


The Importance of Prioritizing Self-Care During COVID-19: Evidence-based Strategies That Work!

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EBP + Clinician Well-being = The Quadruple Aim in Healthcare

- Enhance the patient experience (includes quality)
- Improve population health
- Decrease costs
- Improve the work life and well-being of healthcare providers



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The State of Healthcare

3



Leading Causes of Death

1 Heart Disease

2 Cancer

3 Medical errors

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Current State of Health in Nurses

U.S. Physicians Set Good Health Example Physicians in better health than nurses and employed adult population

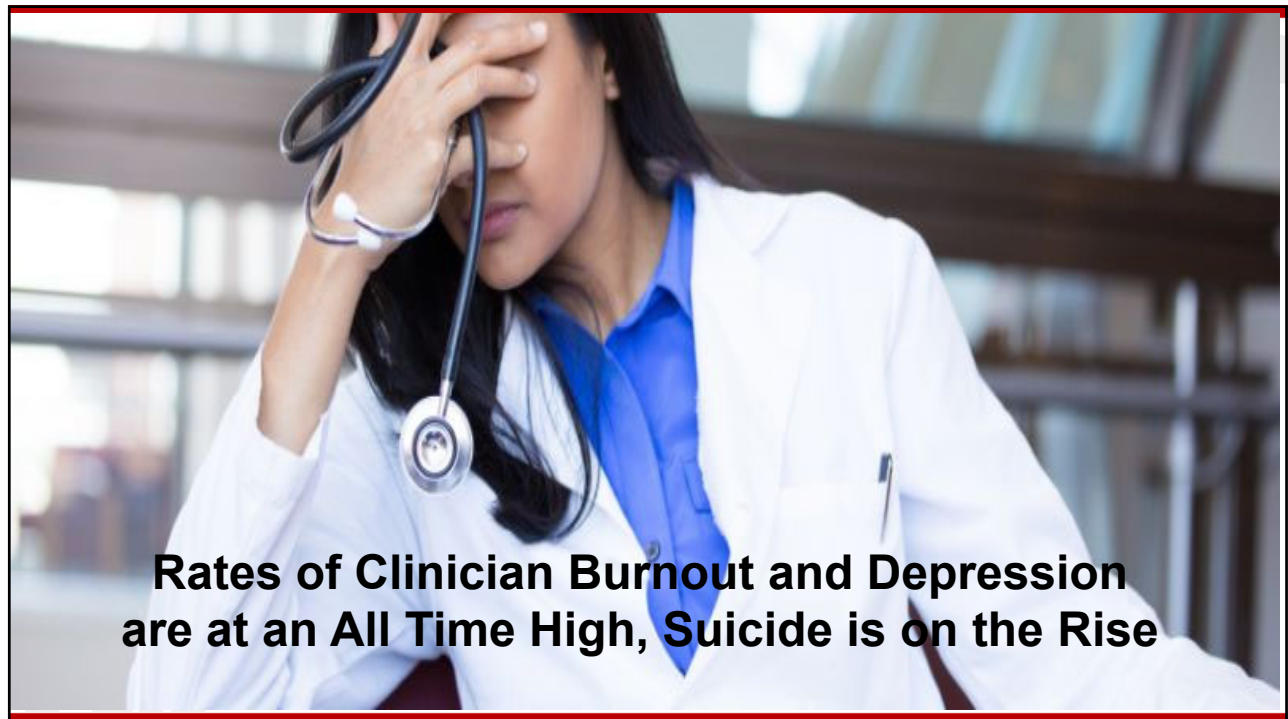
by Katie Bass and Kyley McGeeney

October 3, 2012 see:

<http://www.gallup.com/poll/157859/physicians-set-good-health-example.aspx>

Data based on 1,984 physicians and 7,166 nurses, conducted Jan. 2, 2011 to Aug. 31, 2012.

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**Rates of Clinician Burnout and Depression
are at an All Time High, Suicide is on the Rise**

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Causes of Burnout and Distress in Nurses/Healthcare Professionals

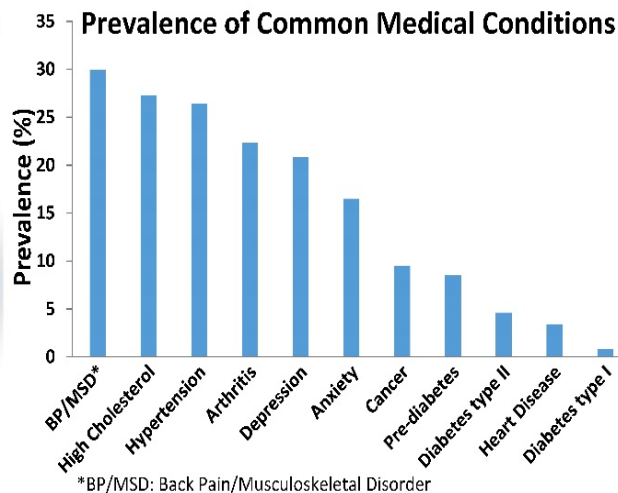
- Increased clinical demands
- Decreased control
- Poorly functioning teams
- Role ambiguity
- Moral distress
- Reimbursement issues
- Decreased time with patients
- Difficulty balancing personal & professional lives
- Inefficiency of the Electronic Medical Record
- Isolation



