

Background

This project began while trying to implement team building activities inside and outside of work to reduce the overall stress of employees on the job.

Purpose & Hypothesis

Use of surveys to acknowledge stress exists at work, identification of stress triggers, ways to manage stress and suggestions on team building activities to decrease stress.

Materials & Methods

- Surveyed nurses from four different departments:
 - ER
 - Neonatal ICU
 - Psych
 - Hospice
- Three cities across the United States:
 - Chicago, IL
 - Lanett, AL
 - Houston, TX
- Identified 7 major triggers:
 - long hours
 - coworkers
 - lack of teamwork
 - management
 - short staff
 - outside factors
 - and lack of supplies
- Used a 1-5 rating scale to rate the level of stress
- Planned four events in which nurses were given time to RSVP or show up. Spotlight karaoke and bowling were the two outside activities. The two inside activities included layout of snacks, music, books, puzzles, coloring books and games. Games were set up in the conference area where the nurses took their breaks and enjoyed a different setting verses their regular scheduled lunch breaks
- Surveyed the nurses going on their lunch break and coming out of their breaks as a way to receive positive/negative feedback on implementing more conference room atmospheric lunches

Results & Percentages

Stress levels rated by the nurses was based on a 1-5 scale, five being the absolute worst.

- 35 percent rated at
- 31 percent at 3
- 16 percent at 5
- 14 percent at 2
- 4 percent at 1

Conclusion

- Nurses were less stressed when they were knowledgeable of their triggers and implemented stress management tools throughout the course of their shift
- Nurses were less stressed and did not care about what other coworkers were doing or not when they participated in activities that interest themselves
- The nurses were annoyed about getting out of their regular routine for lunch, but once they did, were happy to have a different atmosphere
- Of the seven major triggers discussed, short staff ranked higher than any other trigger. Coworker conflict and management issues were the leading top three

Behaviors That Were Surprising

- In most cases when food was mentioned and delivered, tensions were low. The nurses responded better when announcements were made in advance verses randomly being surprised with food and games
- Coworker conflict was the second top stress trigger, although it did not seem to matter when the outside activities were implemented

References

www.helpguide.org/mental/stress_signs.htm
www.medicinenet.com/stress

MK-0814-054-B
STTI Rising Star - Zalika Ladet ABSTRACT

Date	08/27/14	Printed At	100%	Agency PF
Time	5:00 PM	Round	2	



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Job info

Element	Handout	Pages	1 pg
Live	8.5 x 11 in.	Folded Size	
Trim	8.5 x 11 in.	VDP	<input type="checkbox"/>
Bleed	8.75 x 11.25 in.	Notes	

Approvals

	APPROVED	APPROVED W/ CHANGES	DENIED	DATE	INITIALS
Stephanie Gallo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
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Program Accred. ADN	<input type="checkbox"/>	<input type="checkbox"/>
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State Licensing Code (INDI)	<input type="checkbox"/>	<input type="checkbox"/>
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Production Code	<input type="checkbox"/>	<input type="checkbox"/>
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