



# Impact of Respite Room on Nursing Staff Well-being and Resilience

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# Statement of Disclosure

- ▶ No conflicts of interest have been identified with anyone involved or presenting this learning activity
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# Objectives

- Describe the rationale for a multisensory, nature-themed respite room
  - Summarize the study design, measures, and procedures.
  - Report key findings on resilience and compassion satisfaction
  - Discuss practical implications and recommendations for future research
- 



# Background

- ▶ Hospital bedside nursing staff experience high levels of stress and burnout
  - ▶ Rest breaks are now mandated in Oregon, but standard break rooms are not restorative
  - ▶ Evidence-based interventions to support staff well-being and resilience are urgently needed.
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# Standard Break Room



# Respite Room: Before

- Repurposed a consult room which was rarely used





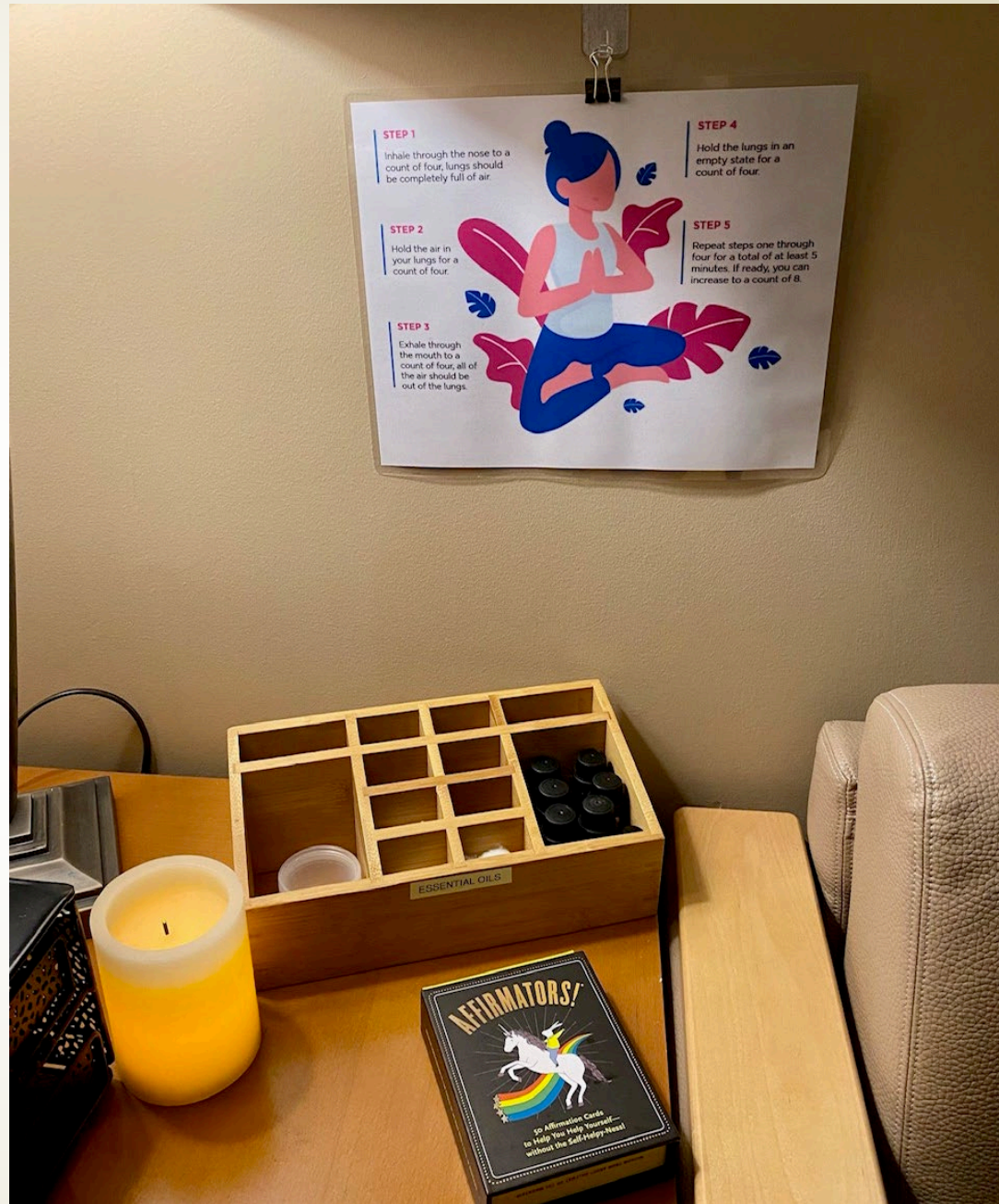
# Respite Room: Amenities

- ▶ Engages 8 senses: visual, auditory, olfactory, gustatory, tactile, proprioceptive, vestibular, and interoceptive
- ▶ Respite room amenities:
  - ▶ Tapestries of nature scenes, faux and real plants
  - ▶ Sound machine with nature sounds
  - ▶ Drinks and snacks
    - ▶ Mini fridge, shelf with small snacks and candy, tea, keurig
  - ▶ Chair massager and smaller back massager
  - ▶ Essential oils
  - ▶ Yoga mat/foam roller and guided yoga practice
  - ▶ Soft lighting with LED candles and lamps
  - ▶ Coloring books and art supplies
  - ▶ Fidget toys and puzzles









**STEP 1**  
Inhale through the nose to a count of four, lungs should be completely full of air.

**STEP 2**  
Hold the air in your lungs for a count of four.

**STEP 3**  
Exhale through the mouth to a count of four; all of the air should be out of the lungs.

**STEP 4**  
Hold the lungs in an empty state for a count of four.

**STEP 5**  
Repeat steps one through four for a total of at least 5 minutes. If ready, you can increase to a count of 8.



Your hard work and dedication do not go unnoticed. Thank you!