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A National Study Links Nurses' Physical and Mental Health to Medical Errors and Perceived Worksite Wellness (N=1790)

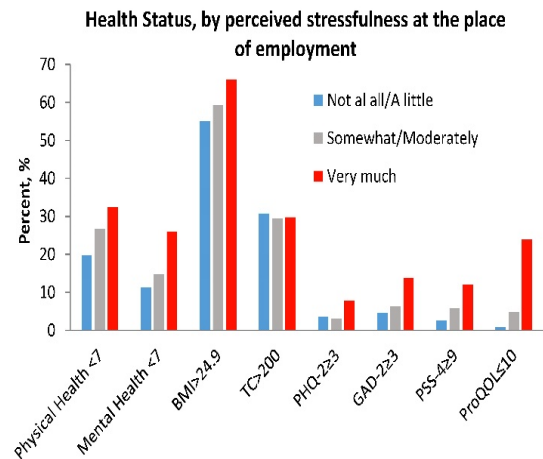
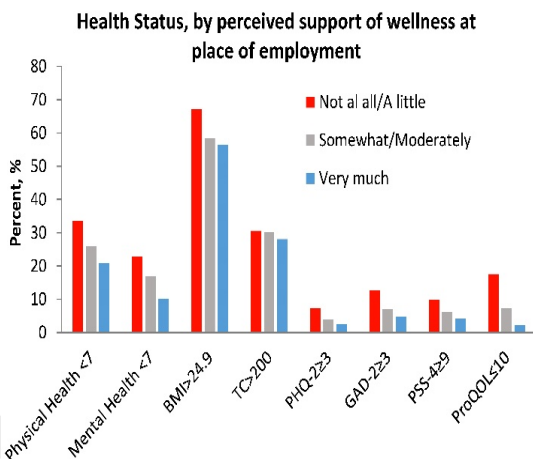
Melnik, Orsolini, Tan et al., 2017, *Journal of Occupational and Environmental Medicine*



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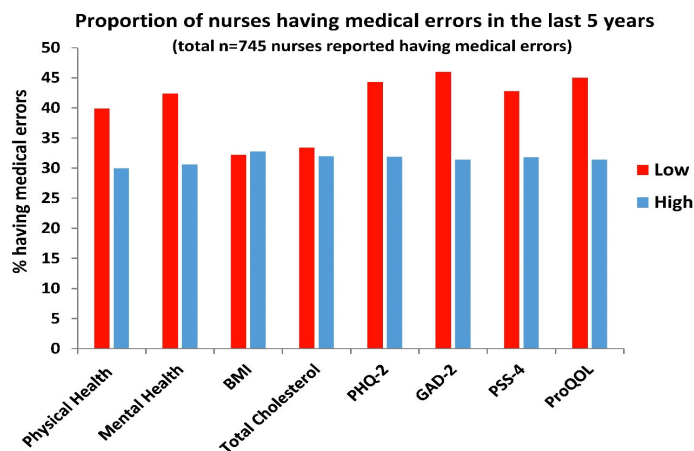
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Health Status by Perceived Wellness Support & Stress at Workplace



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Percent of Nurses with Poor and Good Health with Medical Errors

