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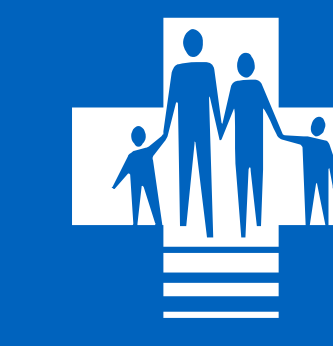
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Caring Moments for Healthcare Staff on an Acute Care Floor

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Background

- The COVID-19 Pandemic has lasted long enough to become Endemic.
- Current literature states that healthcare staff are experiencing prolific levels of burnout since the pandemic and experiencing workplace stress for prolonged periods is leading to a greater risk of burnout (Kelly et al., 2021).
- Burnout symptoms include feeling exhausted, empty, and unable to cope with daily life. If left unaddressed, burnout may even make it difficult to function.
- Healthcare workers experience more mental and emotional health challenges due to:
 - Exposure to human suffering and death
 - Demanding physical work and long shifts
 - Intensely stressful emotional situations when caring for sick patients or their families (Rink et al., 2023).
- Healthcare institutional effects include:
 - 50% of nurses were moderately burned out in an exhaustion & cynicism scale
 - Increased staff turnover, sick time use, and medical errors
 - Decreased morale and increased cynicism
- Healthcare workers on MassMutual 7, an acute care floor, need tools to help them deal with workplace stress.

Purpose

- The purpose of this project is to foster a culture of caring for colleagues and promote self-care on MassMutual 7 by using relaxation tools to improve staff stress levels.

Goals/Objectives

1) Increase Staff Use of Self-Care Techniques

- Ensure that all staff are trained in the Box Breathing Technique.
- Increase staff reporting the use of self-care techniques during their shifts as measured by post-survey responses.

2) Decrease Staff Stress Levels

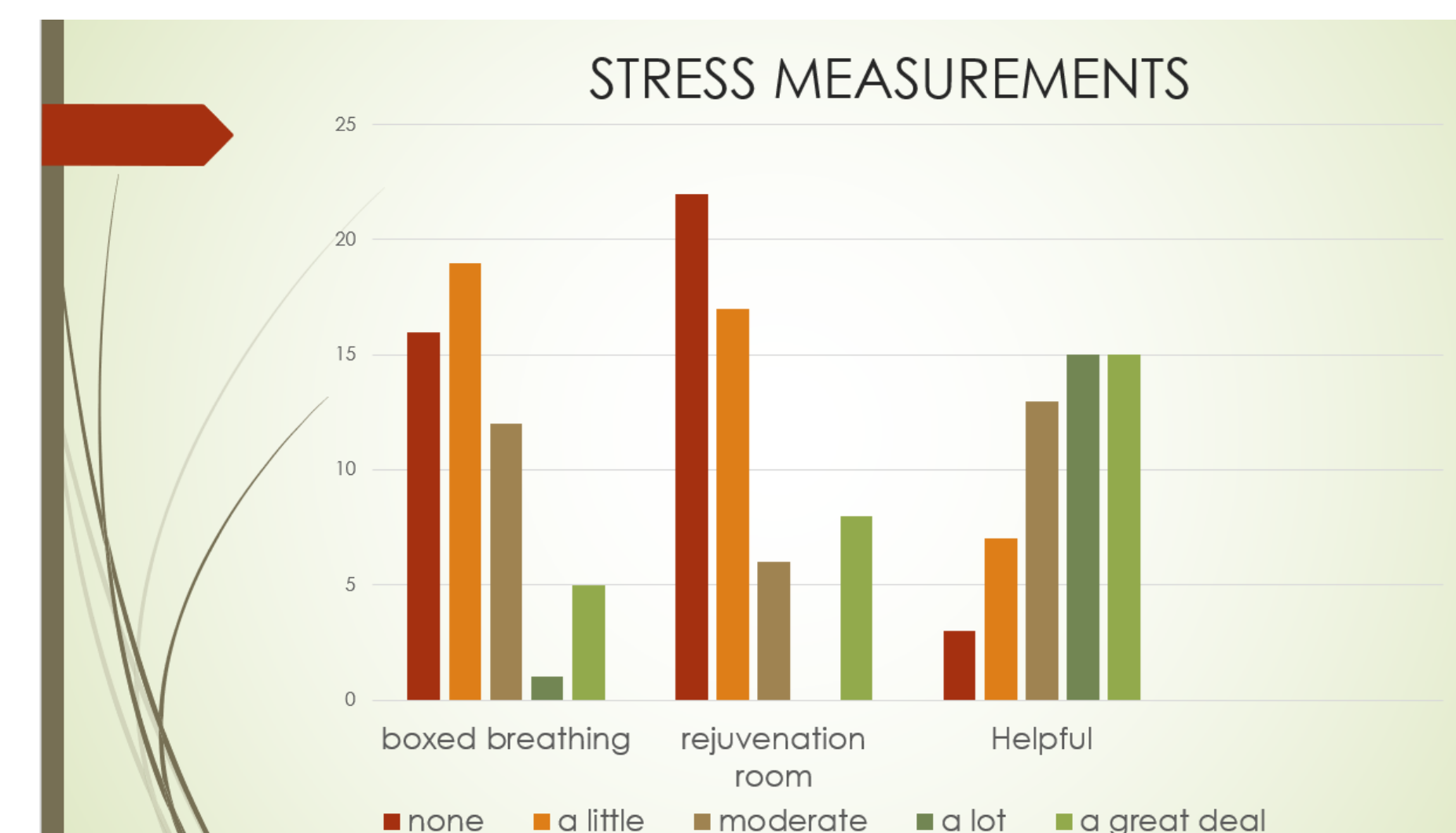
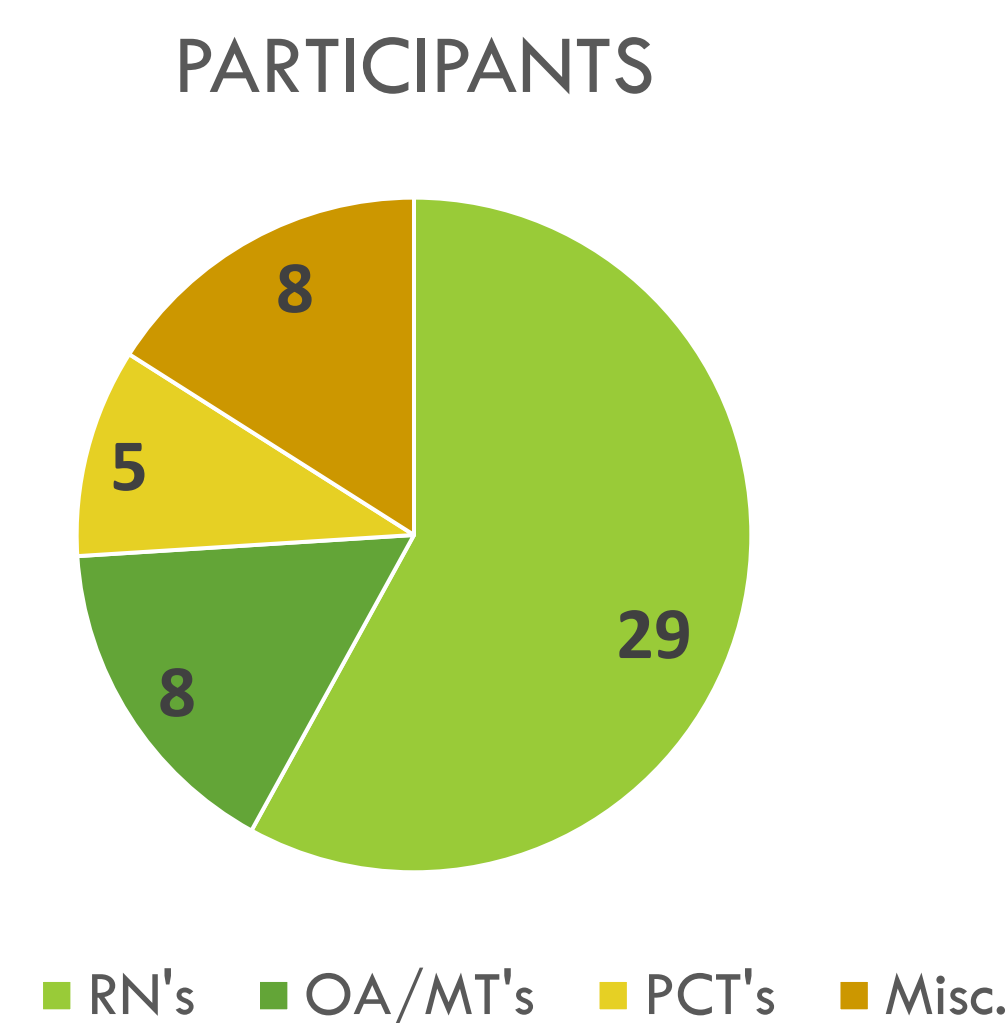
- Reduce reported stress levels as indicated by the post-survey results.
- Evaluate the effectiveness of the self-care techniques.

Methodology

- The project took place on MassMutual 7 in February-March 2024.
- The project was presented to the unit via Shift Huddles, unit meetings and a brochure.
- All staff were taught The Box Breathing Technique and other relaxation techniques to use while in the Renewal Room.
- Staff completed a SAGE Work Stress Survey to identify the feelings and reactions before & after engaging in self-care activities during their work shift.
 - SAGE Pre-Survey Questions:
 1. Please describe your work title
 2. Please rate your current level of stress working on your shift today/tonight
 3. Are you familiar with the use of Box Breathing as a relaxation tool?
 4. Are you familiar with the use of the Renewal Room as a relaxation method?
 - SAGE Post-Survey Questions:
 1. Please rate your level of stress after using Box Breathing as a relaxation tool.
 2. Please rate your level of stress after using the Renewal Room as a relaxation method.
 3. How helpful was the use of Box Breathing and the use of the Rejuvenation Room to reduce your level of stress working on your shift today/tonight?

Outcomes

- The results demonstrated varied levels of improved stress management.
- The staff learned Box Breathing as an effective coping strategy.



Conclusions

- While there were various levels of improvement in stress management, colleagues effectively engaged in caring and self-care techniques.
- Boxed Breathing and the Renewal Rooms were effective interventions for staff to use to decrease stress.
- The staff hope to support and continue the healing energy methods.

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