting while promoting the health of children in various schools throughout a community.



### Healthy Living Project

Examined data from screenings to develop a pilot study based on a comprehensive school health program.

- Components included student, parent, staff health education, health services, physical education, school worksite health promotion, promotion of healthy nutrition environment, school commitment and support.
- Targeted 3<sup>rd</sup> & 4<sup>th</sup> grade students
- Participants received 8-10 health education classes the first year.
- Nutrition, physical activity, coping with stress, acceptance of body image, and heart healthy activities.
- Assessments/outcomes included dietary intake, physical activity, height/weight, BMI, blood pressure, skin fold thickness, & waist circumference.
- Results: Waist circumference and skin fold thickness achieved statistical significance with moderate effect sizes and important trends



### Applying Ignatian Values

In addition to the clinical objectives and outcomes, nursing students are challenged to reflect upon and identify the moral relevance of their experiences. CUCON enhances this moral framework by incorporating contemplation on four Ignatian values and Magis and Discernment charisms.

- **Cura personalis** is a Latin phrase meaning “care for the individual person. This care encompasses the whole person, with attention to respecting and promoting human dignity.

*“Caring for the whole person is arguably the most important trait needed in the school health rotation. I think we could all say we used this Ignatian value in school health. Once reason being we were caring for the whole person while screening and also being open minded and accepting of spiritual and religious beliefs of all the children and staff in the school.”*

- **Faith that does Justice.** This value involves service and care of the poor and marginalized.

*“From a community health perspective, it is critical to especially target the underprivileged students who may not have access to even routine health screenings. As nurses, we must actively work for and with the poor to ensure that all children- regardless of ability to pay, receive consistent, comprehensive health care screening in order to provide prevention, early treatment/ intervention, and a higher likelihood of future health and success.”*

- **Finding God in All Things** encompasses finding God in all the activities and circumstances in our lives.

*“God is in these kids. He’s in our hands as we serve them and in the schools where they spend their days. He is in our brief interactions with them- the quick smile, the compliment, the encouraging word— and this past week was filled with countless opportunities to encounter His beauty and grace through his children.”*

- **Men and Women for and With Others** means becoming servants to all, in both simple and complicated ways, and also caring for and giving service to those in need.

*“This Jesuit value is all about giving and providing service to those in need and realizing that all humans have all sorts of needs. Not only can we serve the students, but also parents and staff.”*

### Health Services Provided

The partnership formed between CUCON and participating schools has proved to be a rich clinical learning opportunity.

- State-mandated health screenings and rescreenings
  - Vision, Hearing, Height, Weight, Blood Pressure, Dental
- State-mandated immunization reviews
- Update and review student health records
- Health education for students, families, and staff
- Analysis of aggregate child health data for state-mandated reports

### Community Health Fairs

Nursing students participated in interdisciplinary health fairs held in schools and day care centers.

- Healthcare booths were created and developed in response to each site’s community needs assessment.
- Some sites participating in the health fairs serve a high population of economically disadvantaged children from birth to age five.
- Booths provided education on illness prevention, developmentally appropriate activities and expectations, basic child safety, dental care, and nutrition.