

Bachelor of Integrated Studies

Capstone Report

BIS 4800

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Health and Wellness Fair

Summary

My capstone project consisted of the organization and presentation of a Health and Wellness Fair. The fair was held at South Davis Community Hospital in Bountiful, Utah and was offered to the staff and family members of patients and residents at the facility. The fair was held on November 16, 2017. This paper will address how the project was planned and what steps were taken to prepare for the event. It will include photos of the events and activities that took place the day of the event. It will also include an evaluation of data collected and recommendations for future similar projects.

Ideas for a capstone project

With Social Work, Child and Family Studies and Health Promotion as my areas of emphasis, I had a broad range of projects that could have been organized and completed. I thought about several different ideas including stress management education to family caregivers and nutrition education for elementary school children. I also contemplated mentoring with social workers at a long-term care facility. My final thought was to plan a health and wellness fair for caregivers at a long-term care facility. This is the plan that I began to develop and then proposed to my committee members, Dr. Chloe Merrill, Dr. Barrett Bonella and Professor Marie Clayton.

Problem

Caregivers work very hard caring for people who are extremely dependent on others for almost everything that gives them the opportunity to live - food, clothing, hygiene, mobility, etc. Caregivers give that care without thinking of their own needs. They put the person they are caring for ahead of themselves. Can the health and wellness of caregivers suffer because of their

priorities? Could a health and wellness fair benefit caregivers, giving them the opportunity to think about themselves and their own health?

Proposed Solution

I decided that a very beneficial way to address this issue was to offer a health and wellness fair for caregivers at a small community hospital. It would cover the areas of social work, child and family studies, health promotion and it would offer a great service to staff and family members. My goal was to provide temporary relief to people who give care on a continuous basis to a very vulnerable and demanding population. Caregivers often have little time for themselves. They can suffer from stress related to their demanding jobs and tasks. They can suffer from poor nutrition and other unhealthy lifestyles. Caregivers who take care of themselves can ultimately give better care to those they serve.

Literature Review

The studies that I researched were related to topics such as caregiver burnout, caregiver burden, empowering family caregivers, education for caregivers, lifestyles and health of caregivers and stress related caregiver issues. These studies helped me to understand the plight of the caregiver and the resulting harm that can take place. They also reaffirmed to me that giving attention and education to the caregiver can help them become healthier, more able to care for patients and more balanced in their own lives.

One problem that caregivers have is that they do not take care of themselves. A study that I researched was conducted to determine whether caregiver burden is related to unhealthy lifestyle behaviors. This study found that many caregivers are at risk for poor physical activity and dietary habits. unhealthy lifestyles, including unfavorable nutrition and unhealthy activity levels. This study suggests that caregivers would possibly benefit from some specific

interventions to help them reduce the burdens associated with caregiving (Mochari-Greenber & Mosca, 2011).

Education is important and can help caregivers be better prepared and equipped to care for others. A study illustrating this was conducted in the Oregon area. The education included an organized set of classes for family caregivers to give them more information and thus empowering them in their skills and abilities. The classes were called “Powerful Tools for Caregiving” and were held for 6 weeks. They covered such areas as mastering skills, modeling, identifying feelings and attitudes and persuasion. These classes proved to be very beneficial in helping family caregivers feel better about their skills and abilities. The caregivers became aware of community services that they could use as resources. The caregivers reported that they utilized the skills they learned and they benefited as a result (Boise, 2005).

One study addressed stress resiliency in mothers who were caregivers to children with intellectual disabilities. The study concluded that although some mothers had health issues and caregiver burden, the majority of them still had the ability to be resilient when it came to stress. This was attributed to excellent support from the schools their children attended. Mothers were given timely support, were offered counseling and motivation to help them recognize their own skills. When mothers have greater resilience to stress, they can be relieved of some of their burden related to caregiving (Kaur, 2016).

Another study observed family members of patients at nursing homes. The study revealed that caregivers can often be at risk of depression, especially if they lack the resources that they need. Staff members can be observant and can offer support for the family caregiver. Family members can also worry that their loved one will not be taken care of properly in the nursing home setting. Staff can be aware of this concern as well and respond quickly to help the family be reassured. Nursing home stays are becoming more and more frequent with an aging

population and this study concludes that there are several ways to keep the family involved and support them (Majerovitz, 2007).

A study was conducted among family caregivers of patients with MS. This study looked at the value of supporting caregivers with stress management education. Caregivers experience burden because of the long time they will be involved with giving care and stress can result. Caregivers can manage stress better by exercising, eating nutritious foods and limiting the use of alcohol. They can also receive support from health care providers. These activities prove to be beneficial in managing stress in caregivers (Penwell-Waines, Rutter Goodworth, Casillas, Rahn, & Stepleman, 2016).