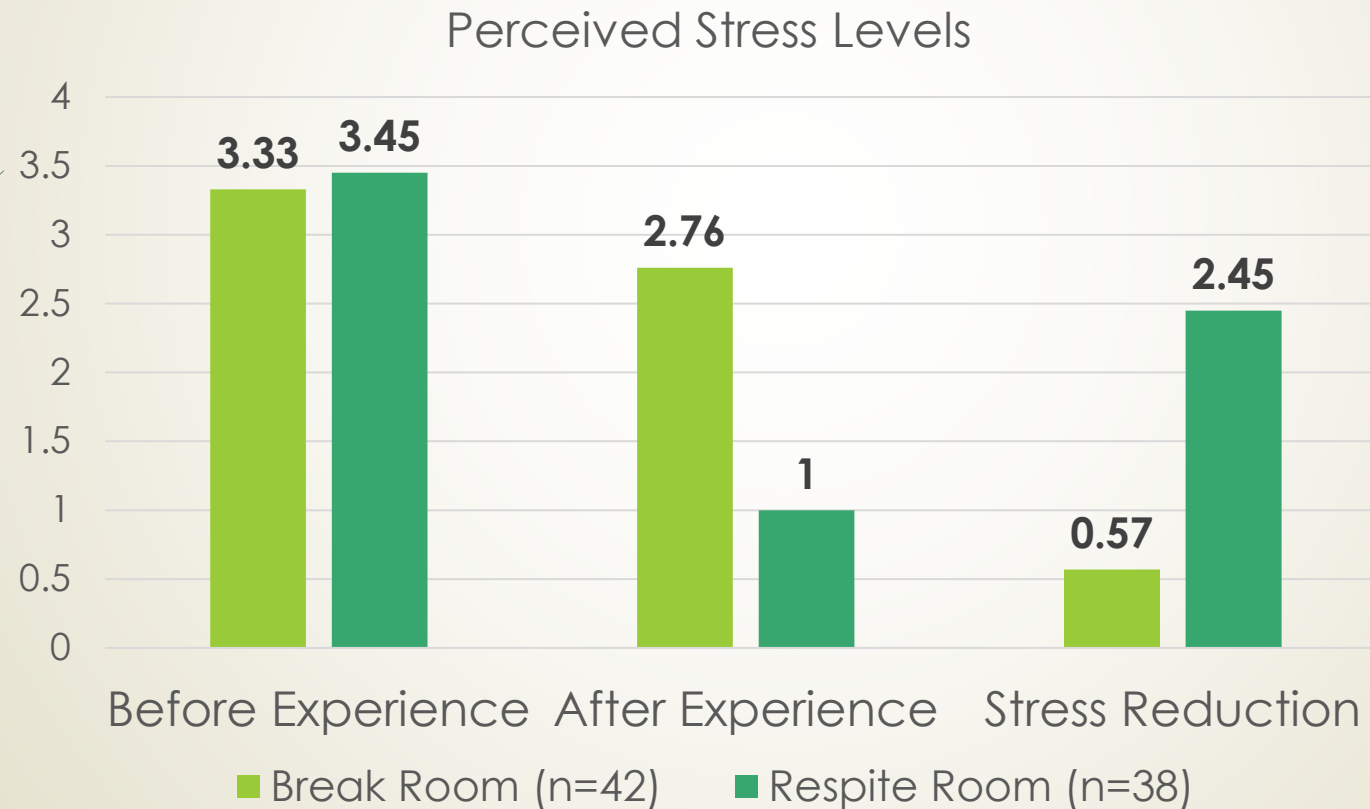
Blessings  
INCENSE

**AFFIRMATORS!**  
50 Affirmation Cards to Help You Help Yourself—without the Self-Help Hassle!

ESSENTIAL OILS

# Background

- Initial QI project measuring perceived stress level showed significant difference in stress reduction






# Objective and Hypothesis

- Objective: evaluate impact of multisensory respite room on staff well-being and resilience vs. standard break room with a more rigorous, IRB-approved research study
- Hypothesis: Regular use of a respite room will improve resilience and compassion satisfaction, and reduce burnout and physiological stress.



# Methods: Design & Participants

- ▶ Observational pilot study with IRB-approval and oversight
  - ▶ Two acute care units, IMCU and CVCU
  - ▶ ~40 RNs/CNAs, full and part-time staff
  - ▶ Random assignment to experimental and control groups
- 

# Methods: Measures & Data Collection

- ▶ Physiologic measurements:
  - ▶ HR and GSR during 15-min breaks twice weekly for 4 weeks.
    - ▶ Elevated HR can indicate emotional stress
    - ▶ GSR (Galvanic Skin Response) measures electrical changes in the skin that demonstrate autonomic nerve responses based on sweat gland function



# Methods: Measures & Data Collection

➤ Psychosocial measurements: Self-reported surveys at baseline and at completion after 4 weeks:

➤ Connor-Davidson Resilience Scale (CD-RISC 10)

➤ Widely used, validated self-report survey that measures resilience, or the ability to cope with stress

➤ Professional Quality of Life (Pro-QOL)

➤ Self-report survey that measures the quality one feels in relation to their work as a helper

➤ Subcategories: compassion satisfaction, secondary trauma, burnout

## Connor-Davidson Resilience Scale 10 (CD-RISC-10) ©

initials  ID#  date  visit  age

Please indicate how much you agree with the following statements as they apply to you over the last month. If a particular situation has not occurred recently, answer according to how you think you would have felt.

