
New Orleans Oncology Nurses (NOON) Chapter

Mind, Body, & Soul. A Community Wellness Workshop for Patients and Their Families

Project Goal/Target audience:

To provide information on topics that patients have identified as areas of interest and are topics that are not usually included in routine patient teaching. The target audience is patients with cancer and their families in the New Orleans area.

Project Overview:

The tentative content of the three hour wellness workshop will include 20 minute sessions on reducing worry and stress, vitamins and supplements, benefits of physical activity/exercise, sexuality, and cancer prevention and screening. Midway through the program, time will be allotted for breakout activities, such as shoulder massage (massage therapists), hand massage (nursing students), Pearls of Wisdom (patients write helpful hints or advice for other patients), labyrinth walking, art therapy, music therapy (Spanish guitar), pet therapy, "Look Good, Feel Better" stations, and booths on community resources and symptom management. NOON members, other experts in the community, and community agency representatives (e.g. ACS, Cancer Association of Greater New Orleans, etc.) will conduct the workshop and staff the information booths. Flyers announcing the workshop will be distributed by [chapter] members and posted in cancer centers, radiotherapy facilities, oncology office practices, etc. Participants will be asked to register for the program by email or calling a reservation number. It is hoped that we will be able to provide take-home booklets containing key points and additional information, and ideally would like to print extra booklets for [chapter] members to distribute to their patients who were unable to attend the event. At the conclusion of the workshop, patients/family members and faculty will be asked to complete a written evaluation and patients/family members will be asked how they plan to use the information they received.

Expected Outcomes:

The "Mind, Body, & Soul" wellness workshop will:

1. Increase patients' wellness knowledge and offer new experiences to patients (e.g. labyrinth walking, art therapy, music therapy, pet therapy, etc.)
2. Increase the visibility of the Chapter to patients, oncology healthcare providers, and the community
3. Strengthen [chapter's] collaboration with community agencies and New Orleans School of Nursing

