

Problem

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

Literature Review

- 1) Doctoral program enrollment will potentiate risk of burnout and DNP programs must take a systems approach to address mental resilience and burnout
- 2) Resilience is a **learned process**
- 3) Connection to self, program and social support is vital to maintain/ increase levels of resilience
- 4) Resilience training is an **evidence-based solution** to burnout and positively influences patient 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

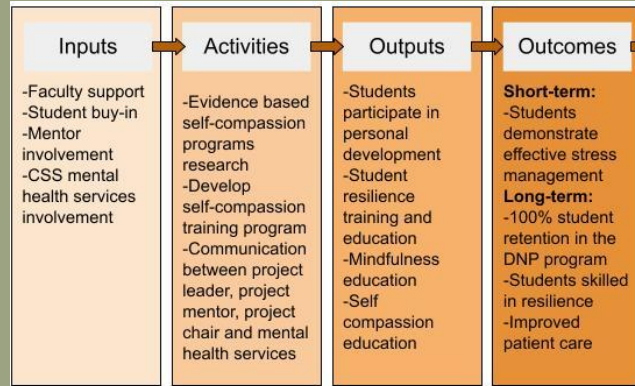
SELF-COMPASSION TRAINING

For DNP Students

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Project Goals

- Evaluate the effectiveness of self-compassion training
- Increase student self-compassion rating
- No students will have a decrease in self-compassion
- Increase feelings of common humanity, mindfulness, self-kindness, and confidence in resilience training



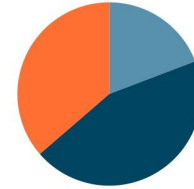
Gap Analysis

Current state: Resilience training is undervalued and attendance is low. Skills to ensure mental resilience are lacking. **Solution:** Students will be given multiple opportunities to attend self-compassion resilience training. Students will receive credit toward clinical hours under the 10th domain of AACN essentials.

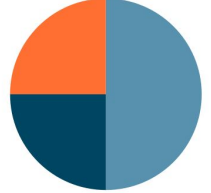
Measures and Results

- 16 students submitted pre-training surveys
- Students scored high in **self-judgment**

Pre-Assessment



Post-Assessment



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

Impact For DNP students

- Self-compassion training **increases self-care activities**, aptitude to **remain compassionate** during stress and reduces feelings of burnout
- Early intervention translates into **emotional and physical health** of individual at risk of burnout
- Self-compassion **strengthens mental resilience**, improves work productivity & performance, job satisfaction, and improves patient outcomes

Sustainability

- *Materials used were free and will be shared with stakeholders for future use



Paper: