

HEALTH & WELLNESS EDUCATION

1.0 PURPOSE

Health & wellness education should:

- 1.1 Create in the employee a desire to learn more about health and hygiene.
- 1.2 Provide opportunity for the employee to develop skill in defining and solving health.
- 1.3 Help the employee become a consumer of health information and services which will enable him/her to obtain and maintain optimal health.
- 1.4 Increase the employee's understanding of health problems on the job, at home, and in the community.

2.0 ORGANIZATIONS AFFECTED

All Departments.

3.0 POLICY

Health & wellness education is an essential and important part of the health program for all employees and should permeate every health services the City of Wilson offers.

4.0 NURSES RESPONSIBILITIES

- 4.1 Interprets the health needs and interest of employees.
- 4.2 Plans the program of health & wellness education and safety in cooperation with the physician, Safety Manager, and department heads.
- 4.3 Assists or advises in the teaching of first aid, CPR, and health & wellness courses.
- 4.4 Seeks out and utilizes community health agencies in the area of health & wellness education.
- 4.5 Integrates health & wellness education into nursing care given each employee.
- 4.6 Provides employees with printed educational material applicable to their particular health problems.
- 4.7 Evaluates effectiveness of health & wellness education programs.
- 4.8 Counsels (assists) employees with evaluation of personal health & wellness and provides guidance should further professional assistance be needed (i.e., physician, counselor, EAP).