



# WINGS

## Wellness Interventions for Nurses' Growth and Selfcare



A pilot study on palliative care nurses to promote resilience, post-traumatic growth, and subjective wellbeing at Purdue University, USA (2021-23).

Grant Awards:

American Psychiatric Nursing Association, USA  
EDUCOM- Seed Funding, University of East London, UK



★ Nurses are vulnerable to trauma and burnout, affecting their wellbeing and role fulfilment.

★ The pandemic has caused increased Nurse burnout, distress and existential crisis.

★ A self-reflexive tool SOPHIE (G. Ali, 2017) was used as wellbeing intervention to approach nurses' emotional, existential and spiritual care needs.

### Intervention

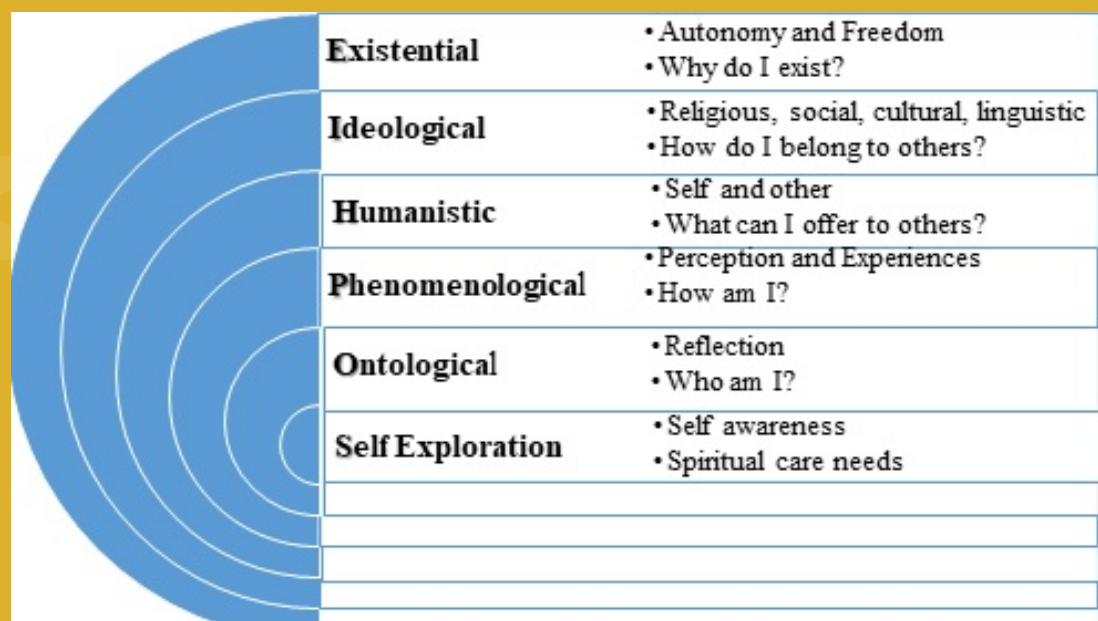


#### SOPHIE

(Self-Exploration Through Ontological, Phenomenological, Humanistic, Ideological and Existential Expressions)



SOPHIE is a reflexive tool that allows individuals to delve into their internal selves.



The diagram represents the development of an expanded self, with a drop in the ocean symbolising the search for purpose and constant change.



Each circle represents a personal journey of growth and expansion.

### Spirituality

Inner meaning, God, Faith, Belief Connection, Relation to Self and Others, Sacred

### Existential Care

A therapeutic approach that tackles the existential elements of human existence, including exploring meaning and purpose.

### Nurse Specific Trauma

Each individual perceives trauma in a unique way based on their genetic/biological, familial, psychological, cultural, spiritual, and environmental facets. Events, experiences, and the effects of traumatic events are exclusive to each person. Some nurse-specific traumas are inherent to the work of nursing and may be unavoidable at the individual level.

### Post Traumatic Growth

After facing trauma, individuals have the potential to experience a positive shift in their mental wellness, known as post-traumatic growth.

### Method



Total 160 nurses were enrolled



Pre-test and Post-test surveys were administered, followed by four weekly blog writing intervention.

### Findings

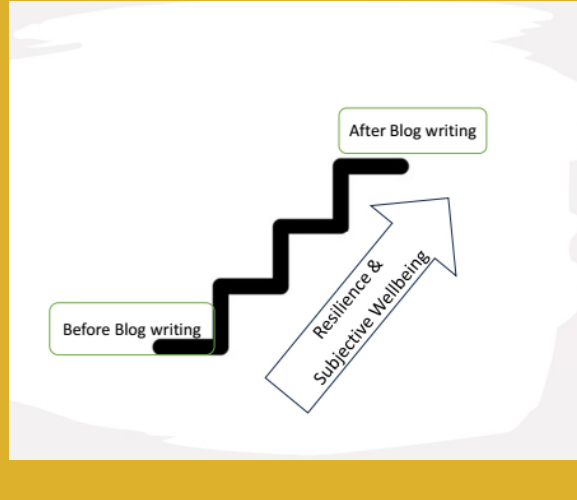
Enhanced subjective wellbeing

Healing and Meaning making

Self awareness through reflection

Vulnerability and Selfcare

Resilience building



### Reflections from the Study Participants

“ Writing about traumatic events can help ease the emotional stress of negative experiences... I feel good when I reflect on the trauma I've been through and connect and heal through SOPHIE. ”

“ I realize that I am the master of my mind, and if I create this hell, I can also find an exit....Get familiar with the feeling of vulnerability. Take responsibility for your thoughts. ”

“ Helped me do a life review and realize where some change is needed for better balance and happiness. ”

“ SOPHIE made me feel very vulnerable at the time. Vulnerability is also a sign of courage. When we embrace who we are and how we feel, we become more resilient and brave. ”

### Recommendations



Self-reflexive writing tools and narrative enquiry methods can help nurses find meaning in their personal and professional roles.



Nurses and health professionals need Existential care support to deal with trauma through mentoring and leadership support.



SOPHIE can be used with AI to measure Post Traumatic Growth and Resilience.



Future studies are recommended on larger scale within diverse contexts.



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#### References

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