

# A Multidimensional Wellness Initiative for CRNAs & SRNAs

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## Background

- Healthcare professions are associated with burnout, turnover, and stress related to their jobs. These factors can lead to medical errors and sentinel events (Hall et al., 2016). Burnout is also a primary factor in the global healthcare staffing shortage (Hofmeyer et al., 2020).
- Burnout stems from emotional exhaustion, cynicism, and decreased self-efficiency caused by moral distress, PTSD, and compassion fatigue (Jackson et al., 2018).
- Yang et al., (2018) states in order to achieve optimum health two essential constructs must be addressed: mental and physical health.
- Shechter et al., (2020) found that the people who adequately dealt with stress utilized a consistent coping regimen.
- Matzer et al. (2018), emphasized the benefits of synergism between the mind and body to achieve an increased ability to cope with stress. This technique is known as a multidimensional wellness program (MWP). When exercise is combined with a mindfulness technique, physical and emotional well being is improved.
- PICO:** "Among CRNAs and SRNAs, how does the implementation of a multidimensional wellness initiative effect their perceived willingness to utilize mindfulness and exercise in their everyday lives."

## Objective

- Reach CRNAs & SRNAs and promote wellness among peers through a podcast series informed by an evidence-based multidimensional wellness program highlighting the combination of exercise and mindfulness based coping strategies.

## Methodology

- Google Scholar, PubMed, etc. via Cedar Crest College's online database was used.
- Keywords included "Health care," "anxiety," "CRNA," "SRNA," "burnout," "stress reduction," "MBSR," & "exercise"
- Over 2000 total results were found
- 5 RCT's, 4 Systematic Reviews, & 1 Meta analysis were mainly used for background research

## Recommendations for Practice

**CRNAs and SRNAs should be taught how to actively implement multidimensional wellness modalities into their own daily lives**

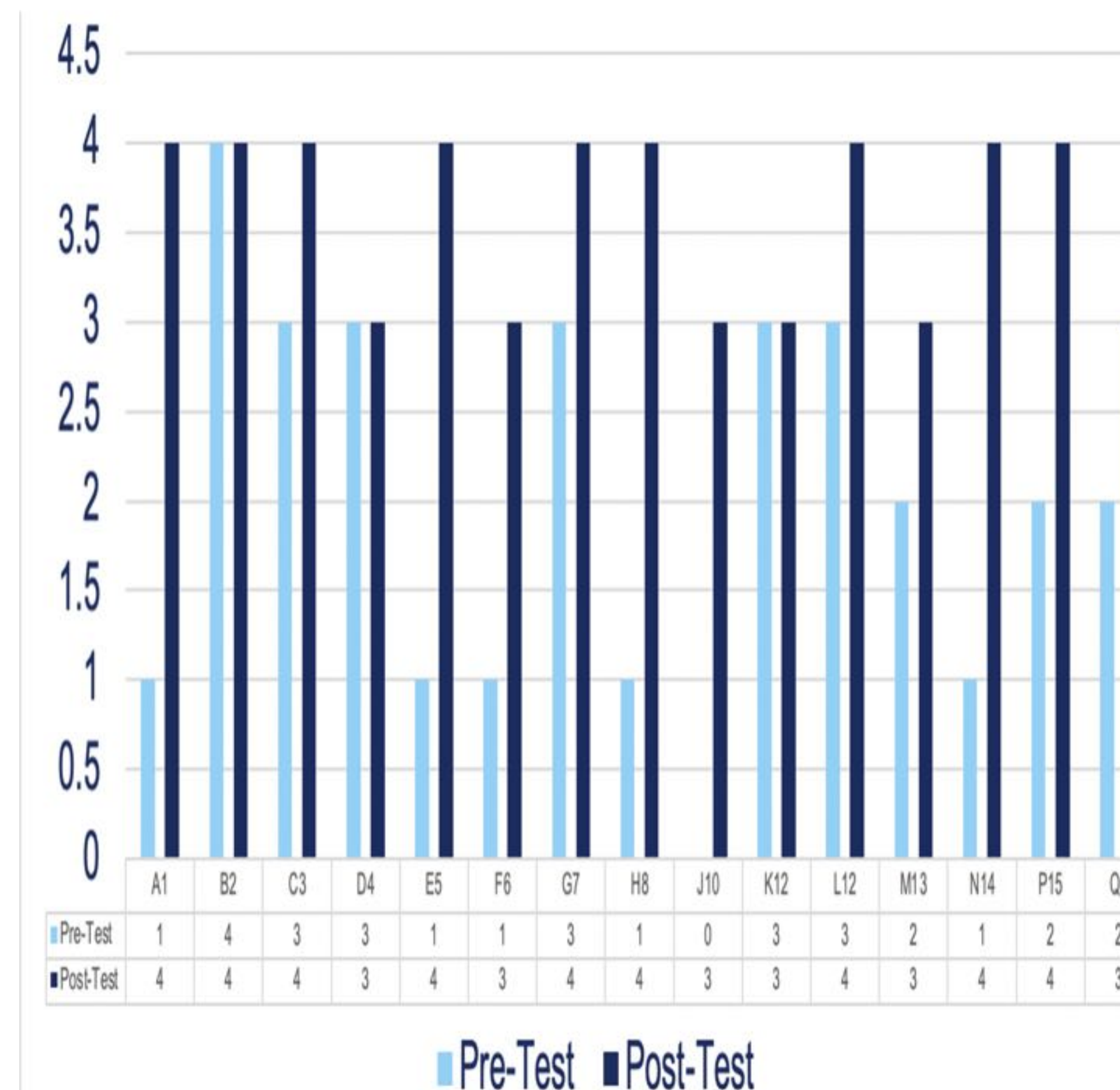
**CRNAs and SRNAs should take their mental and physical wellness seriously because it directly correlates to the quality of care that their patients receive.**

**Clinical institutions should support CRNAs & SRNAs in respect to their stress & anxiety so that overall patient safety and positive clinical outcomes are maintained.**

## Translation

- A four-part podcast series was developed using the Buzzsprout hosting site. The episodes discussed the current research in respect to the use of mindfulness and exercise as modalities to improve overall wellness.
- A total of 15 participants engaged in the implementation phase of the project. The group included CRNAs and SRNAs.
- Using Google Forms, participants completed the pre-survey prior to engaging in the podcasts and the post-survey after completion of all four episodes. (Question 5 results seen to the right).
- Data was analyzed using a professional statistician consultant with application of the Wilcoxon rank test.
- Data analysis revealed a significant increase in the participants' confidence, knowledge, and willingness to use a multidimensional wellness plan in their own lives.

*"I feel equipped to utilize a multidimensional wellness plan in my life in order to cope with my school, clinical or work-related stress"*



## Conclusion



- Research shows that improving wellness among anesthesia providers can lead to reduced stress, anxiety, and burnout, which will lead to an improvement of patient safety and outcomes (Hall et al., 2016).
- There is more of a vested interest when information is communicated within a collaborative group of people because there is a sense of shared ownership (Sprowls, 2020).

**Based on the DNP project surveys submitted by the participants, it was found that:**

- CRNAs and SRNAs experience a significant amount of stress related to the clinical setting
- Most CRNAs and SRNAs either engage in poor coping strategies that are unsustainable and or are not as knowledgeable on positive ones such as mindfulness and exercise.
- Data analysis reflects the participating CNRAs and SRNAs have a better understanding of exercise/mindfulness and the proven beneficial effects that both modalities have on reducing stress and improving wellness after listening to the podcasts.
- CRNAs and SRNAs feel more equipped to utilize a multidimensional wellness program after listening to our podcast.

## References

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