

Background

North Shore University Hospital (NSUH) has a thriving in-patient palliative medicine consult service and a 10-bed palliative care suite (PCS). The PCS specializes in managing and treating symptoms as well as the psycho-social, interpersonal and emotional needs of our patients and families. Approximately 75% of the admitted patients expire on the unit. This high rate of patient expirations presents a unique challenge for staff working in this setting. In order to promote self-care and prevent burnout a yoga program for staff was implemented in PCS. It was open to all healthcare providers in the PCS.

Definition

Burnout: Syndrome of depersonalization, emotional exhaustion, and a sense of low personal accomplishment that leads to decreased effectiveness at work.

Compassion: Fatigue: Phenomena of secondary traumatic stress.

Compassion Satisfaction: Indicates individuals that derive a good deal of professional satisfaction in their position.

Method

- A literature review validated the high amount of burnout in the clinical setting amongst staff
- Staff nurse with yoga instructor certification lead sessions twice weekly starting in June 2013 on the PCS suite
- All participants were surveyed to evaluate levels of compassion fatigue, burnout, compassion satisfaction and perception of organizational involvement using the professional quality of life scale (ProQOL)

Special Thanks

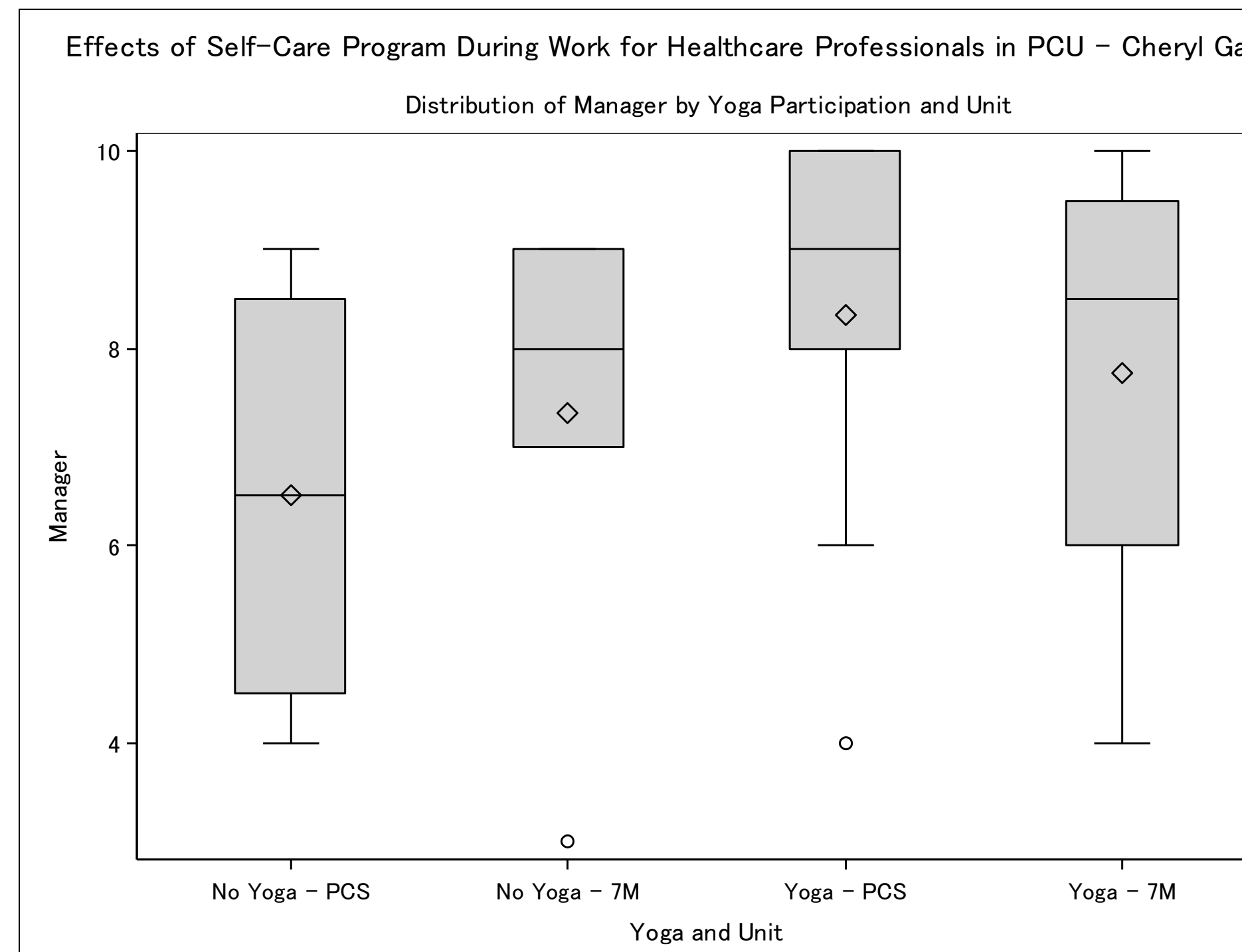
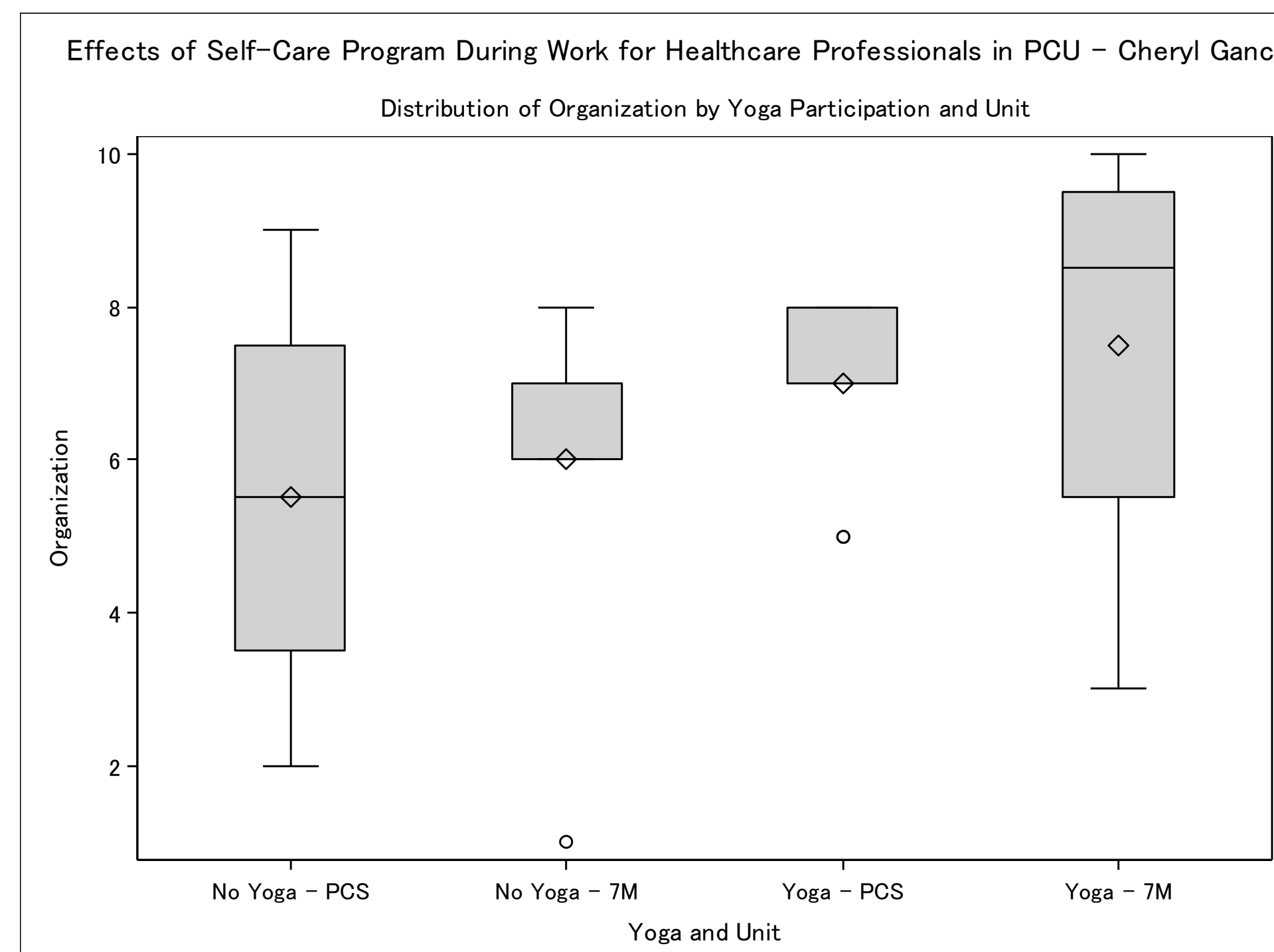
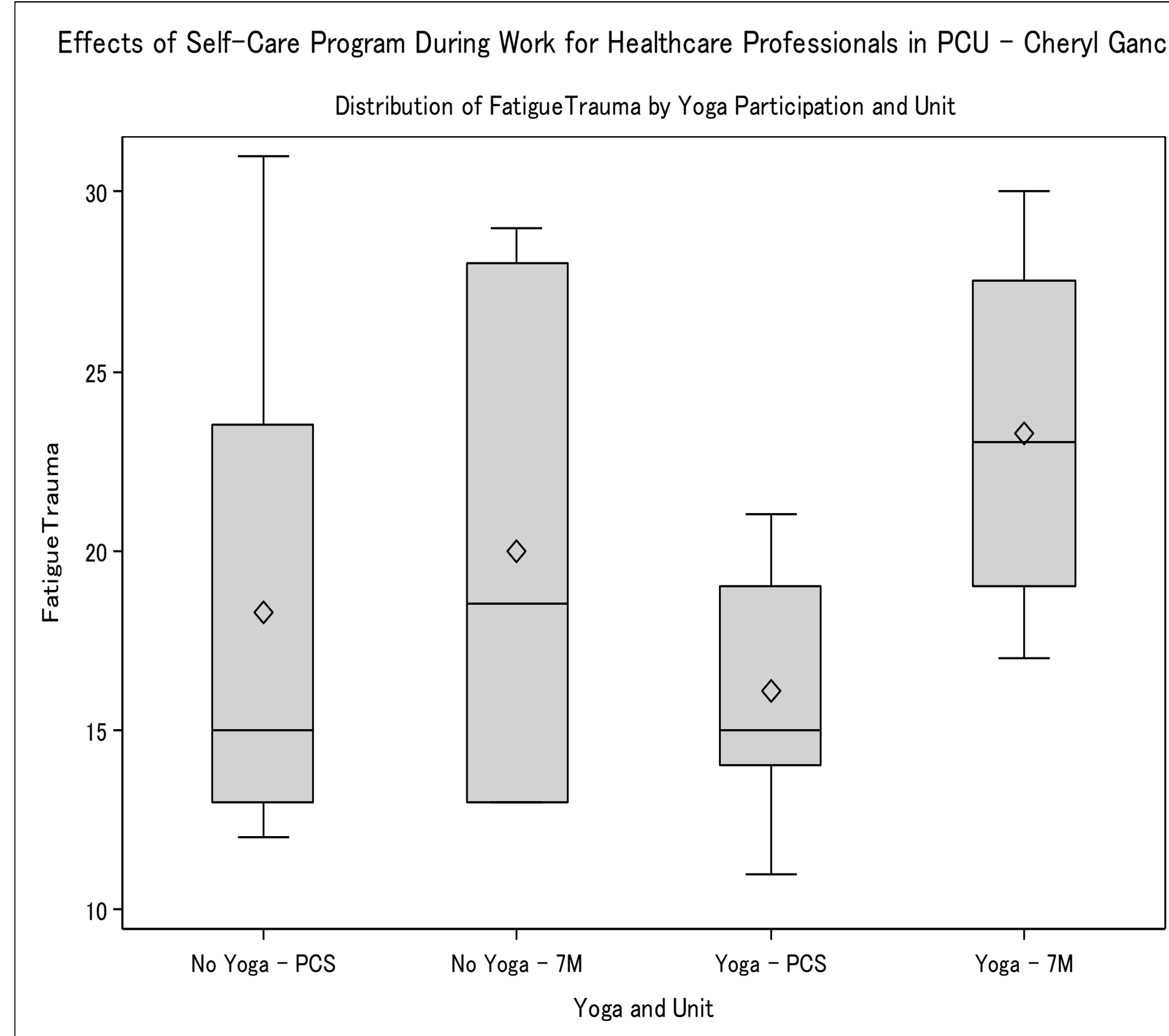
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Objective

