Stress Management in the PACU

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Common Sources of Stress in Nursing

- Being unable to effectively comfort or help patients
- Caring for high acuity patients
- Providing life-sustaining measures
- Dealing with difficult patients and their families
- Acting as the “middle-man” among multiple providers, the patient, and the patient’s family

(Vahedian-Azimi et al., 2017)
Stress in Healthcare

- High demands and responsibilities
- Most common among nursing personnel who interact directly with patients
- Providers often compromise their own self-care
- Persistently high stress levels lead to burnout
- Burnout common among healthcare workers, especially nurses working in the hospital settings

(Gauthier et al., 2015; Duarte & Pinto-Gouveia, 2016)
Negative Effects of Stress

- Substance misuse/abuse or poor diet choices
- Immune system dysfunction or chronic diseases such as cardiovascular disease and diabetes
- Poor job performance
- Decreased patient satisfaction
- Increased medication errors or lapses in judgement
- Increased risk for adverse events or negative patient outcomes

(McConachie et al., 2014; Lyndon, 2016; Grensman et al., 2018; Duarte & Pinto-Gouveia, 2016).
Effectively Managing Stress

- Improve coping abilities
- Decrease the likelihood of outbursts due to frustrations
- Prevent negative coping habits
- Improve overall well-being, including the physical and psychological effects of stress
- Improve patient care and outcomes by improving workplace performance

(Grensman et al., 2018; Steinberg, Klatt, & Duchemin, 2017)
Stress....

What are we going to do about it?
Mindfulness-Based Cognitive Therapy

- Emptying the mind
- Being aware of the present moment
- Acknowledge thoughts that contribute to stress
- Paying attention in a nonjudgemental and nonreactive manner

Mindfulness-Based Stress Reduction (MBSR) Model

- A teaching curriculum developed by Jon Kabat-Zinn, professor at University of Massachusetts
- Teach healthy individuals how to observe stressful situations in a neutral and accepting manner
- Utilizes mindfulness practices, meditation, self-awareness, and yoga
- Traditional model:
  - 8-week curriculum
  - 2-hour weekly group sessions with a certified Mindfulness instructor
  - One 6-hour group retreat

(Horner et al., 2014; Khoury, Sharma et al., 2015)
30 Seconds to Mindfulness
Phil Boissiere

https://www.youtube.com/watch?v=ad7HqXEc2Sc
So... Let’s Practice being Mindful
PACU Interventions

- Weekly Emails containing mindfulness practices
- 1-minute daily mindfulness guided meditation
- Integrate mindfulness into daily tasks
1-Minute Daily Meditation

❖ How will it work?
  ❖ Report to unit as scheduled and clock in
  ❖ Designated meditation station located in a quiet area of the unit
  ❖ Start guided meditation and set available timer for 1 minute

❖ How will I do it?
  ❖ Download Mindfulness or Meditation application to personal device, bring headphones.
  ❖ Or a community device will be made available with a guided meditation provided
Think of an action that you do every day
As you’re performing that action, pay attention to it.
Try performing it for a longer time than usual
Pay attention to the bodily movements and sensations this task involves
Be aware of what this action means to you
“Just as you wash your hands before eating, clear your mind before engaging with the world.” - Mooji
Questions?!  
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References


