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# Utilization of Creativity-Based Interventions to Combat Nursing Burnout

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## INTRODUCTION

### BACKGROUND

Nursing burnout is the decreased commitment, sensitivity and motivation in one's work leading to poor patient and employee health outcomes. Even brief exposure to the distress and pain patients experience has been shown to increase blood pressure, anxiety and depressive symptoms leading to long term physical, psychological and behavioral diseases.



Figure 1. A woman in scrub suit holding her head. Adapted from C. Fauntleroy, 2020, Pexels. Retrieved October 16, 2022, from <https://www.pexels.com/photo/a-woman-in-scrub-suit-holding-her-head-4270373/>

### RELEVANCE

Prevalence of burnout before the COVID-19 pandemic was 35.1% and is predicted to have increased with the rise of physical and psychological stressors. Below is a synthesis of literature about nursing burnout and correlating factors.

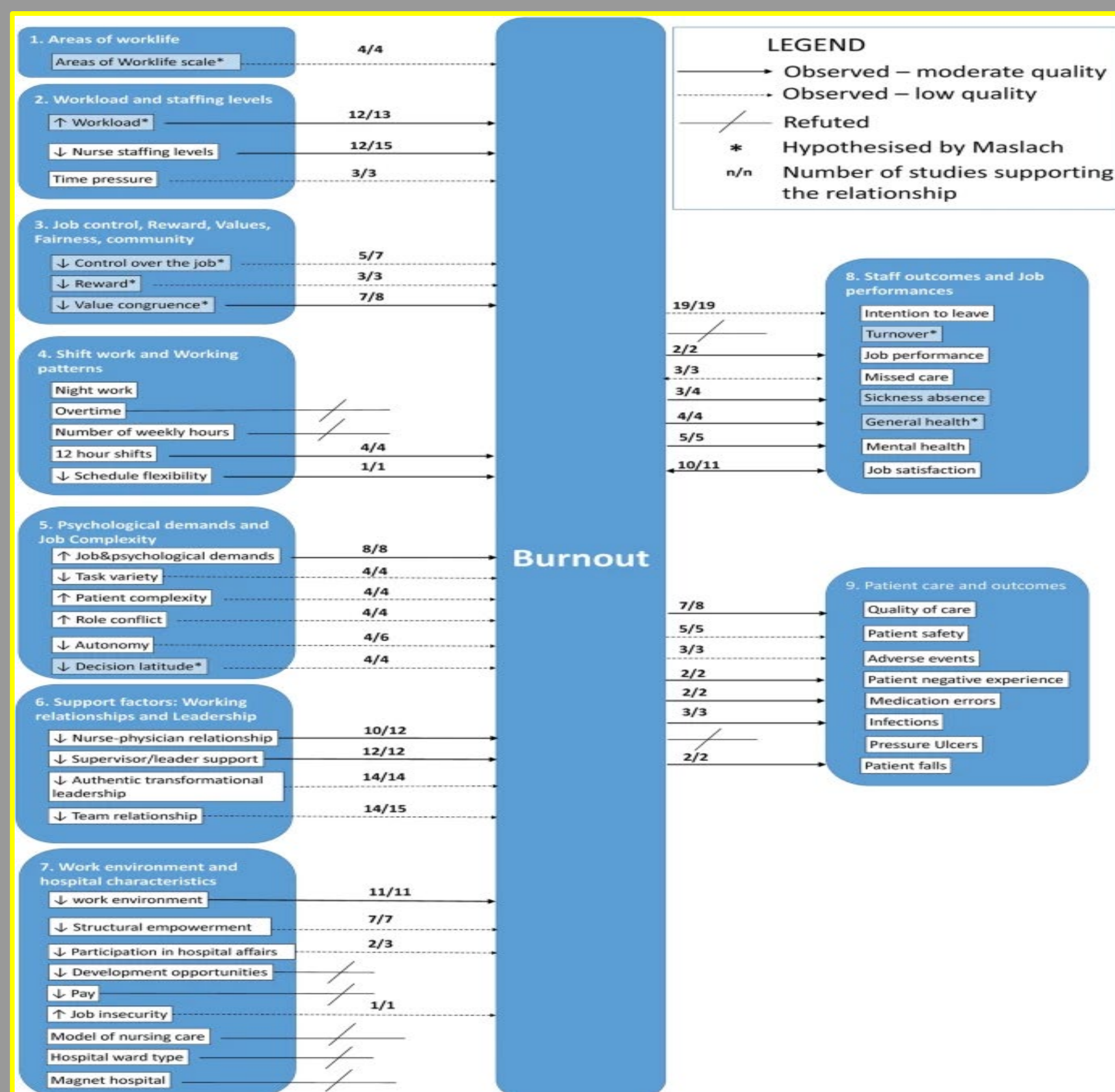


Figure 2. Graphical representation of strength of relationships with burnout. Adapted from "Burnout in nursing: a theoretical review," by C. Dall'Ora et al., 2020. *Human Resources for Health*. Retrieved October 9, 2022, from <https://doi.org/10.1186/s12960-020-00469-9>. Copyright 2022 by Biomed Central.

## PROCESS

### ACTION

Addressing nursing burnout necessitates interdisciplinary attention with an intervention. Art-based interventions have shown potential in improving social and physiological well-being in previous research studies.

### PICO QUESTION

In RNs who have practiced between 2-10 years (P), does participation in a creative writing program (I) decrease burnout symptoms (O) compared to nurses who do not participate (C) within a time frame of one year (T).



Figure 3. Person writing on red notebook. Adapted from Pixabay, 2017, Pexels. Retrieved October 16, 2022, from <https://www.pexels.com/photo/diary-girl-hand-journal-261735/>

### METHODS

- Databases used: CINAHL, PubMed, and Google Scholar
- Search terms: "burnout," "creative writing," "nursing," and "interventions."
- Resulted in hundreds of articles; further limited to sixteen peer reviewed articles published between the years 2017 and 2022.

## RESULTS

### CREATIVE WRITING WITH DIARIES

According to a literature review conducted by Holme et al., creative writing through the use of diaries had the power to improve mental health following critical illness. The writing had a positive impact on 88% of patients and 62% of the families.

### MULTIMEDIA ARTISTIC EXPRESSION

A study conducted by Lange et al., on the psychological effect of creative expression using multimedia found that participation in creative expression lead to increased feelings of well-being.

