Instilling Diet and Exercise Confidence: Influence of Nurse Body Size

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The aim of this study was to explore perceptions of nurse’s body size on providing effective education on diet and exercise.

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Future Steps

- Explore patient perceptions of overweight and obese nurses
- Explore reasons for lack of education on diet and exercise by health care professionals
- Determine if a nurse’s weight affects a patient’s ability to learn and implement changes in their own lifestyle

References


Conclusion

Overall, this study provides additional evidence to support that people have increased confidence in a nurse to provide education on diet and exercise when he/she embodies those health behaviors.