



Fully Supporting Nurse Well Being to Advance Health Equity

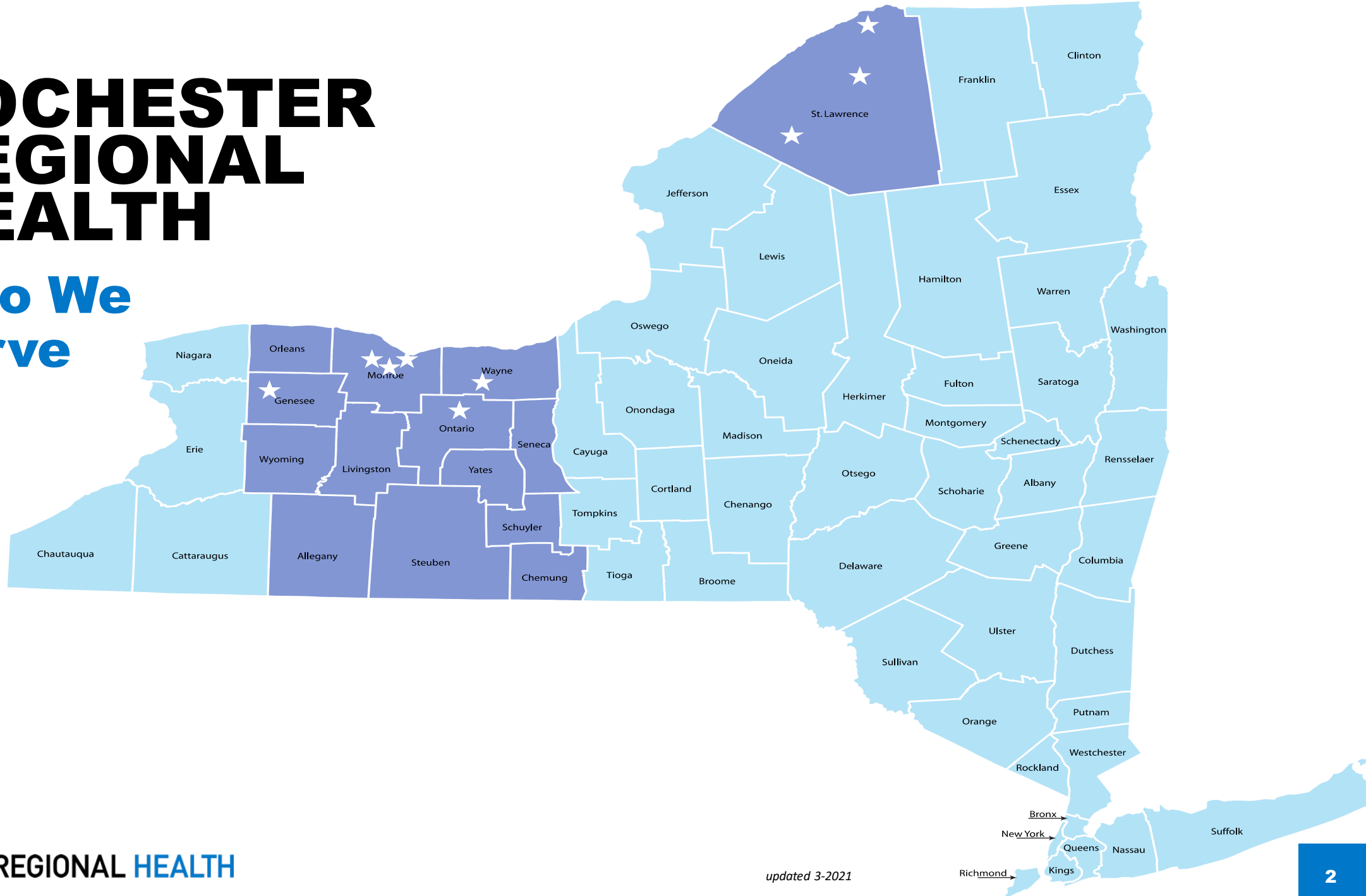
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ROCHESTER
