

Self-Care for the Nurse Professional

Developing New Self-Care Skills Using the Visuals Arts to Achieve and Maintain Wellness

Session Summary

Creative activity stimulates critical thinking, engages one's personal psychology, and contributes to emotional healing. Building upon both personal and professional self-care skills by participating in the visual arts benefits both the practicing nurse and patient care given, in various ways. Further, the nurse's perceptual acuity is enhanced resulting in improved physical assessment skills.

The Empire State Public Health Training Center is preparing to offer a special workshop for nurses utilizing the visual arts to improve self-care and wellness. To prepare the workshop we would appreciate your participation in the following survey.

A selection of the Public Health Nursing Competency domains will be supported during this session. (Analytical Assessment, Communication, and Community Dimensions of Practice Skills)

Presenter Bio

Ginny O'Brien is an artist, educator, lecturer, author, and registered nurse. She exhibits her work regularly in solo and group exhibitions nationally and locally, and has extensive experience teaching college-level studio and lecture courses in design and fiber art. The artist conducts workshops for teachers, artists and healthcare professionals that integrate the arts and creativity for the promotion of health and wellness. She recently developed and taught an innovative expressive visual arts program designed for adolescent and adult outpatients receiving care in a hospital setting.

Publications authored by the artist are found in several art, education, literary and health-related journals and magazines, including Surface Design Journal, Western Humanities Review, the Journal of Family Medicine, and the Journal of Nursing Research. She holds a Master of Fine Arts degree in Studio Art, Fibers, from Syracuse University; a Master of Arts degree with concentrations in Textiles, Art Education, and Art Therapy; and a Bachelor of Fine Arts in Textile Design, from Buffalo State College. Ginny earned a Bachelor of Science in Nursing from Wichita State University and has extensive nursing care experience in various clinical settings. She maintains an active RN license in the State of New York and currently serves as Curator of Education for the University at Buffalo Art Galleries in Buffalo, New York. Ginny is a member of the organization Global Alliance for Arts and Health and the American Holistic Nursing Association.

1. Previously, have you been familiar with the concept of self-care for nurses?

Yes

No

2. If yes, do you participate in self-care and learning new self-care skills?

Yes (after selecting yes, go to question 4)

No (after selecting no, go to question 3)

3. Are you interested in learning about self-care?

Yes (after selecting yes, continue to question 4)

No, thank you (please select the 'Done' button at the bottom of this page to exit the survey)

4. Do you consistently participate in or practice one or more of these art forms? (you may select more than one answer)

Painting

Drawing

Printmaking

Collage

Photography

5. Which art forms are you interested in participating? (you may select more than one answer)

Painting

Drawing

Printmaking

Collage

Photography

6. Would you be interested in participating in a free professional development session to improve self-care and wellness utilizing the arts?

Yes, please add me to your mailing list. (after selecting yes, continue to question 7)

No, thank you. (please select the done button at the bottom of this page to exit the survey)

7. Please enter your email address for more information about this professional development session.**8. If you are interested, what days of the week and time of day would be most accommodating for your schedule during the Spring 2013?**

Morning

Afternoon

Evening

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

9. Would you be willing to travel to the UB Anderson Gallery, less than a mile from south campus for the session?

Yes

No

Powered by **SurveyMonkey**
Check out our [sample surveys](#) and create your own now!