

Janean Jenkins, MSN, RN, CNS, CNRN



Short Professional Biography:

Janean (Jan) Jenkins is an Advance Practice RN recognized as a Clinical Nurse Specialist and is Certified in Neuroscience Nursing. Initially graduating from the Baptist School of Nursing in San Antonio, TX, she went on to achieve a Bachelor of Science degree and Master of Science degree at the University of Texas Health Science Center in San Antonio (UTHSCSA). Jan is now in her fourth decade as a professional nurse and continues to be amazed at the opportunities that continue to come her way in this profession!

Jan began her career in hospital critical care areas with a primary focus on cardiovascular nursing. Intrigued by the Advance Practice Clinical Nurse Specialist (CNS) role, she moved forward with graduate school to become a Critical Care CNS. A few years after graduating and taking on this new role, Jan received a life altering diagnosis of Relapsing Remitting MS. The diagnosis prompted a high interest in learning much more about the neurosciences. The healthcare system she worked with was also searching for an expert Critical Care CNS to support their plans for expansion of neuroscience services. Jan accepted the challenge and the new direction in her career to ultimately become certified in neuroscience nursing. Known for her 'getting things done' approach, Jan led and supported many initiatives that include establishing an acute stroke program, Neuroscience Critical Care and Intermediate Care Units, and a nonprofit Comprehensive MS Care Center in South Texas. She also took on opportunities to consult on research projects, work with the UTHSCSA in an adjunct clinical faculty role, set up local MS support groups, offer professional education programs at the local, state and national levels, and volunteer her services to the National MS Society serving on their Board of Directors. Later, Jan joined Teva pharmaceuticals to support the national expansion of comprehensive MS care centers and offer education and support for patients, communities and health care professionals throughout the USA. She maintains active professional memberships in the International Organization of MS Nurses and the American Association of Neuroscience Nurses.

Recognizing that MS Care is always evolving, Jan recently added Health and Wellness Coaching (HWC) to her skill set to meet the current challenges of comorbidities impeding all aspects of MS care. She attended training at the esteemed Mayo Clinic Wellness Coach program and achieved certification through the Mayo Clinic and the National Board of Health and Wellness Coaches. Jan created the Multiple Sclerosis Makeover, an online outreach program which combines MS education, wellness coaching, and her 50:50 approach to managing MS. She also continues to work with the NMSS to offer education and wellness coaching to self-help groups throughout Texas and plans to expand these programs to other states. Jan currently splits her time between Texas and Alaska and is looking forward to ongoing career adventures.

Brief Description of Your Project:

Background: After a successful career as a RN and Clinical Nurse Specialist, I've added the principles of Health and Wellness Coaching to my skill set to expand support of individuals facing the challenges of living well with Multiple Sclerosis (MS). Current studies show that there is a higher risk for, and incidence of comorbidities in individuals with MS than in the general population. Research also shows that the comorbidities have a profound negative impact on ALL aspects of MS Care.

I have spent many years offering education to individuals with MS and oftentimes found myself perplexed. Most individuals with MS know conceptually and agree that medication and medical management combined with healthier lifestyles have a major positive impact on managing their MS and their quality of life. Many people, however, are challenged in identifying what specific changes would benefit them, where to start, how to avoid worsening MS symptoms, and, most importantly, how to build lasting changes that work for them. That is where Health and Wellness Coaching (HWC) comes in. HWC models focus on advancing health, wellness, and behavior change by using Motivational Interviewing and other competencies to guide patients through self-directed, lasting changes that are aligned with their values, strengths, belief in their capacity for change, and honoring that every individual is the expert in their own life. HWC has proven to be an effective intervention leading to statistically improved outcomes in patients with chronic illnesses, with and without comorbidities.

Project: My project is to expand my current online outreach program of education and HWC, the **Multiple Sclerosis Makeover**. I currently offer education, HWC and guidance to individuals and families impacted by MS. I also work with the National MS Society to offer virtual education programs to self-help groups throughout the state of Texas.

My goals are to work with an expert web design team to:

- 1) Expand the topics of education offerings and make the Multiple Sclerosis Makeover website interactive
- 2) Initiate interactive group Health and Wellness Coaching online
- 3) Create videos of education programs to place on the website
- 4) Expand my reach nationally and abroad through podcasts and social media
- 5) To offer live programs in both Texas and Alaska

I plan to create marketing materials, social media posts, and work directly with neurologists, MS care centers, and clinics to encourage incorporating and/or expanding wellness services, health education and Health and Wellness Coaching models into their medical care.