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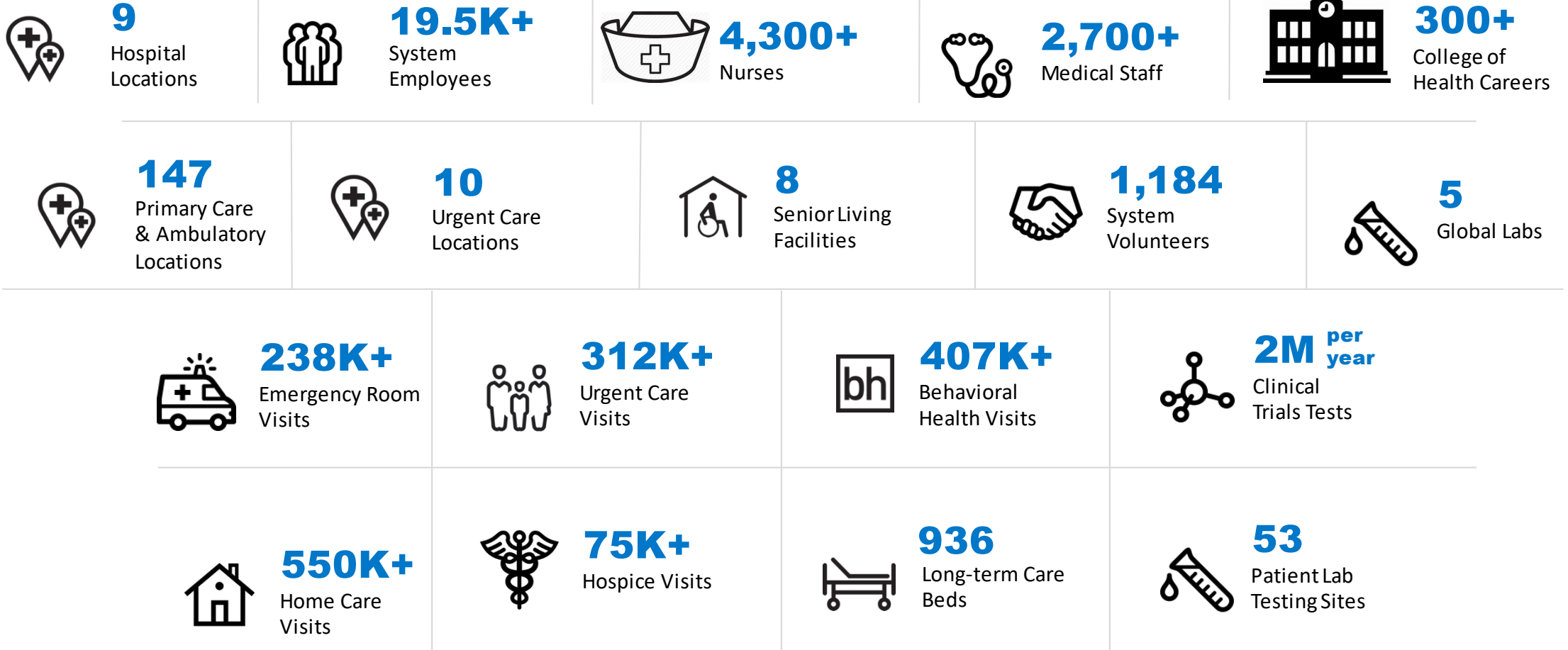
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Who We Serve



