health and wellness

Description

An annotated bibliography is a list of citations to books, articles, and websites. The annotation is a brief paragraph which describes and critically evaluates the source. Typically, the purpose of the annotation is to describe the relevance, accuracy, and quality of the source cited. An annotation is a brief paragraph (usually about 150 words) that may include the following information: Summary of the source, assessment of the source, and/or reflection of the source. For the purposes of this course, the annotations will include a brief paragraph (150 words or less) summarizing each research article with a separate paragraph (at least 4-5 sentences) at the end that includes a reflection of how the research impacts self-care practice for nurses. Instructions for the assignment are included below: Read the article Self-Care Promotes Safer Patient Care Review the Healthy Nurse, Healthy Nation 2019-2020 Highlights document linked here: https://www.healthynursehealthynation.org/globalassets/all-images-view-with-media/about/2020-hnhn\_sup-8.pdf Choose an area of interest from one of the following domains: physical activity, nutrition, rest, quality of life, and safety. Based on the data included in the Healthy Nurse, Healthy Nation highlights for the domain of interest, consider how these issues impact nurses at work and the importance of self-care as it relates to these issues. Visit the library website https://www.uttyler.edu/library/ Search for 2 research articles published within the last 7 years related to the domain you selected from the Healthy Nurse, Healthy Nation highlights. (tip: if you search in CINAHL, you can select “research article” in your search to help ensure that only research articles show in your search results. Research will have a sample, methods, results, etc. Summarize each research article in 150 words or less. Write a separate paragraph (at least 4-5 sentences) reflecting on how the two research articles impact self-care for nurses. Submit Annotated Bibliography and your 2 research articles (pdf format) via the assignment link.

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