

## *Certificate of Completion*

THIS CERTIFIES THAT  
**CALEB FELLOWES**

has participated in the following education session:

### **Why aren't Nurses looking after their own health?**

Presenter Kay Ross

Lecturer School of Health and Human Sciences of Southern Cross University, Gold Coast

In this session you will:

- Review Kay's survey on the health and wellness of nurses
- Gain an understanding of the issues that impact on the health of nurses
- Revise strategies to prevent chronic illness in nurses
- Reflect on your own situation and that of other nurses you work with or who may report to you

Completed on

**23 April 2019 (duration of 1 hour/s)**

**This equates to 1 CPD Hour/s (Continuing Professional Development)**

#### REFLECTION:

Not surprisingly, many nurses feel that they are 'unhealthy' with stress identified as the biggest contributing factor to obesity, hypertension, respiratory disease, musculoskeletal problems, being at risk of developing type 2 diabetes and 'not looking after myself properly'. In this session, we will discuss her survey on the health and wellness of nurses. The report is called 'Primary health care for nurses: Developing strategies for the Prevention of Chronic Illness in Nurses'.



Cheryl Dezotti

Director of the Nursing CPD Institute

Certificate #266081 issued by the  
Nursing CPD Institute

ABN 56 116 470 716