

Title:

The Effects of a Health and Wellness App on Nurses and Their Patients

Teresa Ann Hobt-Bingham, MSN, BSN, ADN

Trauma, Vanderbilt, Nashville, TN, USA

Session Title:

Frontline Clinical Leadership Posters

Slot (superslotted):

FL CL PST: Friday, September 26, 2014: 10:00 AM-10:30 AM

Slot (superslotted):

FL CL PST: Friday, September 26, 2014: 11:45 AM-1:00 PM

Slot (superslotted):

FL CL PST: Friday, September 26, 2014: 3:00 PM-3:30 PM

Keywords:

Health, Wellness and phone apps

References:

Vicki Sandlin, MSN, RN, CCRP Nancy Wells, DNSc, RN, FAAN Jim Kendall, LCSW, CEAP, Manager

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE	TIME ALLOTTED	FACULTY/SPEAKER	TEACHING/LEARNING METHOD	EVALUATION/FEEDBACK
Example Critique selected definition of the term, "curriculum"	Example Definitions of "curriculum" Course of study Arrangements of instructional materials The subject matter that is	Example 20 minutes	Example Name, Credentials	Example Lecture PowerPoint presentation Participant feedback	Example Group discussion: What does cultural training mean to you?

	<p>taught Cultural "training"</p> <p>Planned engagement of learners</p>				
<p>Demonstrate how health & wellness applications can increase nursing satisfaction and improve the wellness of staff</p>	<p>Describe the Health & Wellness Application</p> <p>Demonstrate multiple uses for the application</p> <p>Share data collected in pre & post surveys</p> <p>Share missed days of work & BMI data</p>	10 min	Teresa Hobt-Bingham, MSN, RN	Lecture Power Point Participant Feedback	How can you incorporate meaningful exercise/wellness into each day with your staff?
<p>Demonstrate how health & wellness applications can improve retention rates and teamwork</p>	<p>Share data related to retention rates</p> <p>Share data related to engagement</p> <p>Share pre & post survey data</p>	10 min	Teresa Hobt-Bingham, MSN, RN	Lecture Power Point Participant Feedback	Describe how you could incorporate these techniques to improve teamwork.

Abstract Text:**Purpose:**

To present a quality improvement initiative designed to promote health and wellness of the trauma staff to reduce sick days, improve staff retention and promote teamwork and collaboration within the unit. After the initial pilot was concluded, a multiple unit study was conducted to measure missed days of work, BMI changes as well as effects on compassion fatigue and burnout.

Methods:

A pilot study was created in coordination with a health and wellness media application company to see if peer encouragement and social media could improve nursing satisfaction, retention and overall health. A pre-survey was completed by staff to evaluate the current health and wellness culture of the unit. A 2 month pilot program was conducted which provided daily health and wellness challenges to staff via their smart phone or the computer. This application allowed for staff to post their accomplishments, encourage each other and daily points were awarded for posting the positive behaviors. Examples of challenges included: how long can you wall sit? Or do something nice for someone today and tell us about it. Posts could include pictures and were a mixture of both physical and emotional types of challenges so that anyone could participate. Teams were created based on the new leadership model to help instill teamwork and collaboration. The points received by the participants were used to "purchase" unit based incentives such as prime scheduling, picking your assignment and forgiveness of a tardy. A post survey was conducted at the conclusion of the study (2 months) to assess areas of increased activity, engagement and support.

Results:

The results of the survey were significantly positive. A total of 70.2% of respondents noted an increase in physical activity. A total of 68.1% of respondents noted a positive impact to emotional wellbeing from the intervention. Greater than 76% of respondents stated that the intervention provided motivation to improve their health. Almost 70% rated their relationships with co-workers had improved along with 78% stating they felt more supported by their co-workers. Respondents (71.8%) also stated that the unit now had a healthier culture due to the intervention.

Conclusion:

After the pilot program was complete, the staff expressed desire to continue. From that work an IRB application was approved and a multiple unit study was created. A total of 3 units participated in the intervention and 2 units participated in the control group. A pre and post survey was created. At this time, the pre-survey is complete and the intervention will last for 6 months. A post-survey will be completed in early September. The desire is to see if the intervention is sustainable and successful in other areas of the hospital.