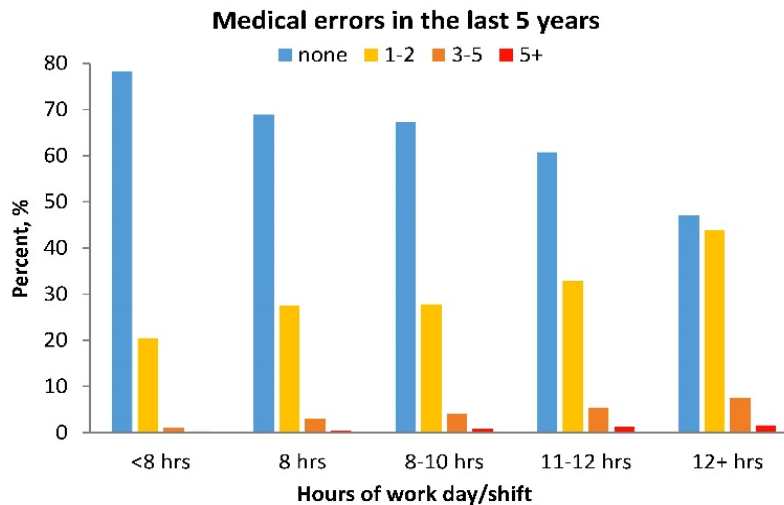


From Melnyk et al, 2018, *Journal of Occupational and Environmental Medicine*

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Errors and Shift Work



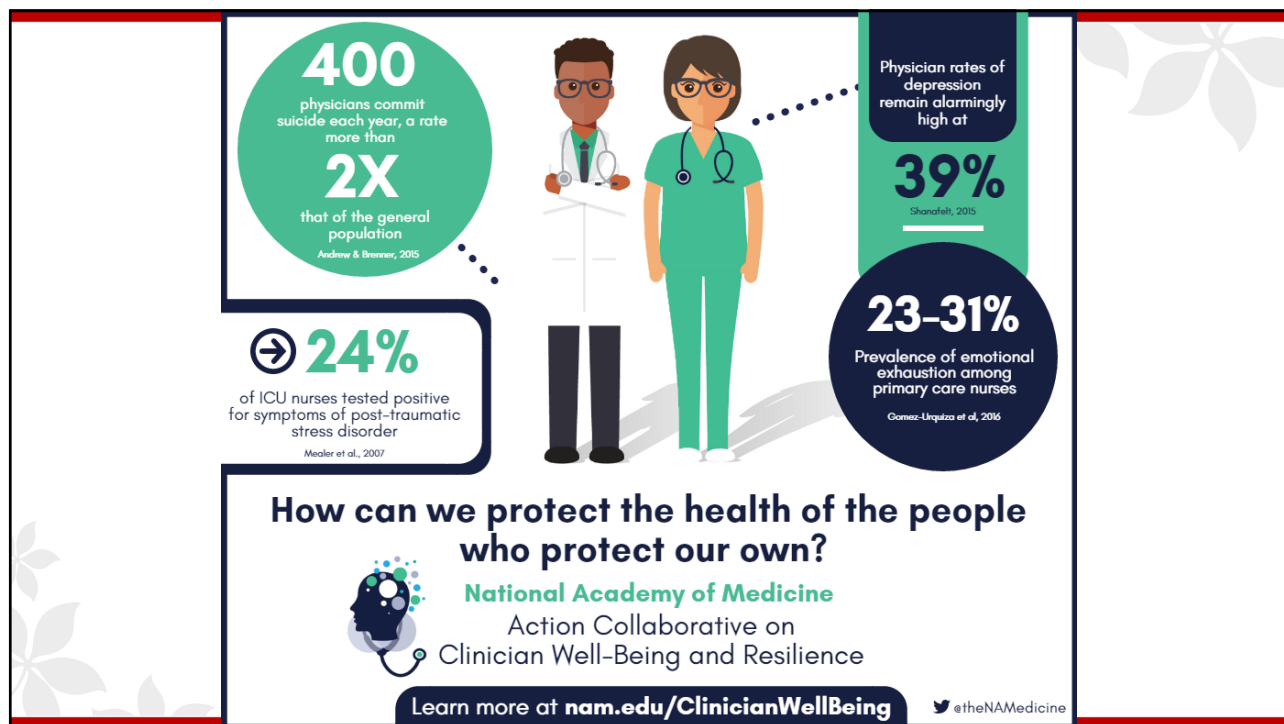
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Self-Care is Necessary for Safe and Great Care of Others



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HealthAffairs

TOPICS JOURNAL BLOG

RELATED TOPICS:
WELLNESS | QUALITY OF CARE | SYSTEMS OF CARE | PATIENT CARE | PATIENT BURNOUT | DEPRESSION
| DEPRESSION | PHYSICIAN BURNOUT | PHYSICIANS | HEALTH CARE PROVIDERS

Making The Case For The Chief Wellness Officer In America's Health Systems: A Call To Action

Sandeep Kishore, Jonathan Ripp, Tait Shanafelt, Bernadette Melnyk, David Rogers, Timothy Brigham, Neil Busis, Dennis Charney, Pamela Cipriano, Lloyd Minor, Paul Rothman, Johnese Spisso, Darrell G. Kirch, Thomas Nasca, Victor Dzau

OCTOBER 26, 2018 10.1377/hblog20181025.308059

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National Academy of Medicine

Action Collaborative on
Clinician Well-Being and Resilience

Burnout is widespread among U.S. clinicians.

Solutions are possible.

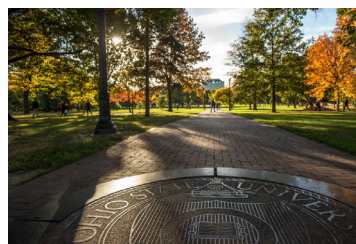


ACTIONABLE SOLUTIONS TO TACKLE CLINICIAN BURNOUT.

Clinician Well-Being Case Studies

nam.edu/clinicianwellbeing/case-studies

#ClinicianWellBeing



This case study provides an overview of well-being initiatives at Ohio State's College of Medicine, College of Nursing, Emergency Medicine Residency Program, and the Wexner Medical Center. The development of this case study was informed by extensive interviews with Ohio State leadership, faculty, staff, and students.

NAM highlighted our wellness model in a webinar on November 21, 2019.
<https://nam.edu/event/case-study-webinar-series-the-ohio-state-university/>

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Interventions to Improve Mental Health, Well-being, Physical Health and Lifestyle Behaviors in Physicians and Nurses: A Systematic Review

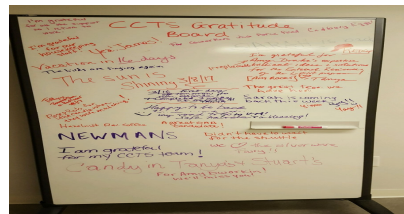
29 studies (2,708 participants)

Melnik, Kelly, Stephens, Dhakal, McGovern, Tucker, Hoying et al. al., 2020
American Journal of Health Promotion

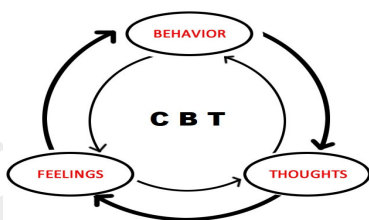


Mindfulness

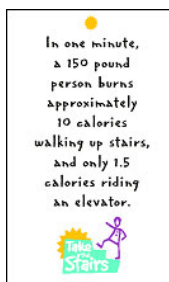
What Works?



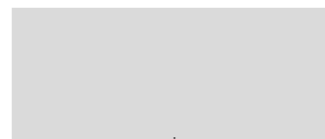
Gratitude



**Cognitive-Behavioral Therapy/
Skills Building**



**Sync your breathing with
this**



Deep Breathing:

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MINDBODYSTRONG (An 8-session cognitive-behavioral skills building program) for New Nurse Residents at Ohio State's Wexner Medical Center: A Randomized Controlled Trial

Journal of Nursing Administration, 2019

Sampson, Melnyk & Hoying

Worldviews on Evidence-based Nursing, 2020

Sampson, Melnyk & Hoying

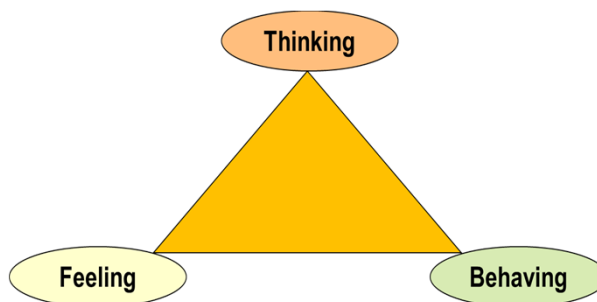
6 Month Outcomes



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The MINDBODYSTRONG Program (also known as COPE in the literature)

Consists of cognitive restructuring, problem solving and behavioral change to help cope with and PREVENT depression/anxiety



The thinking/feeling/behaving triangle

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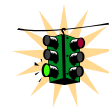
In CBT, We Teach the ABCs



STRESSOR (Antecedent or Activator event)



NEGATIVE THOUGHT TO STOP (*Belief*)



**REPLACE THE NEGATIVE WITH A
POSITIVE THOUGHT**



**POSITIVE EMOTION &
BEHAVIOR** (Consequence)

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Catching Your Automatic Negative Thoughts

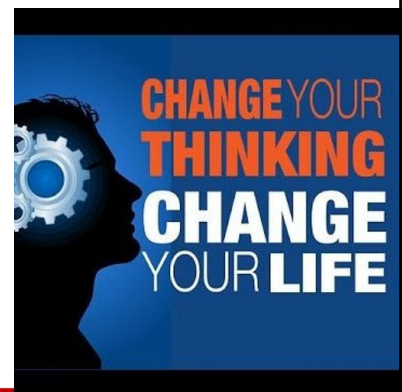
- When you notice your mood has changed or intensified, or is going in a negative direction or you are noticing bodily sensations associated with negative emotions, ask:

What was just going through my mind?

Is this thought really true?

Is this thinking helpful?

Do I have evidence to back this up?



