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

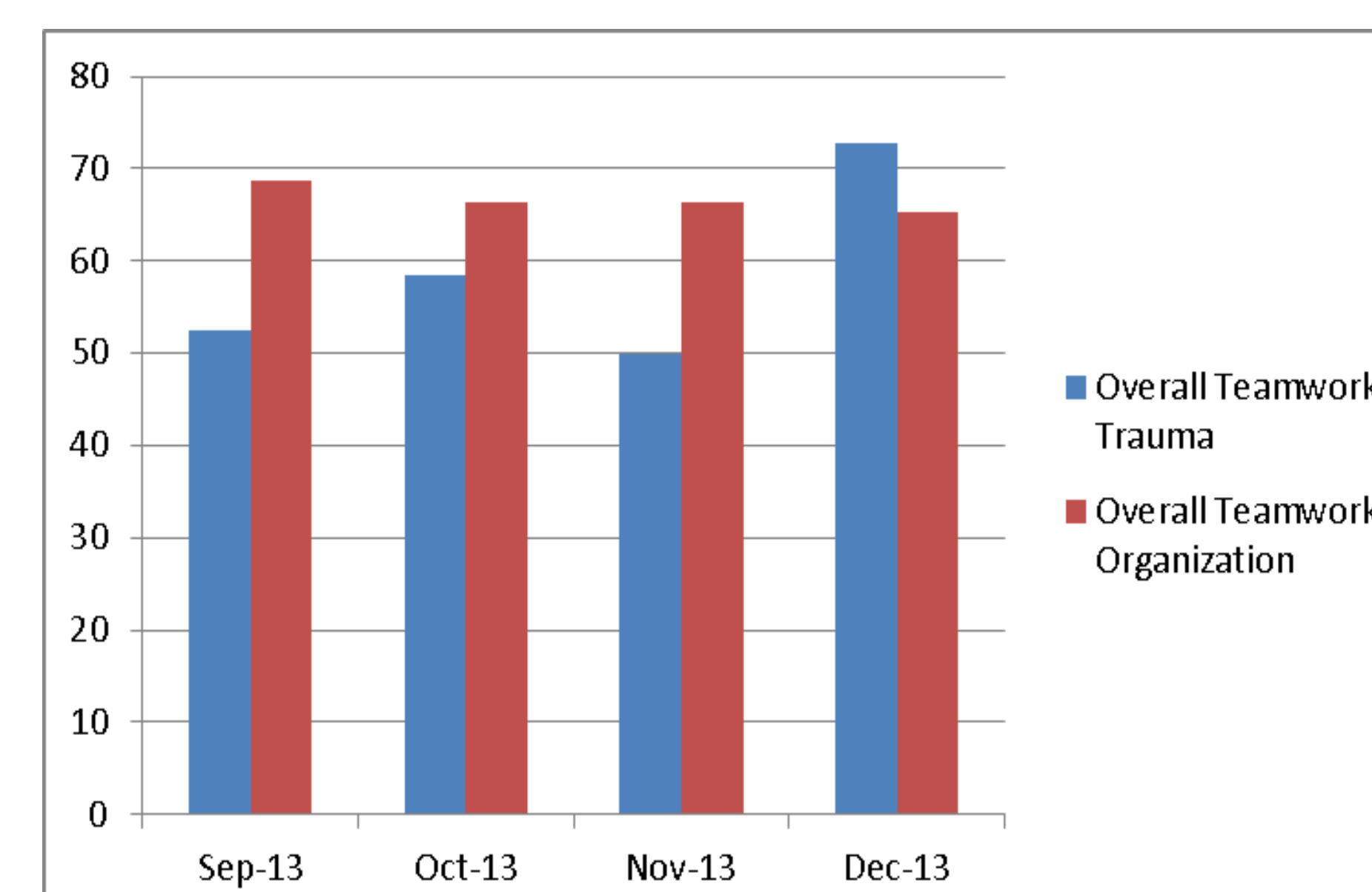