The Effects of a Health and Wellness App on Nurses & Their Patients
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BACKGROUND
• Changes in health care reform, higher acuity, less resources, changes in direct care ratios leading to compassion stress, compassion fatigue and burnout.
• Staff working 12 hour shifts + overtime
• Demanding work environment can lead to poor health habits

OBJECTIVE
• 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.

METHOD
Design
• Descriptive design using an online survey that was distributed 2 months apart
  Pre-survey: October 2013
  Post-survey: December 2013
• Survey created by Trauma Leadership

Setting
31 bed integrated ICU and step-down trauma unit

Survey
Survey questions using a Likert type scale:
Post Survey includes specific questions related to impact of health & wellness app

Survey | Pre-survey | Post-survey
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# of subjects | 133/135 | 47/135
Response rate | 98% | 35%
# of respondents using app | N/A | 47

RESULTS

Impact of Application

Comparison of Pre & Post Survey Results

IMPLICATIONS

Using a health and wellness application brings fitness and support to the bedside.
Incorporating small challenges can lead to lifestyle changes.
This would be useful in retaining healthy and satisfied staff.

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