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Program Your Brain with Positive Thoughts



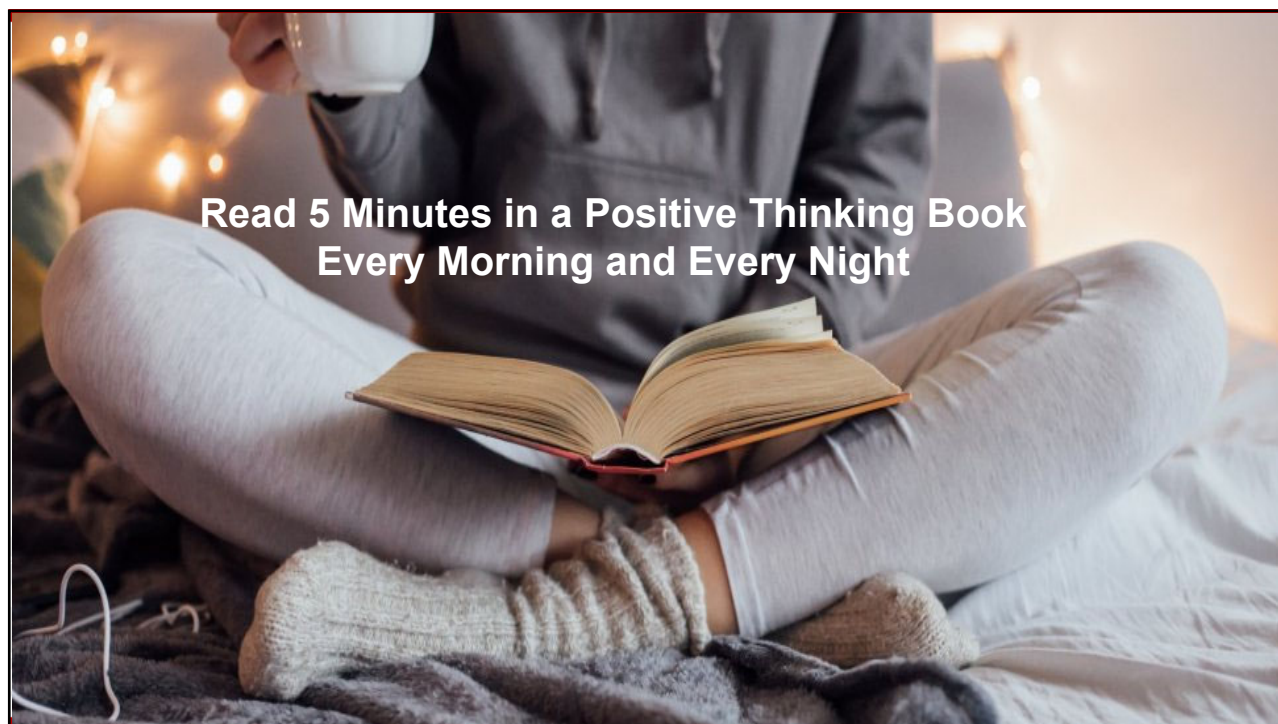
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Practice Positive Self Talk 10x Every Morning and 10x Every Night

- I'm going to stay calm
- I am healthy and strong
- This won't last forever



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Considering All Causes of Morbidity and Mortality, Behaviors are the #1 Killer of Americans

A collage of five images illustrating unhealthy behaviors. On the left is a yellow rectangular sign with a black border that reads "BEWARE OF THE CHAIR" with a silhouette of an office chair in the center. To the right of the sign are four smaller images: a person wearing a white t-shirt with "COUCH POTATO" printed on it while holding a remote control; a close-up of a person's mouth about to bite into a donut covered in colorful sprinkles; a hand holding several small, round, white and yellow pills over a glass of amber liquid; and a profile of a person smoking a cigarette with smoke visible.

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We Make Behavioral Choices Every Day



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Based on Evidence, What Do We Know?