	not true at all (0)	rarely true (1)	sometimes true (2)	often true (3)	true nearly all the time (4)
1. I am able to adapt when changes occur.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I can deal with whatever comes my way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I try to see the humorous side of things when I am faced with problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Having to cope with stress can make me stronger.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I tend to bounce back after illness, injury, or other hardships.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I believe I can achieve my goals, even if there are obstacles.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Under pressure, I stay focused and think clearly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I am not easily discouraged by failure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I think of myself as a strong person when dealing with life's challenges and difficulties.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I am able to handle unpleasant or painful feelings like sadness, fear, and anger.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Add up your score for each column 0 + \_\_\_ + \_\_\_ + \_\_\_ + \_\_\_

Add each of the column totals to obtain CD-RISC score = \_\_\_\_\_

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## Results: Physiologic Measures

- ▶ HR and GSR: no significant differences between groups



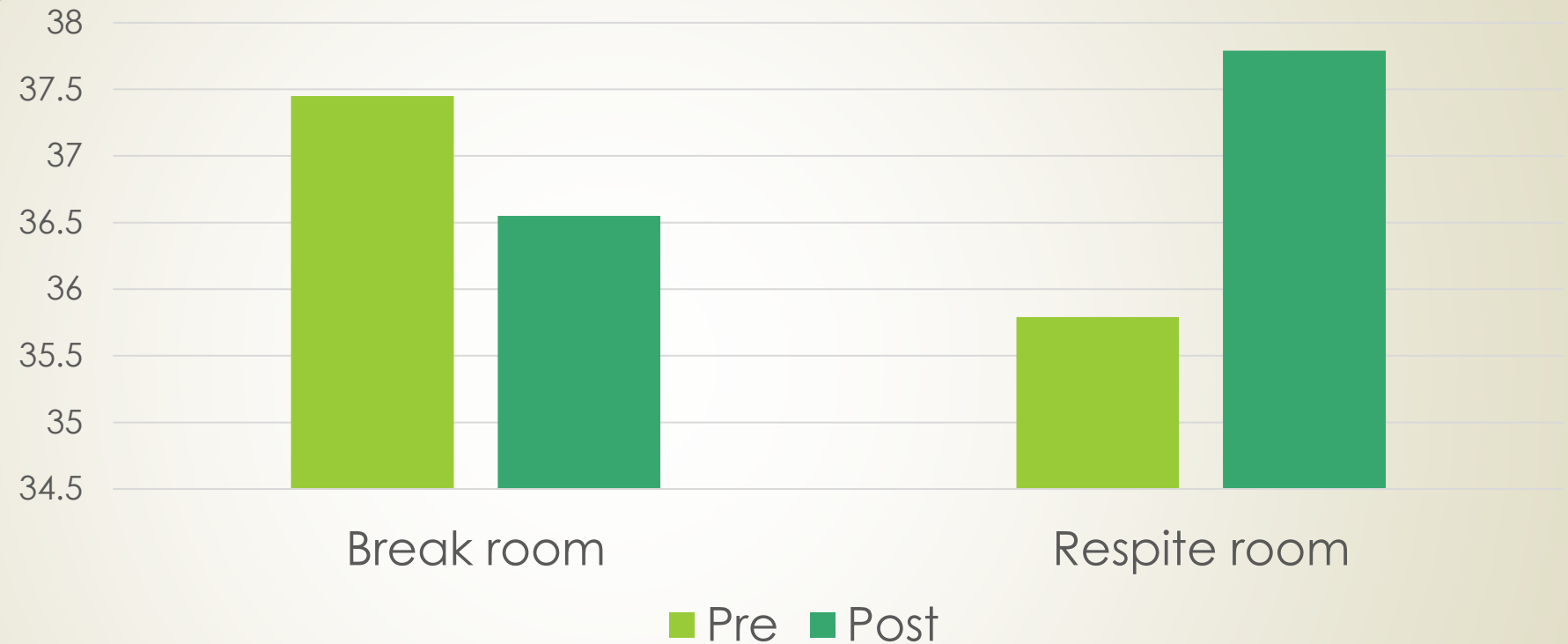


# Results: Psychosocial Measures

Respite room group had statistically significant greater increase pre-post compared to break room group for compassion satisfaction and resilience