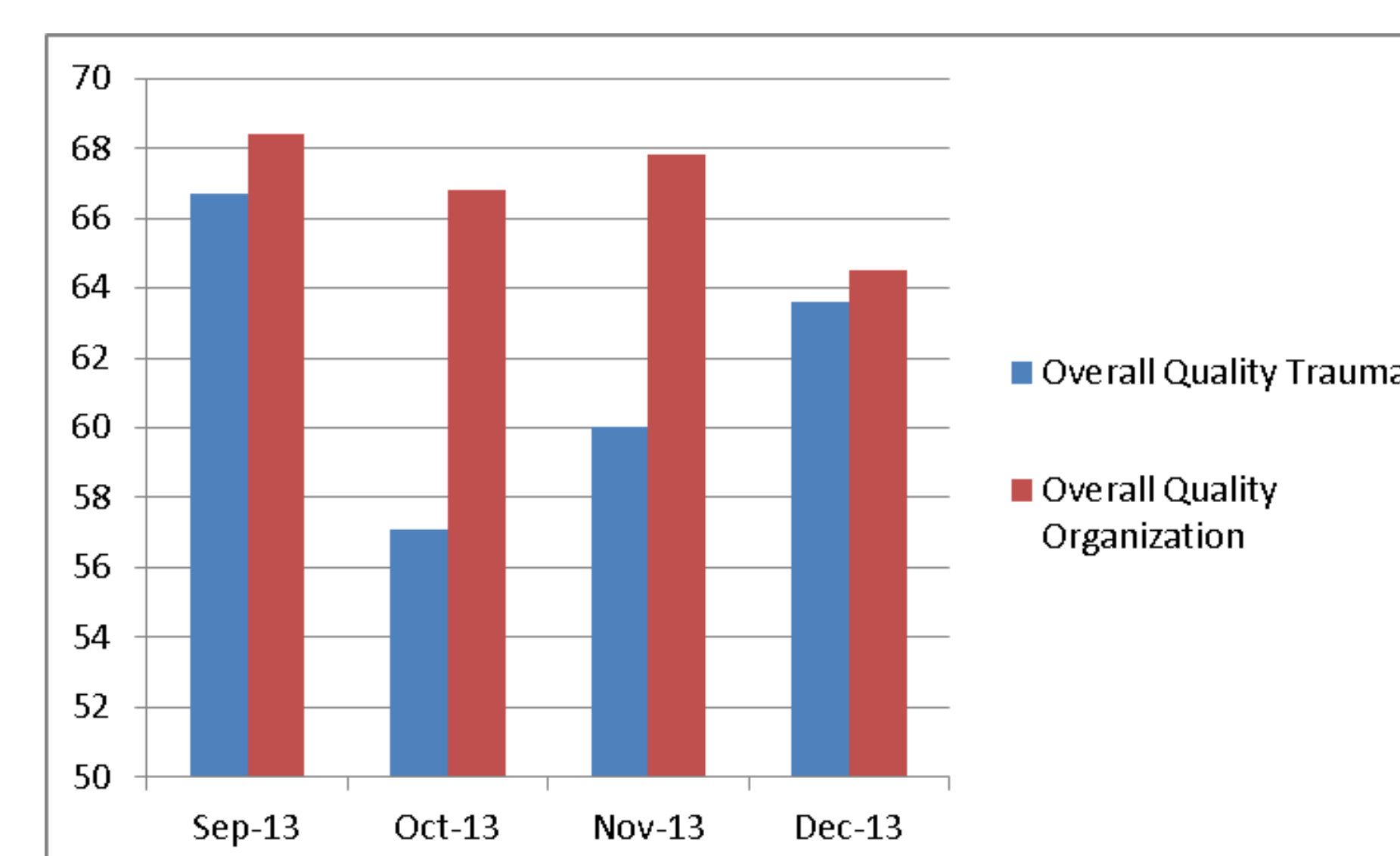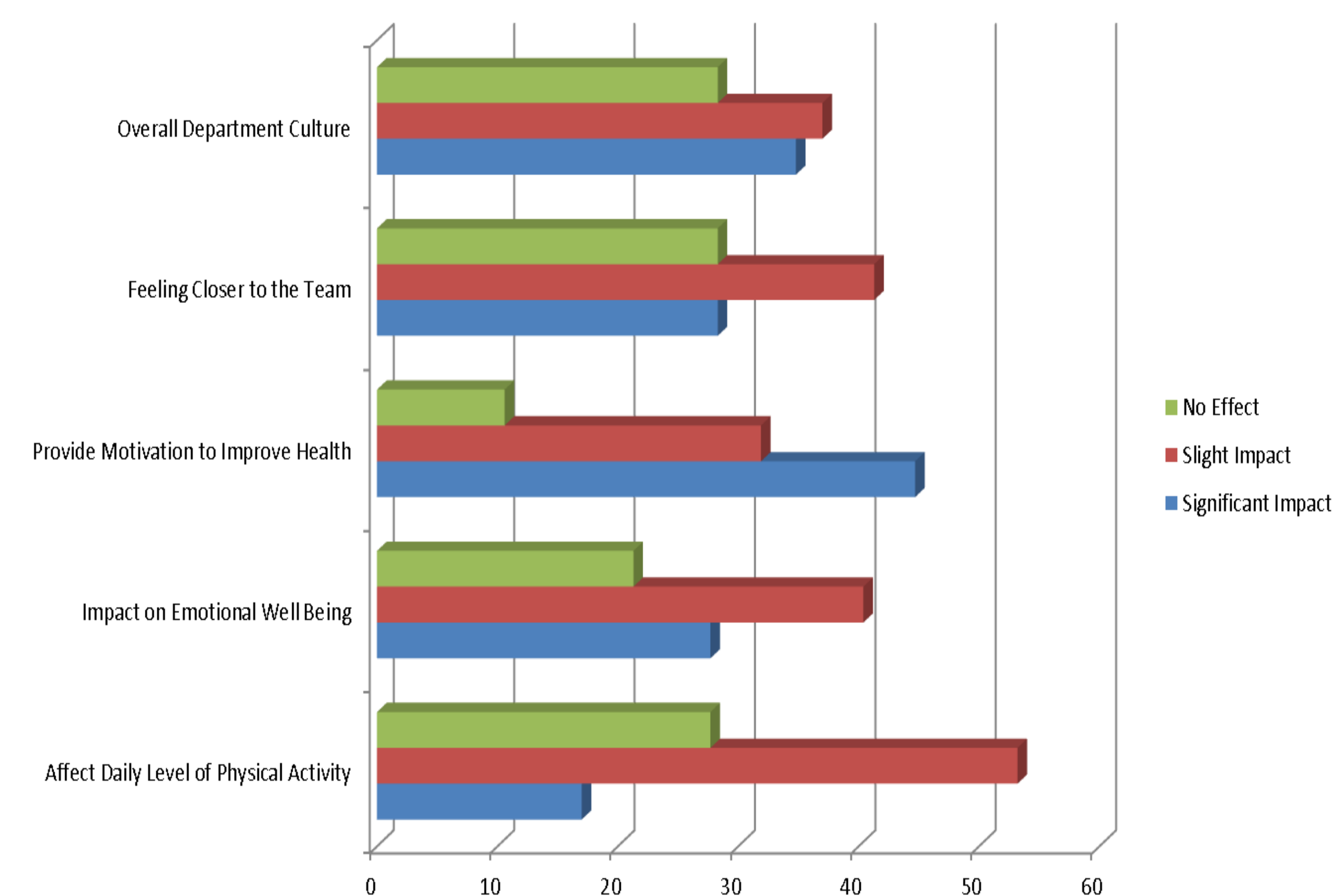### Setting
31 bed integrated ICU and step-down trauma unit

