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Too big to be seen: Weight-based discrimination among nursing students

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An educational intervention was conducted to determine the efficacy of an obesity sensitivity program to determine nursing students' attitudes toward obese clients. As part of the clinical curriculum, nursing students (N=103) received weekly obesity sensitivity education on weight-based discrimination. Students' completed a pre- and post- Attitudes Toward Obese Person Scale (Barra, 2015) to evaluate discriminatory beliefs and actions. All clinical groups had a significant positive change in their own weight prejudices post obesity education intervention. Chi-square analyses were utilized as a measure of association between pre- and post-obesity education with clinical application concerning obesity size, body odor, appearance, and lifestyle, along with provider fear of a back injury. Promoting nursing student awareness of obese client bias can dissipate negative stigmas to promote a therapeutic patient-provider relationship.

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