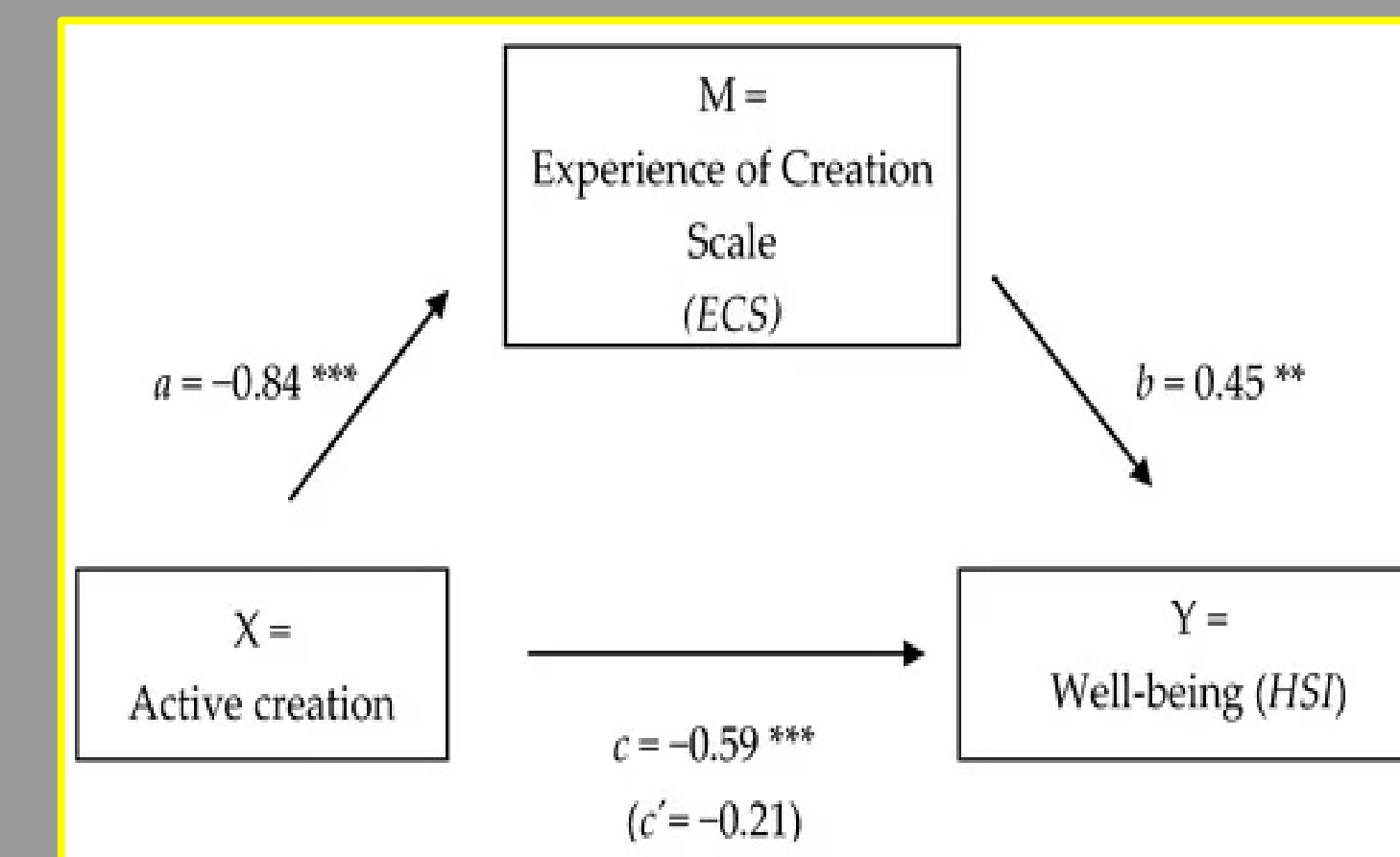


Figure 4. The effect of active creation on self-efficacy. Adapted from "The Effect of Active Creation on Psychological Health: A Feasibility Study on (Therapeutic) Mechanisms," by G. Lange et al., 2018, *MDPI*. Retrieved October 9, 2022, from <https://www.mdpi.com/2076-328X/8/2/25/html#B16-behavioral-08-00025>. Copyright 2018 by G. Lange et al.

### TRANSFORM YOUR LIFE: WRITE TO HEAL

A six week writing intervention conducted by Glass et al., was shown to increase resilience, and decrease depressive symptoms, perceived stress, and rumination in a sample following recent traumatic exposure.

Before and After Scores of the study

- Resilience: 64.3 ± 14.40 to 74.2 ± 13.15,  $t(37) = 4.61$ ,  $p < 0.0005$ ; Cohen's  $d = 0.75$
- Perceived Stress: 20.5 ± 7.43 to 14.3 ± 6.6,  $t(37) = -4.71$ ,  $p < 0.0005$ , Cohen's  $d = 0.76$ ;
- Depression symptoms: 19.0 ± 13.48 to 12.7 ± 11.6,  $t(37) = -3.21$ ,  $p = 0.003$ , Cohen's  $d = 0.52$
- Rumination: 48.5 ± 12.56 to 39.8 ± 10.07,  $t(37) = -5.03$ ,  $p < 0.0005$ , Cohen's  $d = 0.82$

## CONCLUSION

### OUTCOMES

Our search revealed that there has been investigation into modalities to combat burnout symptoms and increase resiliency among other professions. There is sufficient evidence to suggest that these interventions may be efficacious at combating burnout syndrome among nurses.

### RECOMMENDATIONS

- Further research examining effects of the individual interventions → identify which are the most effective.
- Look toward interdisciplinary studies
- Identify effective implementation strategies

### MEASUREMENT AND ASSESSMENT KEY

- HSI → Heidelberg State Inventory: measurement of well-being (Fig. 2)
- ECS → Experience of Creation Scale (Fig. 2)
- GSE → General Self-Efficacy Scale (Fig. 2)
- Maslach (MBI) → Landmark measurement of burnout symptoms (Fig. 1)

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