

Problem

- Burnout is associated with mental and physical health
- 49.3% of students in a doctoral program met DSM-5 criteria for a mental health condition
- Burnout is directly related to poor patient care outcomes

Literature Review

- 1) Doctoral program enrollment of burnout and DNP programs as a self-approach to address mental resilience and burnout
- 2) Resilience and stress process
- 3) Connection to self, personal vitality to maintain/increase
- 4) Resilience interventions - obstacles to burnout and positive outcomes.

Guiding Framework

Theory of Self-Efficacy

- One's expectation of reaching a desired outcome
- Determined by: personal experience, vicarious experience, verbal persuasion, and physiological feedback

Diffusion of Innovation: Change Theory

- 5 step process: Knowledge sharing, persuading, decision making, implementing and confirming

SELF-COMPASSION TRAINING

For DNP Students

HOLLYANN OLSON
DEPARTMENT OF GRADUATE NURSING
THE COLLEGE OF ST. SCHOLASTICA

Project Goals

- Increase student self-compassion

- Students will have a decreased level of stress

- Increase student self-compassion

- Students will have a decreased level of stress

- Increase student self-compassion

- Students will have a decreased level of stress

- Increase student self-compassion

- Students will have a decreased level of stress

- Increase student self-compassion

- Students will have a decreased level of stress

- Increase student self-compassion

- Students will have a decreased level of stress

- Increase student self-compassion

- Students will have a decreased level of stress

- Increase student self-compassion

- Students will have a decreased level of stress

- Increase student self-compassion

- Students will have a decreased level of stress

- Increase student self-compassion

- Students will have a decreased level of stress

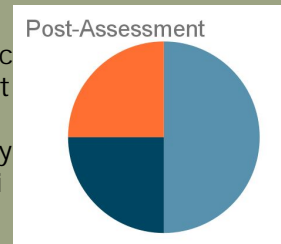
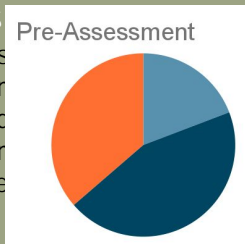
- Increase student self-compassion

- Students will have a decreased level of stress

- Increase student self-compassion

Measures and

- 16 students submitted
- Student self-reported



- High Self-Compassion
- Moderate Self-Compassion
- Low Self-Compassion



Impact For DNP

- Self-compassion is a protective factor during stress and reduces physical health individual
- Self-compassion improves work productivity, satisfaction, and improves

Gap Analysis

Current resilience training attendance is low. Skills are lacking. Students will be given opportunities to attend self-compassion training. Students will receive credit toward clinical domain of AACN essentials.



Page