Burnout and secondary trauma did not show significant differences

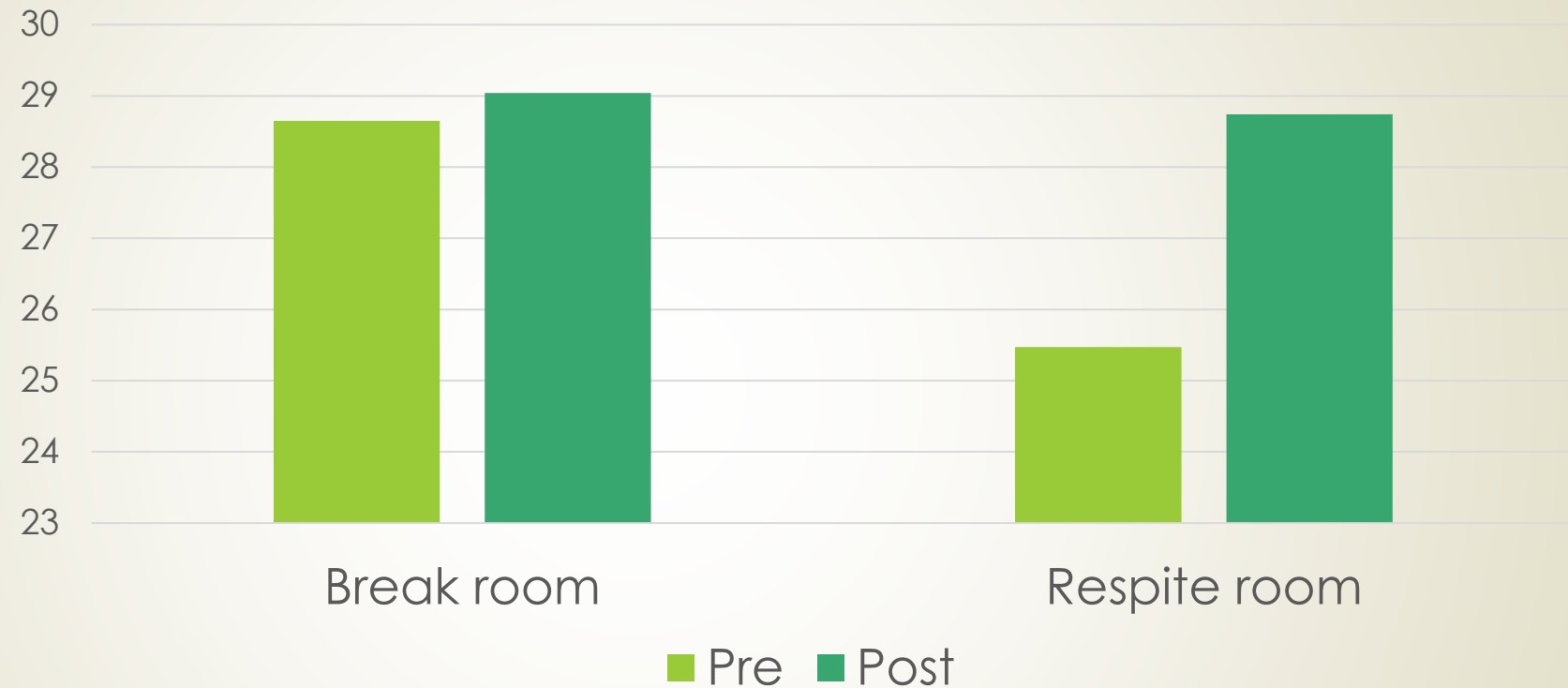
# Results: Compassion Satisfaction



Compassion Satisfaction ( $t=2.24$ ,  $p=0.02$ ):

- Break room: Reduction of 0.9, or -2.4%
- Respite room: Improvement of 2, or +5.6%

