

HOW THE UNIVERSITY OF WISCONSIN'S SCHOOL OF NURSING USED THE CARNELIAN CONNECTION'S RESILIENCE AND STRESS MANAGEMENT PROGRAM TO REDUCE STRESS AND ANXIETY DURING THE COVID 19 PANDEMIC.



## OVERVIEW

Nurses experience about one and a half times the amount of stress as the average female. Stress has been shown to lead to burnout and compassion fatigue, which up to 70% of nurses experience during their careers. These rates of stress related burnout and compassion fatigue have been shown to lead to a decrease in job satisfaction, increased absenteeism and increased job turnover, which negatively impact patient satisfaction and quality outcomes.

to achieve our goal of reducing stress and improving overall working conditions, especially in light of COVID 19 Pandemic, we engaged Christina Dufour, the Founder and Chief of Well-being at the Carnelian Connection, to develop and deliver a six week program of meditation and reflection to provide us with stress reducing self-care and coping tools.

This six week program entailed a series of guided meditation practices and virtual interactions that significantly reduced the team's overall level of stress and anxiety.

"If you are someone in healthcare, Christina's meditations can be a huge help to you! As a caregiver, it is so important to make sure that my own emotional and physical energy stores are full so that I can continue to give to others. I also had the wonderful opportunity to collaborate with Christina for my doctoral nursing program where we looked at the effects of her meditations on staff reported levels of stress. I am happy to say that we found a statistically significant reduction in stress after just 6 weeks! I highly recommend her programs. She is a wonderful person with a kind heart and has extensive training and skills that allow her to share her passion with others.

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# APPROACH

- **EXPOSE THE TEAM TO NEW CONCEPTS:** The program aimed to expose the outpatient hemodialysis clinic in Southeastern Wisconsin to the techniques and benefits of guided meditation over the course of six weeks.
- **PROVIDE ONGOING SUPPORT:** The clinic participated in both guided and virtual meditation sessions and interactive discussions throughout the six week program.
- **MEASURE RESULTS:** We used the well accepted Perceived Stress Scale (PSS-10) to determine the program's impact. Surveys were taken pre, mid, and post program.
- **DETERMINE STATISTICAL VALIDITY:** Repeated measure ANOVA as well as paired t-tests were used to measure the program's impact on the team's level of stress.

## RESULTS



**98%**

Overall Improvement



**99%**

Reduction in feelings of nervousness and stress



**96%**

Improvement in feeling able to "stay on top of things"

## CONCLUSION

The Carnelian Connection's Resilience and Stress Management guided meditation program can produce lasting results that reduce stress and anxiety.

Such a program can provide tools and techniques that the participants can apply in all aspects of life on an ongoing basis.

The University of Wisconsin's School of Nursing and their Outpatient Hemodialysis Staff were able to measurably reduce stress, improving their ability to have a positive impact on patient satisfaction and quality outcomes.

This program has since been expanded to nine-weeks and is part of a current ongoing stress reduction study for Nurses at Columbia University.