It is important that we understand the burden that burden that caregivers take on. There was a study that was done in Canada that observed burden and burnout of caregivers. The study concluded that caregivers often wait too long to get help when they become stressed. We tend to give caregivers too much responsibility and then they neglect necessary self-care. They often do not seek help, they just continue to give care to their family members. It suggests that proper support policies be put in place so that the caregivers can reach out and get the help and support they need before the burden becomes too much to bear (Lilly, 2012).

Methods

Because of my interest in caregiver stress and burden, I felt that an excellent project to tie in my areas of interest would be organizing a health fair for the benefit of caregivers. During the fall of 2017 I began to give some community service hours at South Davis Community Hospital, a local long-term care facility in Bountiful. I began to discuss the idea of holding a health fair with one of the employees at the facility. Esther LaCherre, who is a recreational therapist and volunteer coordinator was very supportive of the idea and was my connection and cohort for the duration of the project. She and I also spoke to staff in human resources and also the CEO of the

facility, David Bland. Everyone was in support of the idea. We discussed a few possible dates for the fair and decided to hold it on November 16, 2017.

After the date was determined, I began making plans. I decided that I wanted to have several different stations where staff and family members could go to get information regarding health and wellness topics. I spent the next few weeks calling vendors and business owners. I also printed signs, gathered supplies and made all preparations necessary. Esther made arrangements for a large room to be reserved at the hospital for the event. I created a survey that could be used to evaluate the effects on the attendees. One week before the event I called all the vendors and confirmed that they would be in attendance and asked if there was anything that they needed.

The final project

The event was held on November 16, 2017 from 12:00 to 4:00 in the Sky Room at South Davis Community Hospital. I made arrangements for the following businesses to participate:

- Gold's Gym – personal physical fitness
- Natural Grocers – nutrition and healthy eating choices
- Total Health and Fitness – BMI testing and fat/muscle comparison
- Mountain Town Olive Oil – education regarding the benefits of olive oil
- Massages by Will Beadle – relaxation by way of mini massages
- DATC – blood pressure testing
- Infusion Yoga – mini yoga classes

In addition to these stations, there was a child's corner with wooden blocks on a round rug. There was also a display of several different types of soda pop, other drinks and a few

candy bars and cereal bars. In front of each item was a pyramid of sugar cubes that illustrated how many grams of sugar was in each item.

As people entered the room where most of the stations were, there was a table where they could pick up a survey. The table also had a box where completed surveys could be placed. An incentive to do the survey consisted of a drawing of the completed surveys, with the winner receiving a \$25.00 gift certificate to Texas Roadhouse. At the entry table there was also a large glass jar with pistachios and a few other treats mixed in. You could try to guess how many pieces were in the jar and if you were the closest, you would win the jar of treats. At the end of the stations was a large piece of paper on the wall with markers. The sign above it said what makes you happy? People had the opportunity to write something on the paper as they left the room.

I also prepared two banners which were placed in the hall as you entered the health fair. They contained the Ten Caritas, Jean Watson's Human Caring Theory. These are core principles or practices that can be utilized by caregivers in any situation. They consist of caregiving concepts that include protecting human dignity, allowing miracles to occur, maintaining balance, honoring and connecting, listening with authenticity and nurturing individual beliefs. My hope was that this would be empowering to caregivers as they read them and then participated in the fair.

Reasoning behind the project

Four years ago I began volunteering hours at South Davis Community Hospital because of a social work class assignment. I was able to do a variety of activities there. I took residents to church services, played bingo with them, read to them and played the piano for them. I began to know some of the residents who lived there and I also got to know many staff members. The staff seemed enormous compared to the patients. There were nurses, CNAs, social workers,

recreational therapists, physical therapists, nutritionists, etc. It seemed like a difficult job to take care people who were bed ridden and wheel chair ridden. They were many patients who were mentally challenged and all were physically challenged in some way.

I got to know a very sweet woman who could not speak very well and was in a wheel chair permanently. She liked to play Yahtzee and so I played it with her sometimes. When she was alone, she usually had a word search book with her and very slowly and clumsily, she would circle the words she found and then cross them off of the list. She was extremely slow and methodical, but I could see that she could read the words. When we played Yahtzee, I noticed that she could add up the score in her head and then very slowly write it down. She obviously had a past where she was educated and accomplished. But something happened and she now is in this facility for the rest of her life confined to a wheel chair. She must be lifted in and out of her bed and bathed and cared for in every way by caregivers. Although she could feed herself, it took a very long time and she wore a very large terry cloth bib around her neck, like most of the resident's wear. She tried to speak but it was difficult to understand her. When I left her one day, I said goodbye and told her I would come back another time. She very slowly took my hand and kissed it. She said she loved me and although it was difficult to decipher, I could hear her words. I was touched in a way that I had never been touched before. I had developed a passion for the long-term patient that day and began to understand the caregiver's role with the people at that facility. Although I was there to complete a class assignment, I suddenly developed a new appreciation for this population that surprised and humbled me.