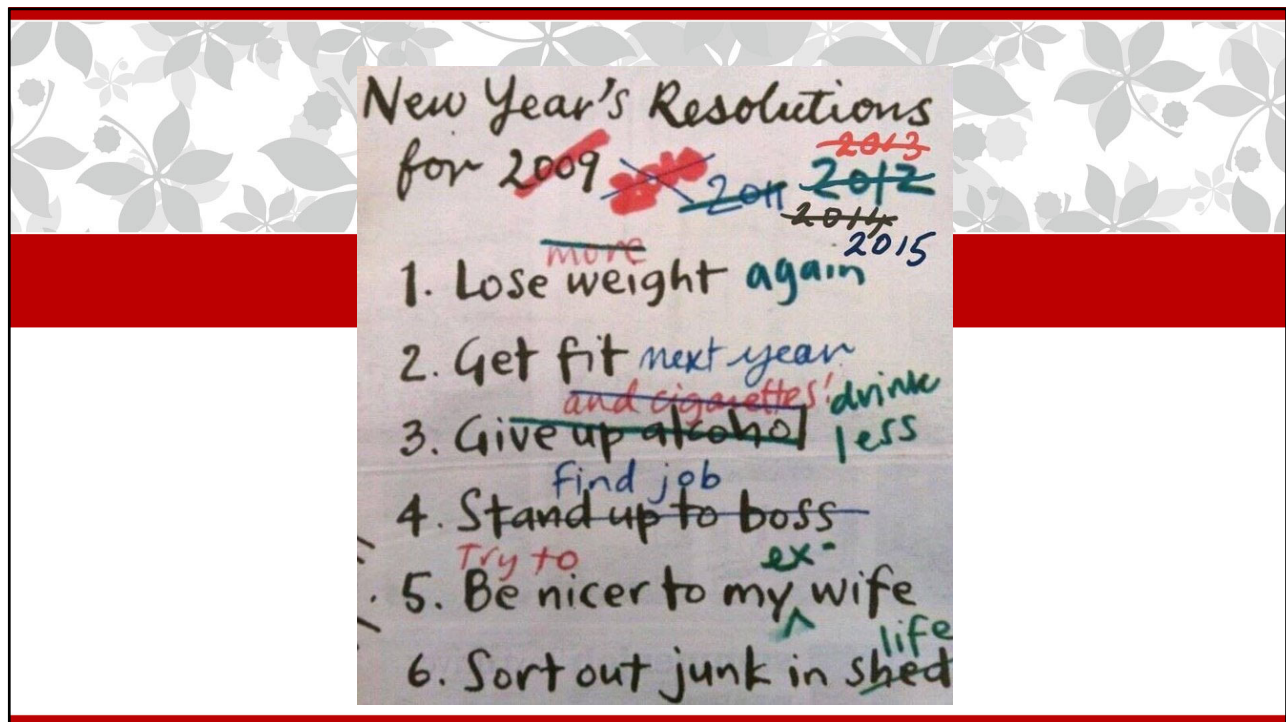
People who have the following behaviors have 66% less diabetes, 45% less heart disease; 45% less back pain, 93% less depression, and 74% less stress

- **Physical activity** - 30 minutes 5 days per week
- **Healthy eating** - 5 fruits and vegetables per day
- **No smoking**
- **Alcohol in moderation if you drink**- 1 drink per day for women, 2 drinks per day for men

Getting 7 hours of sleep and regularly engaging in stress reduction will result in even greater reductions in chronic disease.

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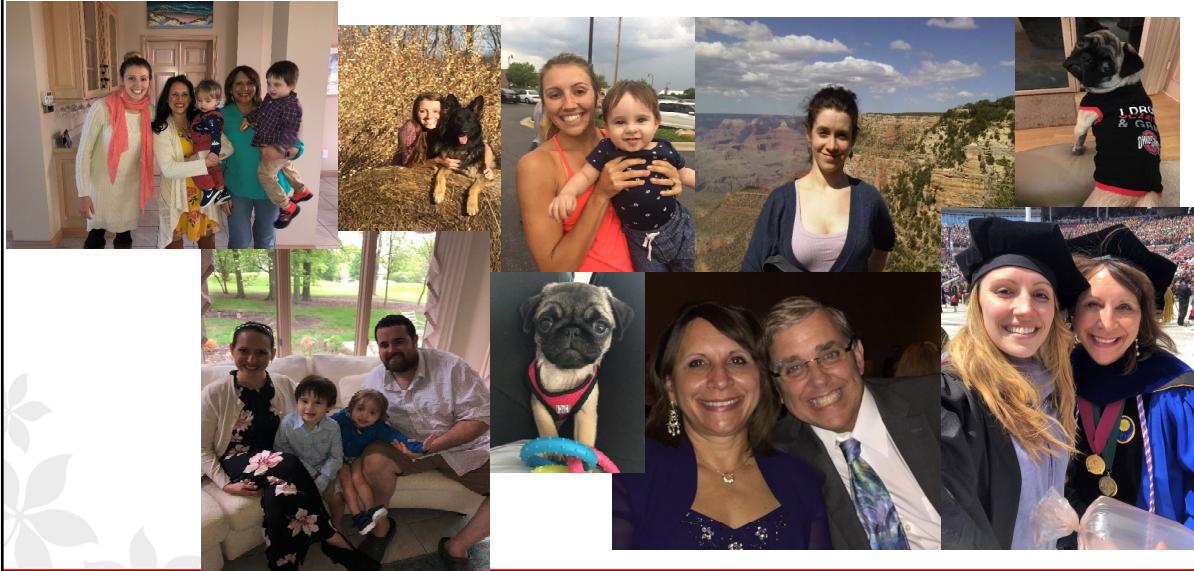
Changing Negative to Positive Thinking Takes 30 to 60 Days of Consistent Practice



