



NATIONAL
NURSING CENTERS
CONSORTIUM

Keeping Our Nation Healthy

Walk and Win:

Making a difference at
nurse-managed wellness
centers



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**National Nursing Centers
Consortium**




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- **The National Nursing Centers Consortium (NNCC) represents nurse-managed primary care and wellness centers serving vulnerable people across the country.**
- **The NNCC strengthens the capacity of its members to provide quality health care services to vulnerable populations and to eliminate health disparities in underserved communities.**



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Questions:

- **Can a group walking program motivate seniors (>60 yrs of age) to increase their daily level of exercise?**
- **Could a community-based project increase nursing students' interest in working in the community with older adults?**





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- **174 Community living older adults**
- **62 Undergraduate student nurses**

Numbers:

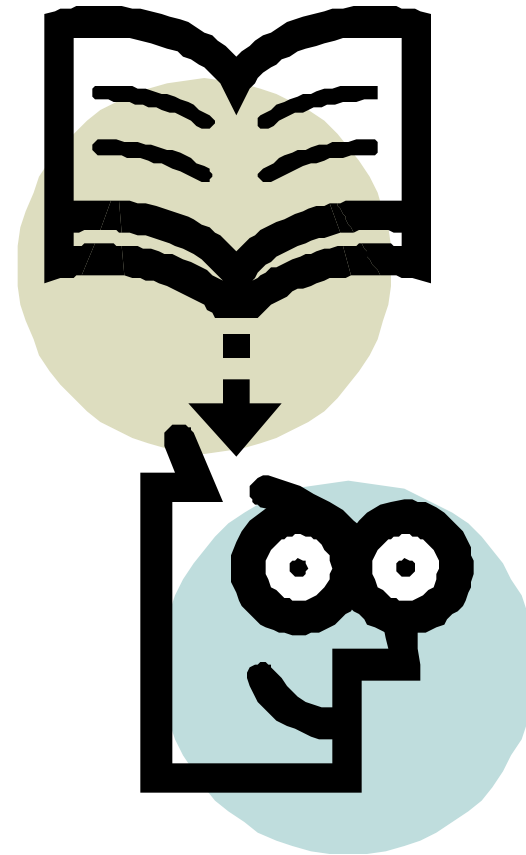




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Student curriculum:

- **Nurse-managed wellness center model**
- **Community-based nursing**
- **Working with older adults**
- **Using community resources**
- **Benefit of exercise for older adults**
- **Components of an exercise program**
- **Managing the older adult in an exercise program**





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Student Presented Intervention

- 20 minute class on benefits of exercise
- Walking plan determined
- Pedometers provided
- Incentives for all





Demographics of Older Adults

- **60-90 years of age**
- **79% Female**
- **62% White**
- **35% African Am.**
- **5% Hispanic**
- **2% Asian**
- **1% Other**





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8 Week Program

- **82% came to wellness center once a week**
- **13% twice a week**
- **5% came more than twice a week**
- **Pre/Post test of knowledge and perception of health**
- **Ask to share demographics and current health problems**
- **Weekly measurements of:**
 - **Blood pressure**
 - **Weight**
 - **Amount walked**



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Health Problems of Older Adults

- | | | | |
|--------------------------|-----|---------------|-----|
| • Hypertension | 73% | • Visual | 22% |
| • Diabetes | 52% | • Cancer | 18% |
| • Osteoporosis | 49% | • CHF | 16% |
| • Arthritis | 45% | • Stroke | 7% |
| • Depression/
Anxiety | 28% | • Other heart | 5% |
| | | • Parkinson's | 2% |



NNCC



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Miles Walked

- **Wide variety**
- **.2 – 234.8 miles over eight weeks**
- **19 feet – 4 miles/day**





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Outcomes

- **Blood pressures and weights did not significantly change in 8 weeks**
- **Knowledge about exercise and walking increased significantly (paired t-test; 95% confidence)**





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Outcomes SF12

- **POSITIVE**
- **Physical health (+12%)**
- **Mental health (+5%)**
- **Physical limitations (-24%)**
- **Mental limitations (-22%)**
- **Increased energy (+16%)**
- **Social functioning (+6%)**
- **Overall health (+17%)**



NEGATIVE

- **Bodily pain (+6%)**



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Congratulations!

Outcomes

- **Intent to continue walking**
 - Definitely (60%)
 - Likely (25%)
- **Recommend to a friend**
 - Definitely (72%)
 - Likely (19%)



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Student Outcomes

- **Grades on student project (85%-100%)**
- **Both increased interest and confirmed students were not interested in working with older adults**
- **Enhanced interest in health promotion, therapeutic communication and research**



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Student Outcomes



- Gained a better understanding of healthy older adults
- Learned nursing is not just for the acutely ill
- Understood what nursing means by community as clients
- Appreciation for independent roles for nurses



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- With appreciation to the Division of Nursing, HRSA for funding this project