# Results: Resilience

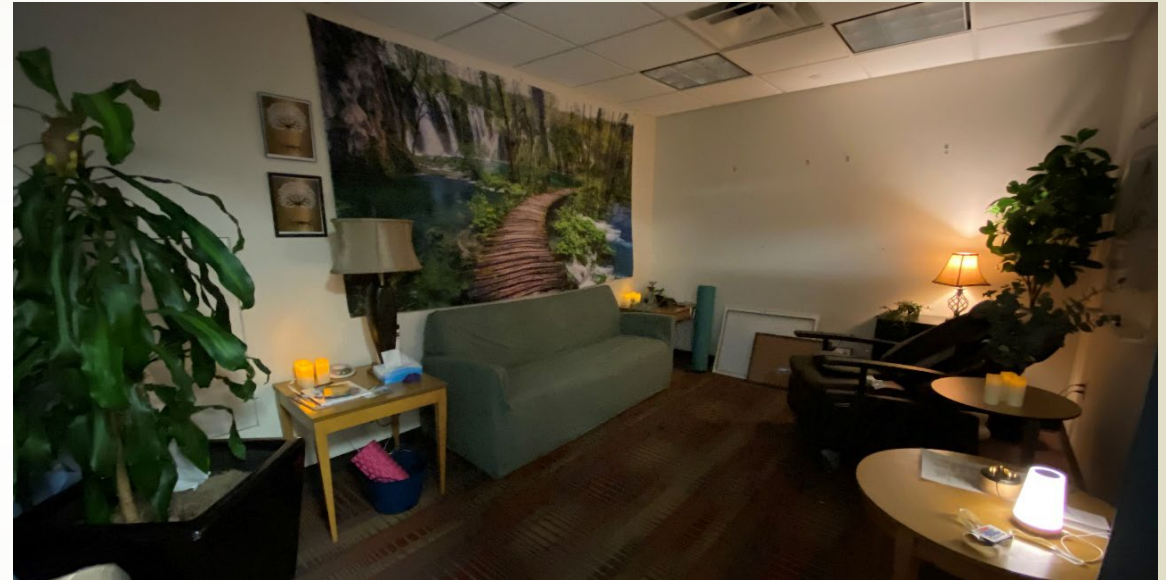


Resilience ( $t=2.15$ ,  $p=0.01$ ):

- Break room: Improvement of 0.39, or +1.36%
- Respite room: Improvement of 3.27, or +12.84%