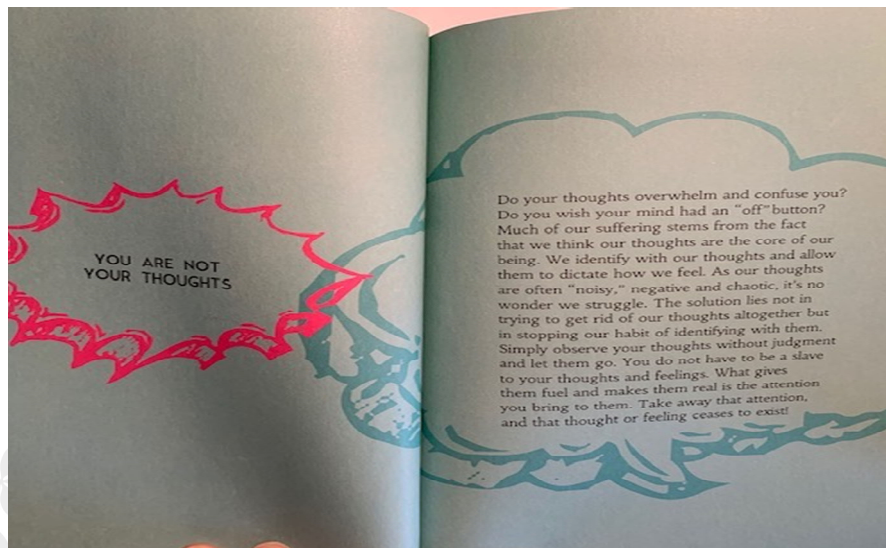
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My Main Reasons for Engaging in Healthy Lifestyle Behaviors: Who are Yours?



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How to Be Mindful

Ann Barnes
(2018)

Circus Books

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3 Reasons Mindfulness is Really Important

We are really distracted.

- ❖ What are you **doing** right now?
- ❖ What are you **thinking** about right now?
- ❖ How **are you feeling** right now?

We are really stressed out.

We are not very good at managing our stress.

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Self-Compassion



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Mindfulness

An evidence-based strategy for reducing stress and anxiety, bringing calm to the present moment

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Strength of Evidence: Mindfulness & Meditation



- Evidence it improves employee psychological functioning
- Possible effects on specific markers of inflammation, cell-mediated immunity, and biological aging
- Decreases stress, anxiety, and depression and improve mindfulness, mood, self-efficacy, and empathy in health profession students

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- Improves nurses' mental health significantly
- Improves pain and depression symptoms and quality of life, for chronic pain
- Changes in insula, plausibly impacting awareness of internal reactions 'in-the-moment'



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Mindfulness



A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations

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- Focusing on the essence and peace of the present moment.
- The quality or state of being conscious or aware of something.
- Aim is to experience life as it unfolds moment by moment.

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Mindfulness Practice

5 Essential Elements for Developing Practice

1. Prepare yourself
2. Bring your heart into it
3. Forgive yourself
4. Thank yourself
5. Find a buddy

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Types of Mindfulness Practices

Body Scan

Mindful Movement

Sitting Practice

Walking Practice

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Mindfulness Meditation Practice

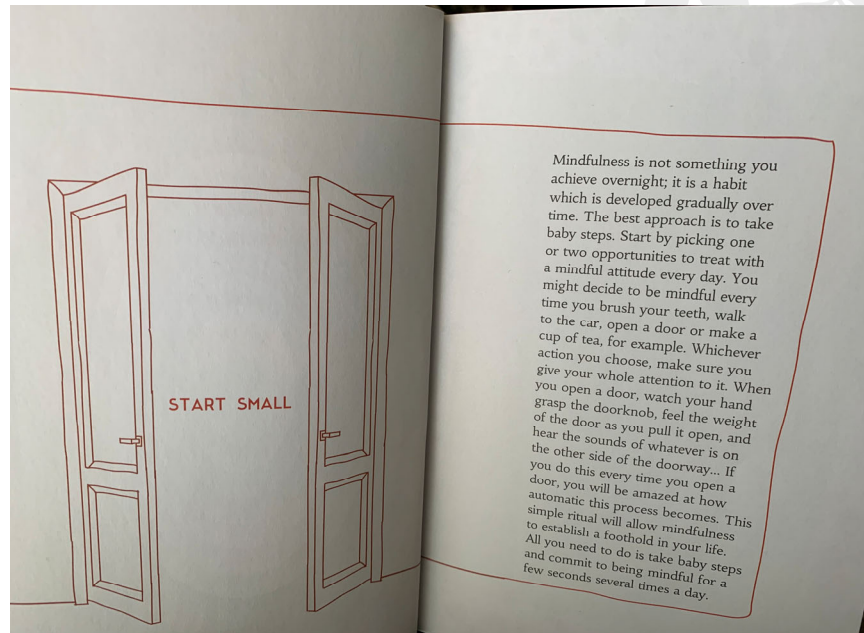


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How to Be Mindful

Ann Barnes
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Mental Resilience adds to our protective factors

