

2-2022

Student Wellness using a Lifestyle Medicine Approach for Self, Classmates, Patients and Communities

Betsy J. Becker

University of Nebraska Medical Center, betsyj.becker@unmc.edu

Tessa Wells

University of Nebraska Medical Center, tessa.wells@unmc.edu

Kathleen G. Volkman

University of Nebraska Medical Center, kvolkman@unmc.edu

Nicole M. Sleddens

University of Nebraska Medical Center, nicole.sleddens@unmc.edu

Teresa Cochran

University of Nebraska Medical Center, teresa.cochran@unmc.edu

Follow this and additional works at: https://digitalcommons.unmc.edu/cahp_pt_pres



Part of the [Physical Therapy Commons](#)

Recommended Citation

Becker, Betsy J.; Wells, Tessa; Volkman, Kathleen G.; Sleddens, Nicole M.; and Cochran, Teresa, "Student Wellness using a Lifestyle Medicine Approach for Self, Classmates, Patients and Communities" (2022). *Posters and Presentations: Physical Therapy*. 31.

https://digitalcommons.unmc.edu/cahp_pt_pres/31

This Presentation is brought to you for free and open access by the Physical Therapy at DigitalCommons@UNMC. It has been accepted for inclusion in Posters and Presentations: Physical Therapy by an authorized administrator of DigitalCommons@UNMC. For more information, please contact digitalcommons@unmc.edu.

Student Wellness using a Lifestyle Medicine Approach for Self, Classmates, Patients and Communities

Faculty from the University of Nebraska Medical Center:

Betsy J. Becker, PT, DPT, PhD

Tessa Wells, PT, DPT, GCS

Kathy Volkman, PT, NCS

Nikki Sleddens, PT, CEEAA

Teresa Cochran, PT, DPT, MA, GCS

The pervasive effects of the recent pandemic have amplified need for educational systems to forge a healthy workforce that can withstand stressors of the contemporary environment. Critical focus is needed to position physical therapy professionals with skills to enhance self-efficacy, resilience and supportive networks for wellness and success. The student-life experience is an ideal time to implement lifelong wellness behaviors needed for the professional role; however, the educational institution must also endorse policies and resources that sustain a culture of wellness. Attendees will learn how an academic health science center grounds a lifestyle medicine approach within the Social-Ecological Model to identify complex factors from micro-level interventions to macro-level processes. This framework emphasizes student success in pre-clinical roles and creates a purposeful “ripple effect” threading wellness strategies among peers, patients, and communities over three years of curriculum duration. Outcome measures related to wellness dimensions, social networks, and psychological capital (PsyCap) demonstrate benefit of programmatic revisions. The aptly equipped graduates may change expectations of providers and ultimately the landscape of healthcare. What can you do with what you have, from where you are, to unite in the movement? Join us for lessons learned and practical ideas to implement strategies for your program!

Presented at the American Physical Therapy Association Combined Sections Meeting
Academy of Education Educational Session
February 2022