



Resolution No.: 2024.04

Proposed: May 6th, 2024

Passed on: May 13, 2024

Authors: ASMC Director of Student Advocacy Judah Robinson and ASMC President Sean Roskopf

Sponsored by: Associated Students of Moorpark College

Promoting Mental Health and Ensuring Student Safety in Nursing Education

WHEREAS, nursing incivility and the stigma of “Nurses eating their young” remain an issue within nursing and nursing schools, which compounds the already increasing mental, emotional, and physical demands placed on nursing students; [8][9]

WHEREAS, the American Nurses Association’s code of ethics called for nurses to “create an ethical environment and culture of civility, and a culture of kindness, dignity, and respect”; [10]

WHEREAS, nursing students exhibit concerning levels of mental health issues, including anxiety, stress, and depression, as evidence shows that 45% of students stated they felt so depressed it was difficult to function, 66% reported overwhelming anxiety, and 13.3% seriously considered suicide in the last 12 months; [1][4]

WHEREAS, research indicates that nursing students often refrain from seeking help or reporting instances of bullying, harassment, or mental health issues due to concerns of punitive measures or retaliations; [7]

WHEREAS, the well-being of nurses and nursing students is essential for positively influencing the health and well-being of individuals, families, and communities, it is crucial to prioritize a culture of civility and safety in nursing education;

WHEREAS, resiliency and healthy lifestyle behaviors are known to prevent the development of chronic conditions, including mental health disorders, and studies support that evidence-based practice, such as mindfulness and cognitive-behavioral therapy/skills-building interventions, improve mental health, resiliency, and well-being; [5][6]

WHEREAS, workforce stress and nurses’ physical and mental health are linked to medical errors and safety hazards;

WHEREAS, there is a critical nursing shortage in California, underscoring the need to support and retain nursing students throughout their education and facilitate their successful transition into the workforce; [2]

WHEREAS, Moorpark College’s commitment to a “student-first philosophy” is evident in its mission statement, which emphasizes serving students and providing “all-encompassing support” aligning with the imperative need to prioritize mental health; [3]

THEREFORE, BE IT RESOLVED, the Associated Students of Moorpark College (ASMC) Board of Directors strongly advocates for a permanent committee of student nurses and nursing faculty to be established to continue conducting research and exploring evidence-based strategies aimed at enhancing the health and well-being of student nurses by October 31, 2024;

BE IT FURTHER RESOLVED, the ASMC Board of Directors strongly encourages that a comprehensive survey assessing the mental health of nursing students be conducted each semester, with the Moorpark College nursing coordinator, deans, and health center ensuring its completion and utilization;

BE IT FURTHER RESOLVED, the ASMC Board of Directors strongly encourages all nursing faculty to include in their syllabi the process by which students can report bullying, harassment, or other concerning behaviors involving nursing faculty or peers by January 13th, 2025;

BE IT FURTHER RESOLVED, the ASMC Board of Directors encourages all nursing faculty to actively create a culture of civility and seek opportunities to integrate nursing wellness exercises into the curriculum and clinical practice using evidence-based practice approaches, such as incorporating mindfulness techniques, stress-reduction strategies, physical activity breaks, and mental health awareness modules into lectures, workshops, and clinical rotations.

Citations:

1. Bartlett, M. L., Taylor, H., & Nelson, J. D. (2016). Comparison of mental health characteristics and stress between baccalaureate nursing students and non-nursing students. *Journal of Nursing Education*, 55(2), 87-90. <https://doi.org/10.3928/01484834-20160114-05>
2. California Future Health Workforce Commission. (2019). Meeting California's demand for health: A bold vision for the future. University of California, San Francisco. https://futurehealthworkforce.org/wp-content/uploads/2019/02/CalFuture_Report_FIN_AL_web.pdf
3. Moorpark College Mission, Values and Vision
4. Rotenstein, L. S., Ramos, M. A., Torre, M., Segal, J. B., Peluso, M. J., Guille, C., Sen, S., & Mata, D. A. (2016). Prevalence of depression, depressive symptoms, and suicidal ideation among medical students. *JAMA*, 316(21), 2214. <https://doi.org/10.1001/jama.2016.17324>
5. Antony, A., & Prasad, C. V. (2023). Effectiveness of mindfulness meditation on depression, anxiety, and stress among undergraduate nursing students: A quasi-experimental study. *JOURNAL OF CLINICAL AND DIAGNOSTIC RESEARCH*. <https://doi.org/10.7860/jcdr/2023/62873.18548>
6. Hofmann, S. G., Sawyer, A. T., Witt, A. A., & Oh, D. (2010). The effect of mindfulness-based therapy on anxiety and depression: A meta-analytic review. *Journal of Consulting and Clinical Psychology*, 78(2), 169–183. <https://doi.org/10.1037/a0018555>
7. Weissinger, G., Ho, C., Ruan-lu, L., Van Fossen, C., & Diamond, G. (2022). Barriers to mental health services among college students screened in student health: A latent class analysis. *Journal of American College Health*, 1-7. <https://doi.org/10.1080/07448481.2022.2104614>
8. Merickel, H. (2023). Qualitative Study on Perceptions of Nursing Faculty Towards Zero-Tolerance on Incivility (Order No. 30992719). Available from ProQuest Dissertations & Theses Global. (2931881366). <https://www.proquest.com/dissertations-theses/qualitative-study-on-perceptions-nursing-faculty/docview/2931881366/se-2>
9. Bar-David, S. (2018). What's in an eye roll? It is time we explore the role of workplace incivility in healthcare. *Israel Journal of Health Policy Research*, 7(1). <https://doi.org/10.1186/s13584-018-0209-0>
10. American Nurses Association. (2015). Code of ethics for nurses with interpretive statements. Silver Spring, MD: American Nurses Association.