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Resilience

The core strength you use to lift the load of life

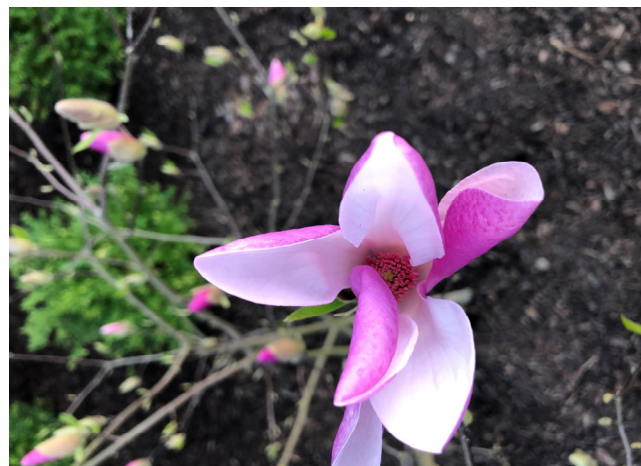
- Amit Sood, Mayo Clinic



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Science has good news

We can increase our resilience through growth and practice



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Nine Attributes Resiliency Building Skills

Composure
Patience
Optimism
Gratitude
Acceptance
Sense of purpose
Forgiveness
Connection
Kindness

- Amit Sood, Mayo Clinic



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Nine Attributes for Resilience

COMPOSURE

Disrupting event shifts
our thinking from rationale
to reactive (drop your cell phone)

PAUSE and consciously think about
how you **want** to respond



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Nine Attributes for Resilience

PATIENCE

Active Listening

Delay judgement and hear their words, not thinking about what you want to say



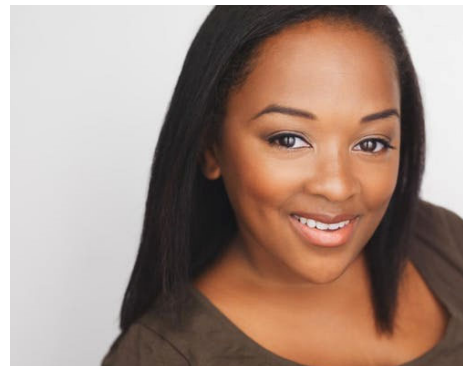
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Nine Attributes for Resilience

OPTIMISM

Staying hopeful and positive even on tough days
“I am resilient”

Remembering happier moments



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Nine Attributes for Resilience

GRATITUDE

Practice in small and big moments to feel grateful for a cup of coffee or glass of water, or completing a task

Be intentional about gratitude



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HANDLING UNCERTAINTY

Chose acceptance, most of us love control, but so much of life is out of our control

Embrace uncertainty
"I have this."



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Nine Attributes for Resilience

GOOD REASON TO GET OUT OF BED

Sense of purpose

Keeps us engaged and makes it easier to be hopeful

Fills us with courage

Write it down. Can be one thing or many smaller things. You know you found it when you feel inspired and happy!



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Nine Attributes for Resilience

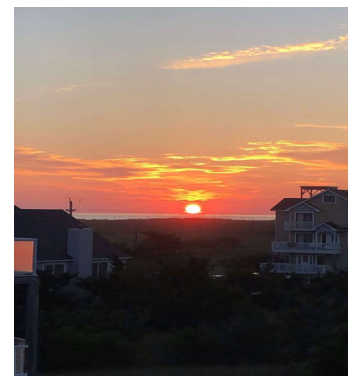
QUICK TO LET GO OF A GRUDGE

Forgiveness for loved ones and friends who will disappoint you and have misunderstandings

You have a choice

Focus on the hurt or

Focus on the forgiveness/healing to lighten the “hurt” load = more joy



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Nine Attributes for Resilience

SATISFACTION WITH PEOPLE WHO ARE CLOSE TO YOU

Connection

Loneliness is a lack of true connection to others

Strong relationships with a few people will help nurture hope and courage

Also helps boost physical health and longevity



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Nine Attributes for Resilience

REMAIN KIND TO OTHERS

Actively chose kindness even on days you don't feel good

It helps with coping and healing



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Building Resilience

Take good self-care

Five minutes every am focused
on positive reading/meditation

Practice positive self-talk

"I am calm"

"I am resilient"

"I am happy"

"I am healthy"

"I am kind"

Intentional Gratitude journal

Practice kindness



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An Ounce of Prevention is
Worth a Pound of Cure
- Benjamin Franklin -

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