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Assessing for presenteeism and interest in "One Body" stress reduction fitness program in a healthcare setting

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A strong correlation between stress and impairments of the human body, both mental and physical has been reported. The concept of presenteeism may be a manifestation of stress. Brown, et al. (2011), defined presenteeism as being on the job but performing below par (decreased productivity) due to poor mental and physical health symptoms. A study by Callen, et al. (2013), found that unresolved psychological and physical stress can result in an increased prevalence of presenteeism - employees are physically present, but due to emotional and/or physical problems, they are distracted and work productivity is decreased. Brown, *et al.* (2011), Merrill, *et al.* (2012), and Chen, *et al.* (2015), stated physical fitness programs alone serve as effective interventions for alleviating symptoms of presenteeism. In addition, the Mayo Clinic (2015), has indicated that mental or physical fitness programs are effective interventions for managing and controlling human stress. This quantitative and exploratory, descriptive research study will utilize a web-based survey hosted by Survey Monkey to answer two specific research questions: (1) does presenteeism exist in this population, (2) does the study population exhibit an interest in a stress reduction fitness program such as "One Body. IRB approvals were received for this study. Offering employees a mechanism to manage their stress could alleviate the symptoms that underlie presenteeism, improve the quality of an individual's experience within the working environment, and may lead to increased employee productivity.

Biography

Immacula Cann has been a Registered Nurse for 22 years. She is a Clinical Nurse Educator at the Department of Mental Health and Addictions in Connecticut. She has a Bachelor's Degree in Nursing, Master's Degree in Health Science/Education and Board Certified Mental Health/Psychiatric nurse. She is in the Doctorate of Nursing Practice program at Northeastern University.

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