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
# of subjects	133/135	47/135
Response rate	98%	35%
# of respondents using app	N/A	47

RESULTS

Impact of Application

Legend: No Effect, Slight Impact, Significant Impact

Categories: Overall Department Culture, Feeling Closer to the Team, Provide Motivation to Improve Health, Impact on Emotional Well Being, Affect Daily Level of Physical Activity

Overall Quality Trauma / Overall Quality Organization — Sep-13, Oct-13, Nov-13, Dec-13

Overall Teamwork Trauma / Overall Teamwork Organization — Sep-13, Oct-13, Nov-13, Dec-13
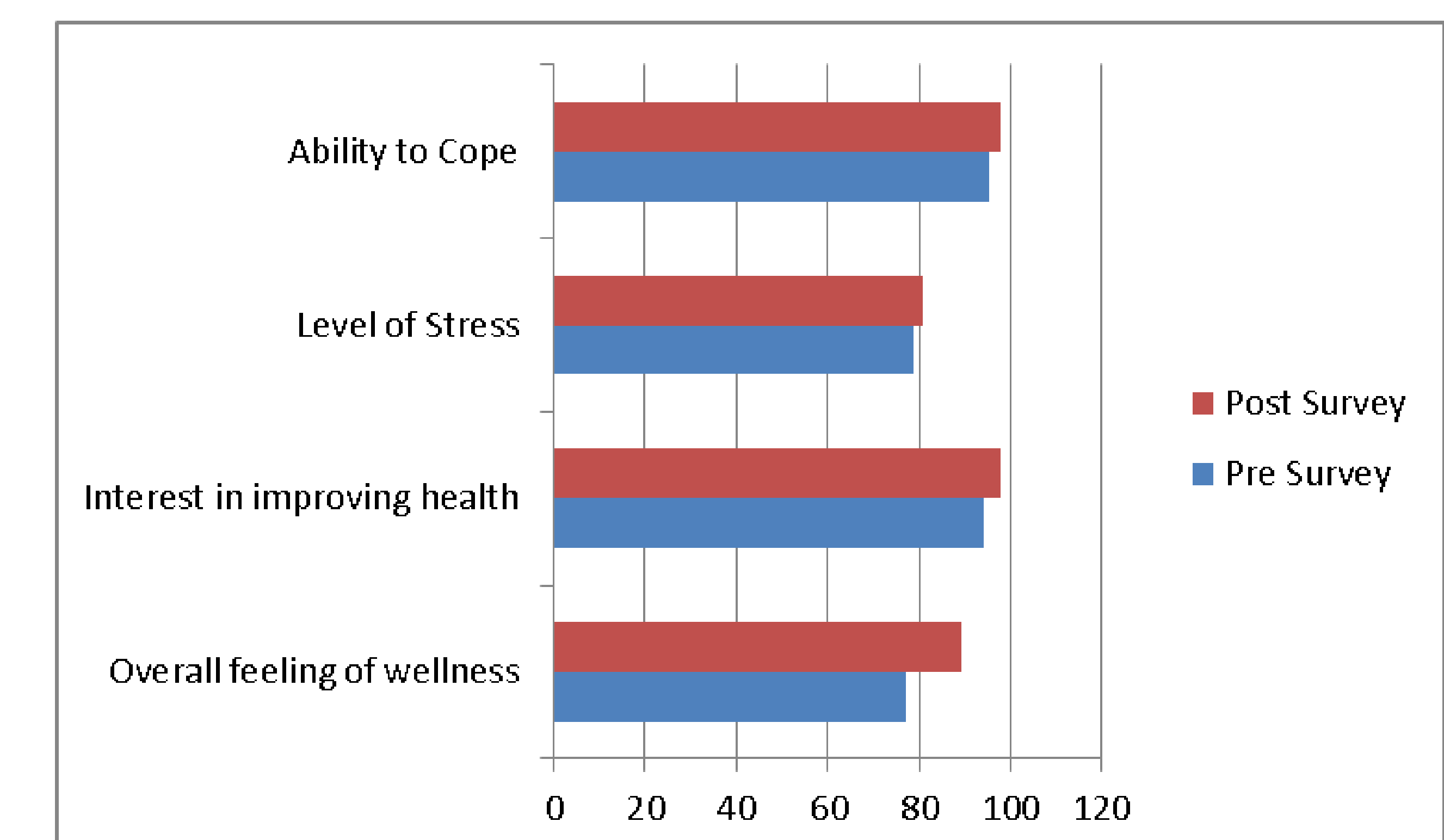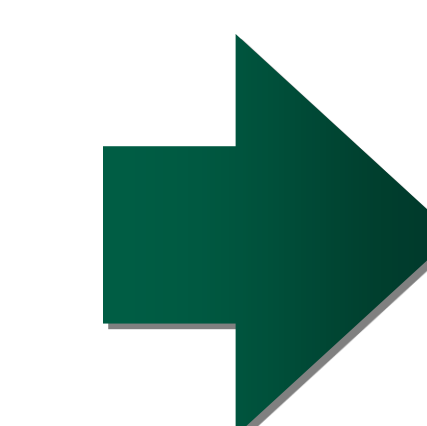
76.6% responded that the app provided motivation for improved health & wellness

Comparison of Pre & Post Survey Results

Categories: Ability to Cope, Level of Stress, Interest in improving health, Overall feeling of wellness — Post Survey, Pre Survey
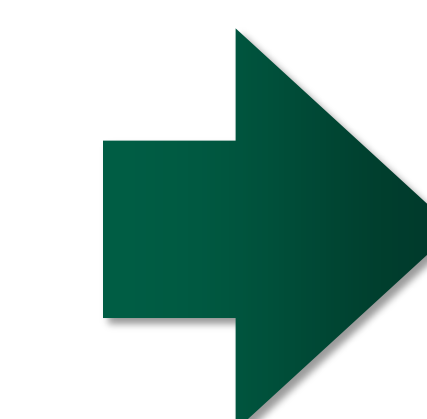
IMPLICATIONS

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.

ACKNOWLEDGEMENT