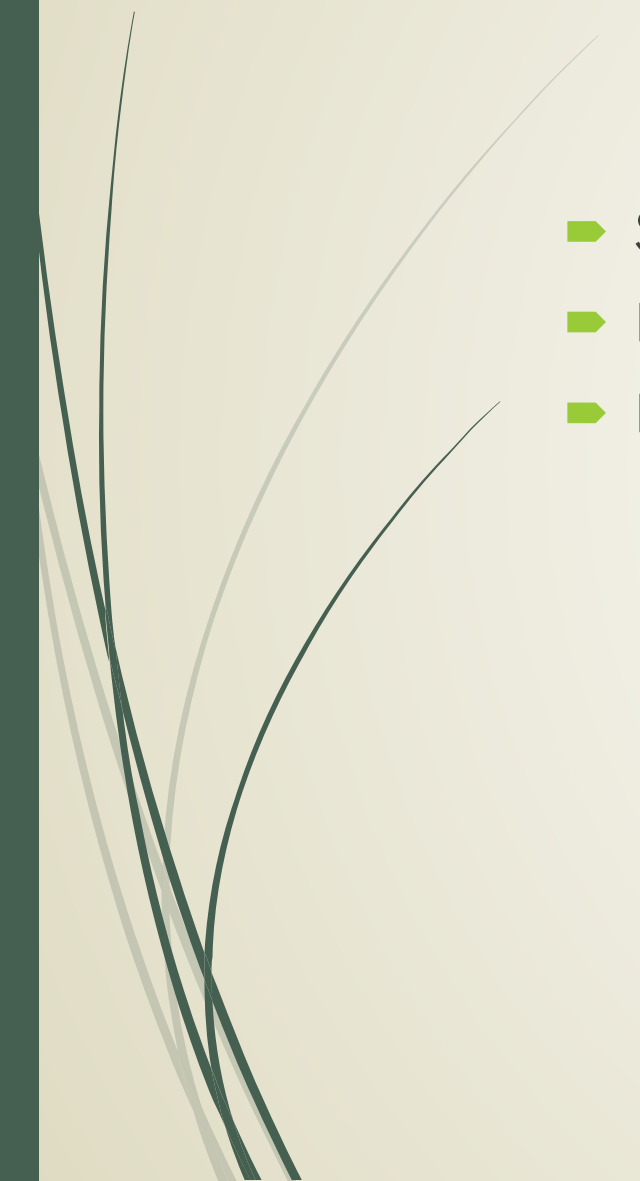
# Conclusion

- Multisensory, nature-themed respite rooms may enhance compassion satisfaction and resilience
- Feasible, low-risk intervention to improve nursing staff well-being



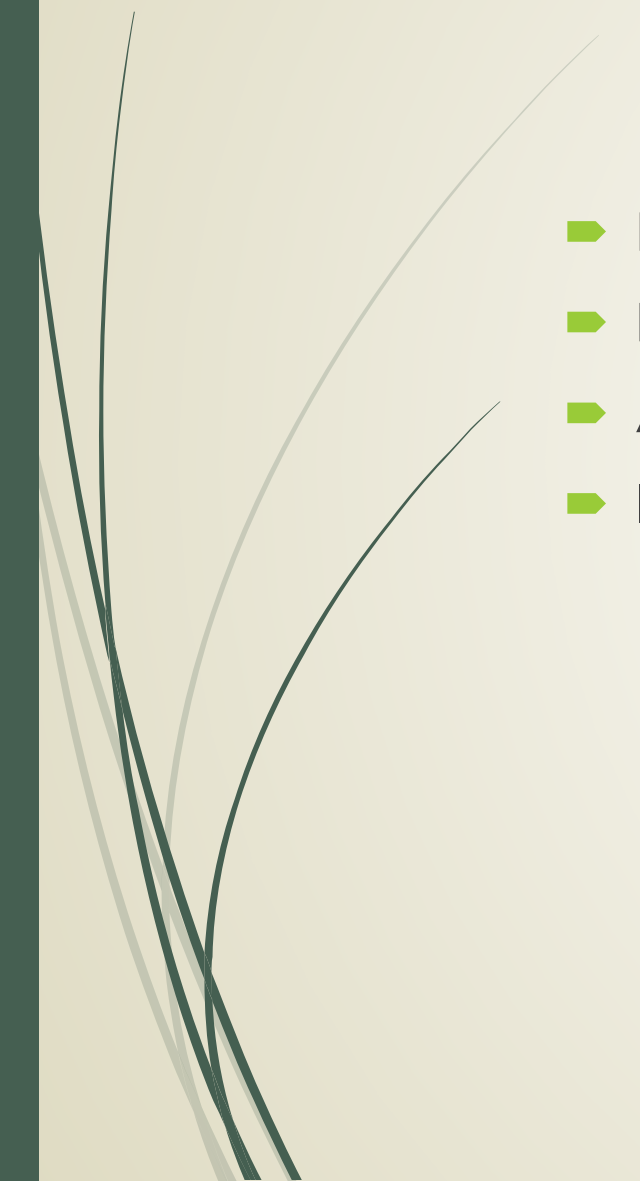


# Limitations

- Small sample size
  - Difficulty with participant retention
  - Physiologic measure inaccuracies
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# Recommendations and Next Steps

- Recommend larger randomized studies
  - Examine immediate stress responses
  - Assess effects on retention/turnover, cost-effectiveness
  - Implementation guidance for hospitals.
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