Nursing Students’ Attitudes Toward Complementary and Alternative Therapies for Stress Relief

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BACKGROUND

❖ Educational Stressors
  • Global Phenomenon
  • Effects
    • ‘Burnout’
    • Dissatisfaction
    • Attrition
  • Little Time to Directly teach Self-Care strategies

❖ Interventions
  • Pharmaceutical
  • Psychological
  • Holistic Therapies
  • Not Fully Explored

IMPLICATIONS

❖ Findings Support Holistic Therapies for Student Health
❖ Value in Navigating Educational Environments and Manage Life Stressors
❖ Recommend Inclusion of Holistic Therapies in Nursing Curricula
❖ Inquiry into Holistic and ‘Non-Holistic’ Therapies for Stress Relief
❖ Interventional Comparison Studies Indicated

PURPOSE

❖ Qualitative Component of Mixed Method Study
❖ Explore Attitudes and Use of Holistic Therapies

METHODS

❖ Sample
  • Convenience
  • n = 116
  • Undergraduate Nursing
  • Southeastern U.S. University

❖ Data Collection
  Baseline Surveys
  • Openness to using Holistic Therapies
  • Strategies to manage School or Work Stress
  • Impact of Holistic Therapies on Personal Health

❖ Data Analysis
  • Qualitative Content Analysis

RESULTS

❖ Openness to Using or Recommending
  • Majority Open (70%)
  • Barriers
    • Lack of Knowledge
    • Lack of Time

❖ Strategies to Manage School or Work Stress
  • Physical Activity
  • Prayer and Meditation
  • Time Management
  • Distraction
  • Social
  • Artistic/Creative Activities
  • Animals
  • Other

❖ Impact on Personal Health
  • Majority see Positive Impact
  • Wholeness
  • Self-Empowerment
  • Relaxation/Restoration
  • Alternative/Complement to Traditional Medicine