

33rd Nursing and Healthcare Congress

October 23-25, 2017 | Toronto, Canada

Quality of life in a sample of Australian nursing students: The role of dietary intake

Saman Khalesi

Central Queensland University, Australia

Nursing studies are complex with a heavy workload and demanding clinical placements. As a result, nursing students feel constant anxiety and stress regarding their academic performance, which can affect their mental and physical health. Exacerbating this issue, nursing students usually struggle with following a healthy lifestyle (e.g. nutrient-rich diet, physical activity and quality sleep), due to shift work, haphazard meal and sleep patterns. All of these factors can influence their perception of health and quality of life (QoL). This cross-sectional pilot study of a sample of nursing students (n=150) examined QoL (using Short Form Health Survey (SF-12, V2) and associations with dietary intake. Mental Health, General Health and Vitality score of QoL were < 70%. Vitality had the lowest QoL score (48%). Other domains of QoL scores were >70%. Lower daily intakes (mean serve \pm SD) of vegetables (3.4 ± 2.8) and grains (1.4 ± 1.5), and higher discretionary foods (4.5 ± 2.9) compared to the Australian Dietary Guidelines were also observed. Significant positive associations between vegetable intake and Role Limitation Because of Physical Problems ($\beta=2.1$, 95% CI: 0.4 to 3.8) and General Health ($\beta=1.5$, 95% CI: 0.06 to 3.2) were observed. Associations between other food groups and QoL domains were not significant. Overall, the dietary intake and its potential link to QoL suggest a need for further investigation and development of interventions that improve healthy eating (especially vegetable intake) and QoL in nursing students. These interventions will ultimately improve nurse's wellbeing and improve their retention in the nursing workforce.

Biography

Saman Khalesi has completed his PhD in Medicine with a focus on Community Health and Nutrition at Griffith University. He is a registered nutritionist and a lecturer in Nutrition at Central Queensland University, Australia. His interests are chronic diseases, dietary patterns and probiotics. He has published more than 17 papers in reputed journals and has been serving as an editorial board member and reviewer for reputable journals.

s.khalesi@cqu.edu.au

Notes: