

WINGS: Wellness Interventions for Nurses' Growth and Selfcare

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BACKGROUND & SIGNIFICANCE

Nurses working in palliative care (PC) settings such as home care, long term care, and hospice settings find their caregiving role as emotionally challenging and are at increased risk for secondary traumatic stress (Orginska-Bulik, 2018)

PC nurses require increased support to embrace and explore their own wounds, pain, and suffering and reappraise those as sources of internal strength, and personal growth (Oginska-Bulik, 2018; Salimi, et al., 2019; Tormøe et al., 2015).

The pandemic exposed nurses to added vulnerabilities, trauma, and sufferings. These include but are not limited to increased burnouts, suicide rates, psychological and existential crisis among nurses (Alharbi, 2020; Lin et al., 2020).

Not addressing nurses' psychological trauma and recovery could result in dysfunctional coping, substance use, and other harmful health seeking behaviors (Amberson, 2021; Foli & Thompson, 2019; Foli et al., 2020; Foli et al., 2021)

Purpose

To examine the effectiveness of 'SOPHIE' -Self-Exploration Through Ontological, Phenomenological, Humanistic, Ideological and Existential Expressions (Ali, 2017), as a self-reflective wellness intervention in promoting resilience, posttraumatic growth, and subjective wellbeing among nurses working in the palliative care settings. The specific aims of the study are:

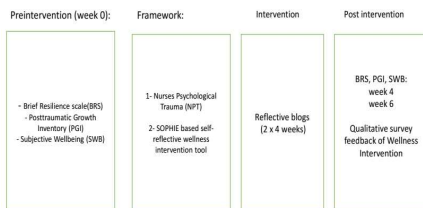
1. To determine the extent of self-perceived trauma, resilience, and subjective wellbeing among nurses working in palliative care settings (i.e., nursing homes, hospice, and long-term care facilities)

2. To identify associated factors contributing to trauma, resilience, and subjective wellbeing of nurses

3. To evaluate the effectiveness of a self-reflective wellness intervention tool in promoting fostering resilience, posttraumatic growth, and subjective wellbeing of nurses.

METHODS

- The study used a quasi-experimental
- Theoretical Conceptual Framework A self-reflective intervention was designed based on two frameworks in the study. Foli's middle-range theory of Nurses' Psychological Trauma (NPT) (Foli, 2019; Foli & Thompson, 2019) & SOPHIE (Self-exploration through Ontological, Phenomenological, and Humanistic, Ideological, and Existential expressions [Ali, 2017]).



Analysis:

- Descriptive statistics, independent sample t-test, Paired sample t-test, and ANCOVA
- All four weekly blogs were completed by N=57
- Among the control group: N=27, and the intervention group: N=30.

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QUANTITATIVE RESULTS

Demographic characteristic	Full sample (n=57)		Control group (n=27)		Blog writing group (n=30)	
	n	%	n	%	n	%
Gender						
Female	53	93	26	96.3	28	93.3
Male	4	7	1	3.7	2	6.7
Marital status						
Single	2	3.5	1	3.7	5	16.7
Married/partnered	53	93	26	96.3	24	80
Divorced/widowed	1	1.8	-	-	1	3.3
Age group						
18-28	3	5.3	1	3.7	2	6.7
29-39	40	70.2	18	66.7	21	70
40-50	12	21.1	8	29.6	6	20
≥ 62	1	1.8	-	-	1	3.3
Nursing Education level						
Associate degree	9	15.8	9	33.3	11	36.7
Bachelor's degree	48	84.2	18	66.7	19	63.3
Employment						
Employed Full time	55	96.5	22	81.5	30	100
Employed part time	2	3.5	5	18.5	-	-
Race						
African American	6	10.5	6	22.2	2	6.7
White	51	89.5	21	77.8	28	93.3
Ethnicity						
Hispanic	3	5.3	3	11.1	-	-
Non-Hispanic	54	94.7	24	88.9	30	100
Household Income						
\$35,000 - \$49,000	28	49.1	10	37	2	6.7
\$50,000 - \$74,999	20	35.1	16	59.3	2	6.7
\$75,000 - \$99,900	5	8.8	1	3.7	23	76.7
Over \$100,000	4	7	-	-	3	10

Between Group Mean Difference (Independent Sample t-test)

	Blog writing	Non-Blog writing	Mean difference	significance	Show improvement
Post-traumatic growth	72.1071	69.9231	2.184	No	No
Resilience	3.0333	3.0432	-0.01	No	Yes
Subjective wellbeing	2.43*	3.67	-1.24	Yes	Yes

Blog writing group N= 30
Non-blog writing group N = 27
(*) significant

Within Groups Mean Differences (Paired Sample t-test)

Group		Baseline-week 6	Baseline - week 4	Week 4- week 6	significanc	Showed improvement
Non-Blog writing	Post traumatic growth	-3.42	-	-	No	No
	Subjective wellbeing	0.621	-	-	No	No
Blog writing	Resilience	-0.19	-	-	No	No
	Post traumatic growth	1.267	-1.6	2.86	No	No
Blog writing	Subjective wellbeing	1.73*	-0.74*	1.10*	Yes	yes
	Resilience	.178	*.244	-0.19	yes	Yes

(*) Not applicable
(*) significant

NARRATIVE RESULTS

- 'SOPHIE' an Effective tool for Self-reflexivity and subjective wellbeing: Nearly all participants said that blog writing was helpful-47/47. Blog writing was an effective tool that helped them to share and express their experiences, emotions and feelings and to seek support.
- Healing and Meaning making: Participants reported 'SOPHIE' as a way to deal with trauma, develop insight and self-awareness. They reported writing blogs using 'SOPHIE' framework as a 'meaningful activity', 'therapeutic', 'helpful' and 'supportive activity'
- Self-awareness, wellbeing and personal growth: Participants felt 'calmer self', happy, and found sense of growth and wellbeing
- Vulnerability and selfcare needs: Participants felt that they learned the importance of self care and wellbeing.
- Existential Growth: Participants said that blogs kept them focused, not to judge themselves harshly and to find positive ways to guide and support themselves.

CONCLUSION & CLINICAL IMPLICATIONS

Self-reflective 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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