Depression Among New Graduate Nurses Working in ICU and Medical-Surgical Units

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Purpose

- Raise awareness of depression rates in new grad nurses
- Compare depression rates between ICU & Med/Surg unit new grad nurses
- Determine the need for support of new grad nurses during their first 1-2 years as an RN

Background

- Incidence of depression among new grad nurses related to specific hospital units is unknown
- Depression affects 9.4% of the U.S. adult population but is treatable
  - Adverse effects of depression include fatigue, agitation, psychomotor disturbances, trouble concentrating, substance abuse, suicidal ideation, etc.
- Nurses have double the rate of depression within the general population
  - 35% of nurses experience moderate depression and 21% major depression
- Nurses who are depressed use more sick days, have lower productivity, higher rates of medication errors, and offer a lower quality of care

Setting & Sample

- Two 300-bed hospital ICU & Med/Surg units in Los Angeles & San Francisco
- 108 new grad nurses from California BSN programs
  - 54 from ICU and 54 from Med/Surg units
  - Stratified random sampling
- Inclusion criteria
  - Ages 20-40 years
  - Currently and continuously working for the last 1-2 years
  - Working on night shift
- Exclusion criteria
  - Personal or family history of depression
  - Personal tragedy within the last 2 years
  - Receiving an average of less than six hours of sleep per night

Measure

**PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)**

- Over the last 2 weeks, have you been bothered by any of the following problems? Show how much of a problem each was for you, how often it bothered you, and how difficult it was for you to do your work, take care of things at home, or get along with other people?

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<th>Slight</th>
<th>Moderate</th>
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**Total Score:** __________

**Range:** 0-27

If you check off all the problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

- Not at all
- Somewhat
- Moderately
- Extremely

Procedure:
- Obtain IRB approval from university and hospitals
- Nursing Directors contacted at each hospital with a request to recruit participants
- Each participant mailed a consent form with PHQ-9 questionnaire
- Participants’ identity protected by assigned case numbers
- Participants complete PHQ-9 questionnaire at home and return via mail
- Each participant receives a gift card in gratitude for participation

Analysis

- Hypothesis: New grad nurses working in ICUs have higher rates of depression that those working on Med/Surg units
- Comparison of two intact groups, ICU vs. Med/Surg new grad nurses
- Ordinal data
- Chi Square Test of Independence
  - Determines relationship between two groups
  - Evaluates groups independence from each other
  - Determines frequency in percentages of depression occurrence between two groups
  - To assure statistical significance; p value of 0.05

Conclusion

- New grad nurses depression rates are not known
- This research has not yet been conducted

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References