ROCHESTER REGIONAL HEALTH

An Integrated Health System Committed to Caring for the Community



What is Health Equity?

Principle of Health Equity

Health Equity is the principle underlying a commitment to reduce — and, ultimately, eliminate — disparities in health and in its determinants, including social determinants.¹

Pursuing health equity means striving for the highest possible standard of health for all people and giving special attention to the needs of those at greatest risk of poor health, based on social conditions.¹

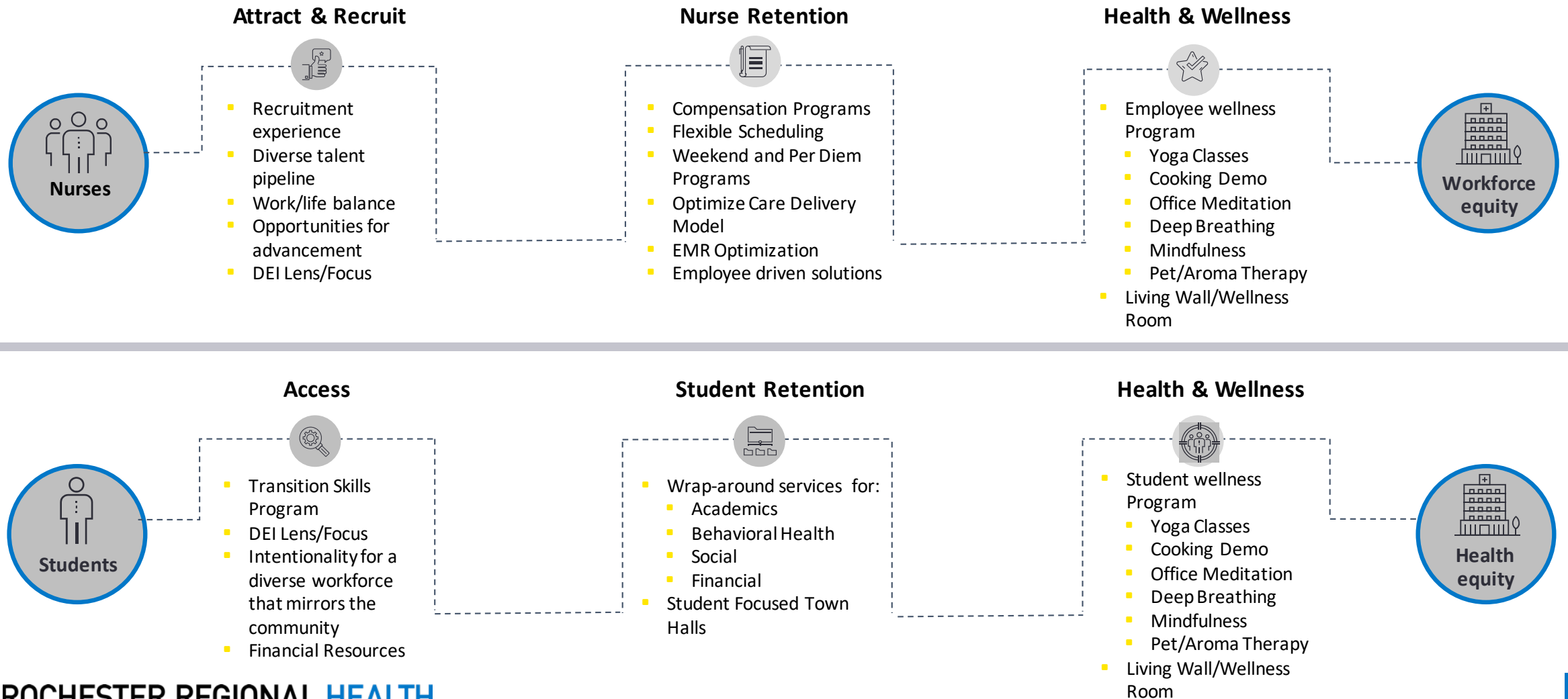
How Health Equity is achieved

Health Equity is achieved when every person has the opportunity to “attain his or her full health potential” and no one is “disadvantaged from achieving this potential because of social position or other socially determined circumstances.”²

¹ “What Are Health Disparities and Health Equity? We Need to Be Clear,” *National Institutes of Health website*, accessed November 2, 2020

² “Attaining Health Equity,” *U.S. Centers for Disease Control and Prevention (CDC) website* accessed November 2, 2020

A strategic Health Equity journey enhances Nurse and Student Nurse Wellness



Nurse Wellness

- Joy Rounds
- Spirit Days
- Focus on wellness and balance for nurse leaders
 - Concert
 - Rotating schedules
 - Emphasis on vacation time
 - Review of structure and support in off-shifts
 - Inaugural Nurse Leader Olympics