Data Results

There were approximately 80-90 people who attended the health and wellness fair. I received 45 completed surveys. The following chart contains the results of the surveys.

	1	2	3	4	5	N/A	Average
Staff	19						
Family	0						
Other	8						
# surveys	45						
Nutrition/Nat Grocers			2	9	33	1	4.70
Comments: Knowledgeable and outgoing, excellent chocolate substitute, ideas and coupons and samples, tried new product (sunflower butter), interesting, she was awesome and great personality, lots of things to try, friendly, got a nutritional counseling appointment arranged, free non-plastic shopping bag, enthusiastic							
Mountain Town Olive Oil/benefits of olive oil			2	16	24	3	4.52
Comments: Many flavors and options I never heard of, learned about all the benefits of olive oil, informative, interesting, olive oil is good with watermelon, loved the samples							
Easy Yoga/Infusion			1	6	14	24	4.62
Comments: Awesome, easy yoga class, calming and enjoyable, I felt better and more relaxed after, excellent instruction just by sitting in a chair, friendly, great stretches, great instructors							
Physical Fitness/Gold's Gym	7	2	4	14	14	4	3.63
Comments: Free 30 day passes, she was on the phone, she was not pushy, she wasn't outgoing, lanyards were fun, she was on the phone a lot,							
Blood Pressure/DATC			2	15	14	14	4.38
Comments: Great information that people don't usually think about, quick and easy, informational, didn't visit – I know my BP, she had a handout with blood pressure information							
Mini Massages by Will				8	14	23	4.64
Comments: Great massage, he is very good, relaxation is important, skilled hands, I didn't have time to go, would have loved more therapists, did not get an appointment but very friendly man, felt amazing, very relaxing							
Total Health and Fitness/BMI				12	17	16	4.59
Comments: Information people don't usually know about (BMI), difference between fat and muscle weight, great information, interesting, they had a great machine to measure BMI, friendly staff, lots of good info, found out what I need to do to gain muscle and lose fat							
Sugar Content Display			3	14	28		4.55
Comments: Hidden sugars are everywhere, impressive how much sugar is in our food, eye opener, interesting, information, cool info, a variety of drinks shown – very informational, great visual display of what it is our food, makes me think I need to be careful what I eat, very surprised at how much sugar there is, wow, beautiful display and it spoke volumes, I need to stop drinking soda							

Natural Grocers appeared to be the favorite station according to these results. It was well attended, a five dollar gift certificate was given to each participant and samples were given out. The person running this station was very passionate and enthusiastic about her products. The people who attended learned a lot about nutrition. The least favorite according to the results was the Gold's Gym station. I understand why this was not rated well. There was a very big difference in the person who came. She did give out Gold's Gym lanyards with a one month free membership to their facility. However, there was nothing else. She did not engage in conversation, she was shy and she was on the phone often during the four hours she was there. I learned that marketing is a skill that needs to be developed!

Conclusion – What it all means

The Health and Wellness Fair at South Davis Community Hospital was very successful. Many people commented that they were able to think about themselves and their own health even if it was just for a short time. Some participants said that they received ideas to reduce stress that they could utilize to help them in the future. My hope was that family members of patients and residents at the facility would attend as well as staff. However, it appeared that none of the family members were in attendance. The majority of the attendees were staff at the hospital. This is good information for the future. I believe that both staff and family members would benefit from opportunities like this event so that they can regroup, refocus and be relieved of their caregiver duties for a time. Focusing on healthy lifestyles, nutrition and stress reducing activities can be very beneficial to caregivers.

In the future, I would recommend caregiver fairs to be organized once or a twice a year for staff at long-term care facilities. I would recommend stations where they can focus on themselves, reduce stress and be educated about healthy lifestyles. For family caregivers, I would recommend education, motivation, early intervention and support. With these resources,

the family caregiver will be more confident and will be able to perform their tasks with greater satisfaction. They will be able to manage stress related to caregiving more successfully.

Caregivers simply need to take time for themselves. When they do, they will be more effective, less stressed and healthier.

References

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- Lilly, M. B. (2012). Can we move beyond burden and burnout to support the health and wellness of family caregivers to persons with dementia? Evidence from British Columbia, Canada. *Health and Social Care*, 103-112.
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Appendix

Survey given to participants as they entered:

Health and Wellness Fair – South Davis Community Hospital – Nov 16, 2017

Please check which one best applies to you:	Staff at SDCH?
	Family member of patient/resident?
	Other?

For each item identified below, circle the number to the right that best fits your judgment of its quality. Use the rating scale to select the quality number.

Survey Item	Scale					Did not attend this station? Please Indicate with N/A
	P o o r	Good			E x c e l l e n t	
  						
1. Nutrition/Natural Grocers	1	2	3	4	5	
Why did you give this score?						
2. Benefits of Olive Oil/Mountain Town Olive Oil	1	2	3	4	5	
Why did you give this score?						
3. Easy Yoga class/Infusion Yoga	1	2	3	4	5	
Why did you give this score?						
4. Physical fitness/Gold's Gym	1	2	3	4	5	
Why did you give this score?						
5. Blood Pressure/DATC	1	2	3	4	5	
Why did you give this score?						
6. Chair Massage/William Beadle	1	2	3	4	5	
Why did you give this score?						
7. Personal fitness training/Total Health and Fitness/BMI	1	2	3	4	5	
Why did you give this score?						
8. Display of sugar content in food items	1	2	3	4	5	
Why did you give this score?						
Did this health and wellness fair give you some self-care ideas?						

Please place completed survey in the box at the end of the fair. There will be a drawing for participation in the survey (\$25.00 Texas Roadhouse)! Please leave contact info for drawing:

First Name _____ Phone Number _____

Exit gift for health and wellness fair participants (laminated key chain):



Photos taken during the Health and Wellness Fair:









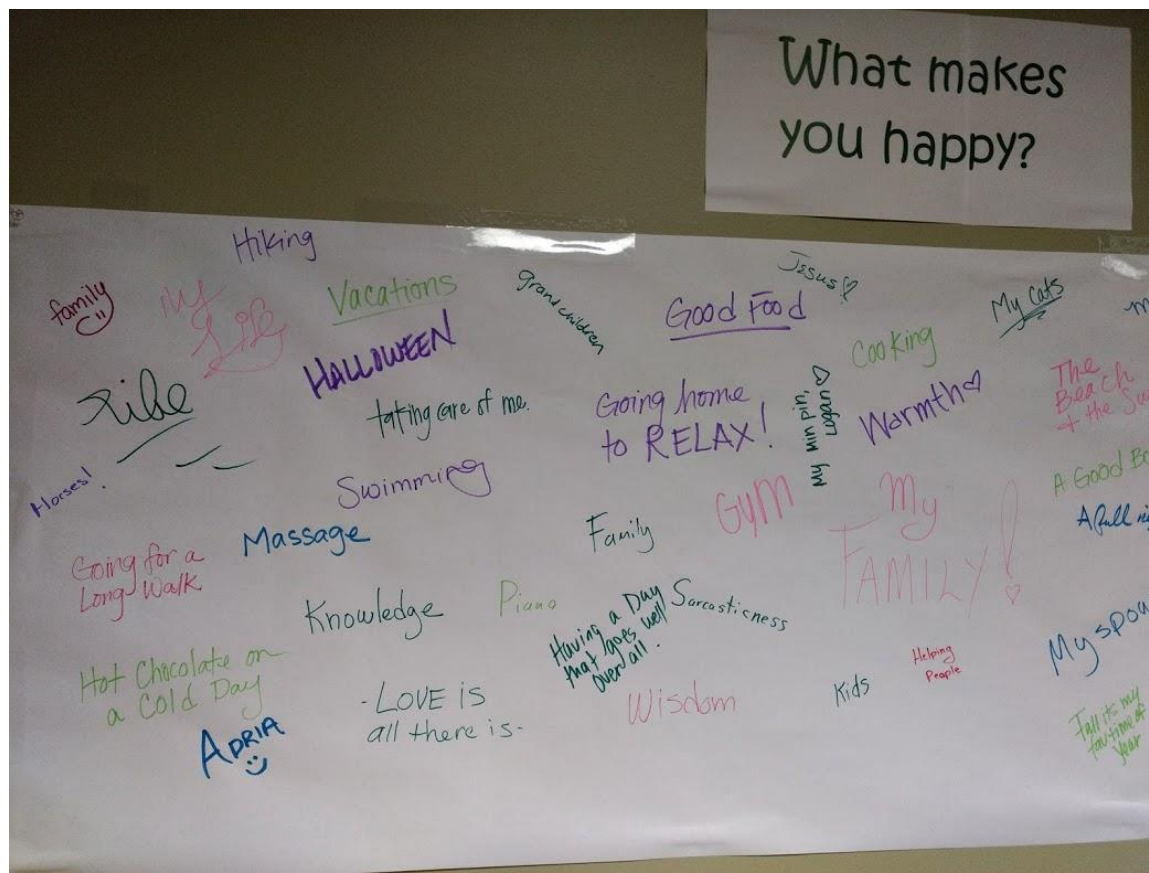


Dr. Jean Watson's Human Caring Theory

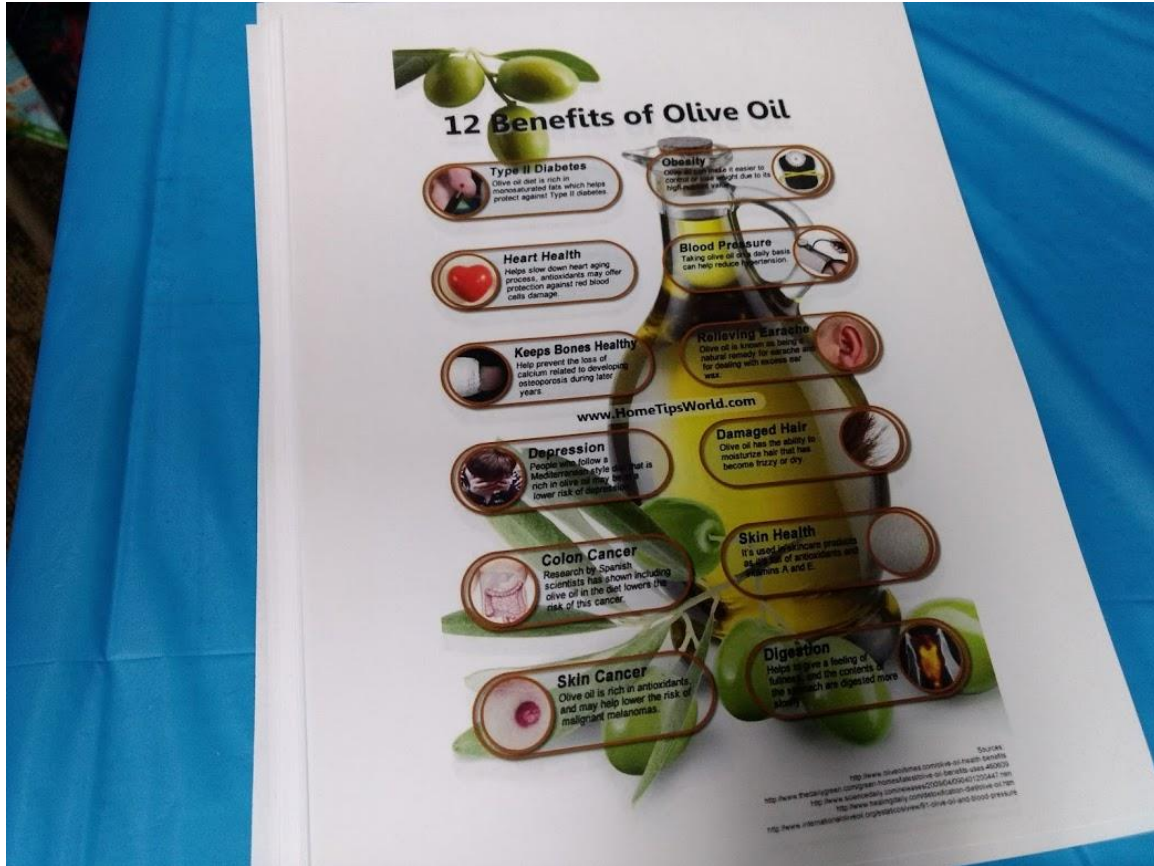
- 1—Embrace altruistic values and practice loving kindness with self and others
- 2—Instill faith and hope and honor others
- 3—Be sensitive to self and others by nurturing individual beliefs and practices
- 4—Develop helping-trusting-caring relationships

Skyroom—TODAY

- 5—Promote and accept positive and negative feelings as you authentically listen to another's story
- 6—Use creative scientific problem-solving methods for caring decision making
- 7—Share teaching and learning that addresses the individual needs and comprehension styles
- 8—Create a healing environment for the physical and spiritual self which respects human dignity
- 9—Assist with basic physical, emotional, and spiritual human needs
- 10—Open to mystery and allow miracles to enter







Embedded is my powerpoint presentation for my oral defense:

