Introduction

- Stress has been identified by nurses as a top concern for their practice (ANA, 2011).
- The culture of nursing traditionally places the patient before self, but nurses actually have a professional obligation to care for themselves (ANA, 2015).
- To address stress in the nurse practice environment, the multidisciplinary Nursing Restoration Committee designed and opened a nursing restoration space.

Process

- Review literature on restorative practices, stress, compassion fatigue, work quality of life, and potential measurable outcomes.
- Administer RN survey/open forums to discuss restorative practices and room design ideas. Also visit exemplar spaces.
- Design and open the space.
- Conduct post-opening survey and collect pre/post opening outcome data.

“The Caritas Room”

Opened April 2018

“Caritas Room”

Room Contents

✓ Door Badge Reader
✓ Art work
✓ Table/Chairs/Lamp
✓ Meditation Stones
✓ 2-Yoga Mats
✓ 2-Full Body Shiatsu Massage Chairs

Total cost: $5,892
($3,500 for badge reader/$2,392 for restorative items)

Average # visits/month: 520

Outcomes

3 Month Post-Opening Survey (N=194)

- 24% Visited the Caritas Room
- 76% Did not visit the Caritas Room

If They Have Visited the Caritas Room (n=147)

- 83% Was it favorable?
- 72% Have you recommended it to others?

Other Pre/Post Outcome Data (still being collected):

- Nursing Turnover
- Absenteeism
- HCAHPS Items
- NDNQI Items

References: