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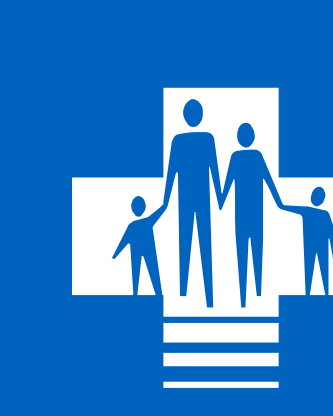


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Sips of Joy: Providing Positive Affirmations to Oncology Patients

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Background

- According to Keller et al. (2019), nurse leaders exposed to positive thinking skills possess an increased job satisfaction rate and an increase in stress coping skills.
- Evidence demonstrates that focusing on the effects of chemotherapy-related cognitive symptoms with or without positive self-affirmation showed no significant change over time, but suggested improvements for different timelines.
- There is an opportunity on the Springfield 3 Oncology unit to use *Words of Affirmation* with the nursing-patient dyad to allow for personalization of care while integrating holistic nursing that treats the whole patient - mind, body, and spirit.

Purpose

- The purpose of this project is to enhance patient care and nurse satisfaction by integrating a quick and accessible method—*Words of Affirmation*—on water cups to foster positive interactions, improve communication, and support holistic well-being.

Goals/Objectives

1) Improve Communication and Patient-Nurse Interactions

- Increase the frequency of positive nurse-to-patient interactions.
- Encourage nurse adherence to using *Words of Affirmation* stickers during medication pass.

2) Enhance Nurse Job Satisfaction and Patient Well-Being

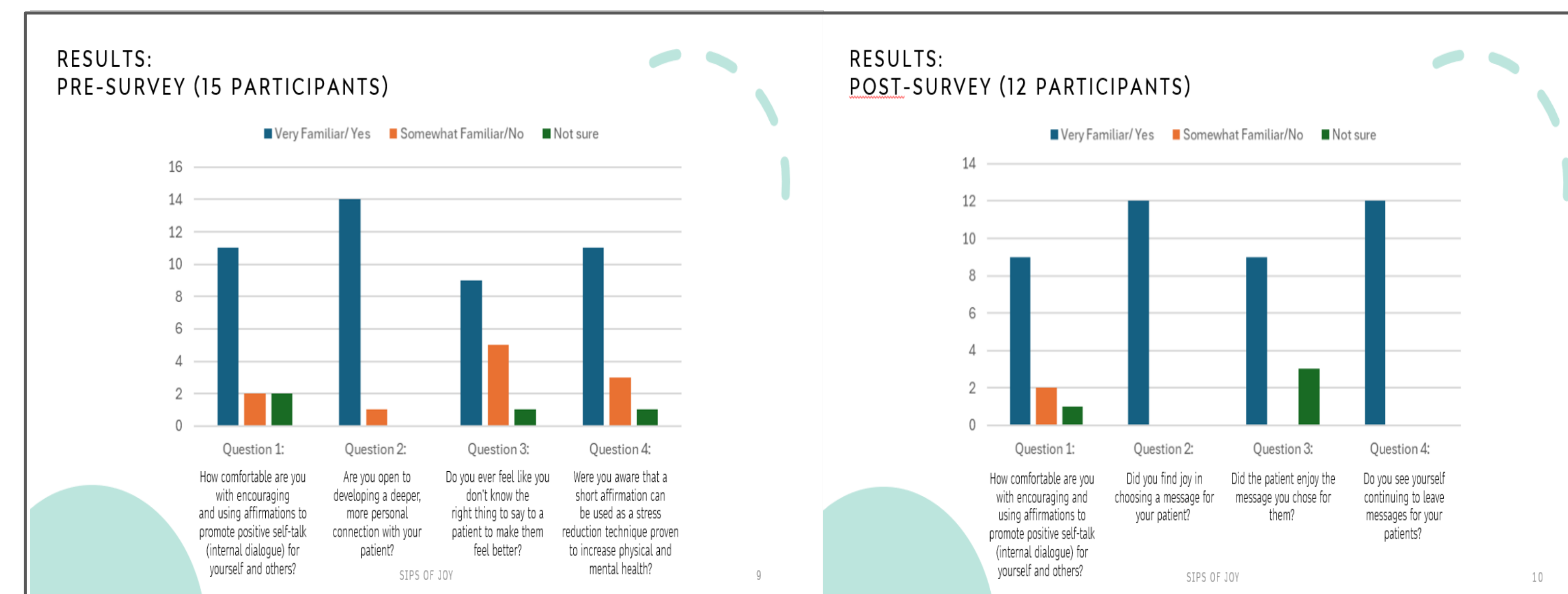
- Increase nurse job satisfaction through improved patient rapport and personal fulfillment from holistic care.
- Provide a simple modality for improving the mental well-being of a patient.

Methodology

- Nurses on Springfield 3 Oncology were asked to voluntarily participate.
- Participants were educated on the use of *Words of Affirmation* project.
- They were provided with five (5) affirmation phrases:
 1. Cancer doesn't define you!
 2. You matter to us!
 3. We are a team and together we are working towards your well-being!
 4. Be kind to yourself!
 5. You are valued!
- Participants placed pre-printed stickers with *Words of Affirmation* on patient water cups during medication passes.
- Participants were surveyed pre- and post-intervention to measure knowledge and comfort level with affirmations.

Outcomes

- The pre-intervention survey was completed by 15 nurse participants.
- The post-intervention survey was completed by 12 nurse participants.
- Pre- and post-intervention data show an increase in knowledge and comfortability with affirmations.
- Nurse participants reported feeling satisfaction with the positivity given to patients.



Conclusions

The use of *Words of Affirmation* was a success.

- Nursing staff expressed joy with the project and interacting with patients.
- Patients reported that it “made me smile”.
- Patients were noted to suggest positive emotion through verbal cues, such as laughing, smile, reading cups and keeping them.

It is recommended that this project be integrated into daily practice and adopted on other units. Recommendations for future iterations would be to shorten phrases on cups as some were lengthy and plan to use various ink colors and different fonts for affirmations.

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