Exploring the effects of a self-care program provided during work for healthcare professionals in a palliative care setting

1. How is burnout affected by participation in workplace yoga?
2. How is compassion fatigue affected by participation in workplace yoga?
3. Does workplace yoga impact perceptions of self-care?
4. Does workplace yoga impact perceptions of work environment?

Characteristic	Overall (n = 23)	Yoga (n = 13)	No Yoga (n = 10)
Unit	n (%)	n (%)	n (%)
Palliative Care	13 (56.52)	9 (69.23)	4 (40.00)
7 Monti	10 (43.48)	4 (30.77)	6 (60.00)
Gender			
Female	21 (91.30)	12 (92.31)	9 (90.00)
Male	2 (8.70)	1 (7.69)	1 (10.00)
Profession			
RN	15 (68.18)	6 (50.00)	9 (90.00)
Other	7 (31.82)	6 (50.00)	1 (10.00)
Shift			
Day	16 (69.57)	11 (84.62)	5 (50.00)
Evening	3 (13.04)	1 (7.69)	2 (20.00)
Night	4 (17.39)	1 (7.69)	3 (30.00)



Results

- There were a total of 23 subjects; 13 (56.52%) participated in yoga and 10 (43.48%) did not. Most of the participants were female and registered nurses.
- The Compassion Satisfaction subscale mean value for PCS and 7 Monti were both higher than the mean score.
- The Compassion Satisfaction Subscale mean value for those on 7 Monti who did not participate in yoga had a slightly lower mean.
- The Burnout Subscale mean for those in the PCS and 7 Monti who participated in yoga were both higher than the mean score.
- While those who did not participate in yoga the mean score for 7 Monti was higher than the mean score for PCS.
- The Compassion Fatigue subscale mean value for those who participated in yoga in the PCS was lower than those in all other areas.

Conclusion

The program was feasible, of low cost and sustainable although we did face some challenges. Our goal was to assess the effectiveness of a self-care program on the unit. An evidence based literature search was used to validate the high amount of burnout in the clinical setting amongst staff and the benefits of yoga on reducing stress and promoting self care. All participants were surveyed using the professional quality of life scale. The results of the study with a total of 23 subjects; 13 (56.52%) participated in yoga and 10 (43.48%) did not. Results of the professional quality of life scale showed the majority of subjects reported high perception of organizational involvement from their managers after the program was implemented. In conclusion, the program was of low cost and sustainable although we did face some challenges. As a result of this project, we are currently providing monthly massages for the day and night shift front line staff.