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Trauma Related Stress on Nursing Care

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Trauma Related Stress on Emergency Department Nursing Care

Ohio Northern University
By Karsen Bresnahan

Abstract

Problem: ED nurses are faced with unexpected trauma daily that causes stress and may lead to burnout and medical mistakes.

Purpose: To determine if educating nurses on using mindfulness techniques will decrease their mental and physical stress.

Methods: This will be a quantitative, quasi-experimental study comparing the stress levels of nurses who received mindfulness training to nurses who did not receive the training by looking at their vitals and a pre/post shift survey's.

Evaluation: The result from the comparison will provide adequate data about whether or no the class was beneficial towards reducing stress, burnout, and medical error.

Gaps in Literature: There are very few studies conducted that specifically discuss how dangerous the buildup of stress on a nurse can be. Very few discuss how relieving that stress can directly benefit patient care.



Discussion

Implications: Nurse will be able to control their stress levels better which can reduce rates of compassion fatigue, burnout, and medical error. This will in return benefit the patient care that is provided.

Limitations: Time-frame, patient load, trauma occurrences and confidence

Recommendations:

- Prolong the trial
- More detailed questioning about changing routine
- Trying other de-stressing techniques

Methods

Research Design: Quasi-Experimental Quantitative Study

Participants: The target population is emergency department nurses. Convenience sampling was used to gather a total of nurses from two different departments. All nursing participants will remain anonymous.

Measurements: Each nurse will have their vitals measured with the same automatic machine at the beginning of each shift as well as after a trauma. They will also be asked to fill out the self-completed surveys about their stress levels at the beginning of shift and at the end of shift.

Data Analysis: This nominal study will be measured using the McNemar statistical test.

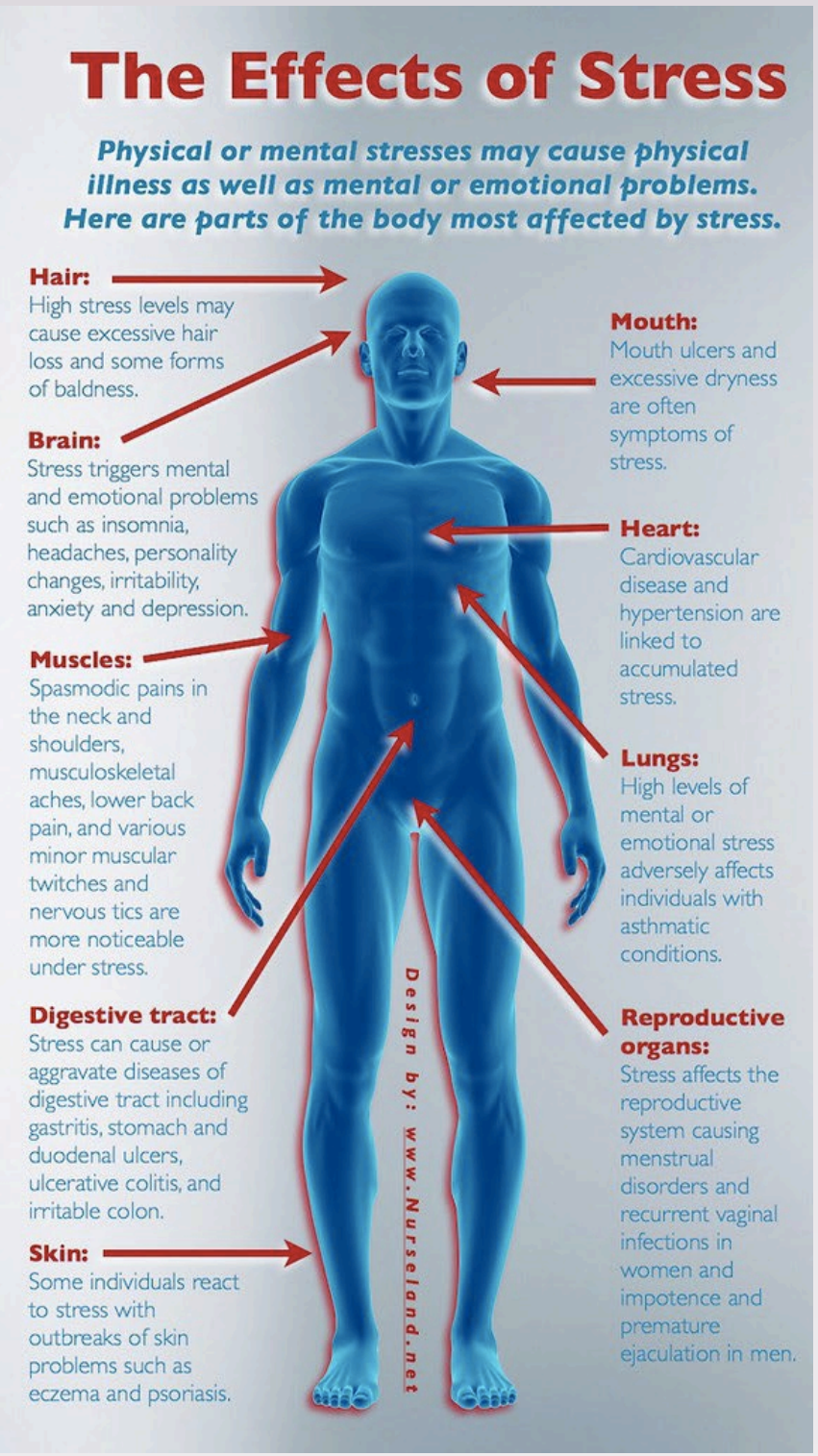
Ethical Standards: Each nurse will provide consent to working in this study. No personal identifiers will be tied back to the nurses. Every set of vitals will be anonymously bundled together for comparisons.

Literature Review

Research Question: Do ED nurses who practice mindfulness techniques immediately after or during experiencing a traumatic emergency have lower stress levels compared to those who do not?

How Stress Affect Everything:

- Working
 - Compassion Fatigue
 - Burnout
 - Medical Error
- Body
 - Headaches
 - Muscle Tension
 - Fatigue
 - Upset Stomach
 - Sleeping issues
 - Chest Pain



The Stress Nurses Face:

- Traumas
- Heavy Patient Load
- Unpredictability
- Multi-patient Disaster
- Violence

How Can Nurses Relieve Their Stress:

- Confidence Building
 - Practice drills (Trauma/Disaster/Codes)
- Mindfulness Training
 - Learning to change their thought processes

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Conclusion

Nurse who take the mindfulness course are taught how to take the time to process their thinking and reduce their stress levels, resulting in a decrease of:

- Compassion Fatigue
- Burnout
- Medical Error

This benefits the patients by allowing nurses to focus on each patient individually and provide the essential care needed during their ED visit.



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