





Decrease Stress in 15 Minutes with Respite Room



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Statement of Disclosure

- No conflicts of interest have been identified with anyone involved or presenting this learning activity



Objectives

- Discuss why a respite room is necessary
- Describe the creation of the respite room and its amenities
- Compare stress reduction between the standard break room and respite room
- Discuss areas for further research



Background

- The coronavirus pandemic has increased stress for healthcare workers both at home and in the workplace
 - Higher RN and CNA to patient ratios, PPE shortages, increased census and acuities, and increasingly confrontational patients and family members
- Impact on nursing staff: burnout, anxiety, increased sick calls and turnover, and leaving for less stressful units/positions
- Negative impact on patient care as well



Standard Break Room



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Methods

- Based on the Recharge Room created by Dr. David Putrino, PhD and his team at Mount Sinai Hospital in New York City
- Follows Kaplan's principles of Attention Restoration Theory, specifically soft fascination
 - Exposure to natural environments can restore directed attention, improving executive functioning and self-regulation
 - Soft fascination is when attention is held by a low-stimulation activity, passively shifting focus away from the stressors of work to allow for reflection and introspection

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Methods

- Repurposed a consult room which was rarely used



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Methods

- Engage 8 senses: visual, auditory, olfactory, gustatory, tactile, proprioceptive, vestibular, and interoceptive
- Respite room amenities:
 - Tapestries of nature scenes, faux and real plants
 - Sound machine with nature sounds
 - Drinks and snacks
 - Mini fridge, shelf with small snacks and candy, tea, Keurig
 - Chair massager and smaller back massager
 - Essential oils
 - Yoga mat and foam roller with yoga practice guide
 - Soft lighting with LED candles and lamps
 - Coloring books and art supplies
 - Fidget toys and puzzles

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Methods

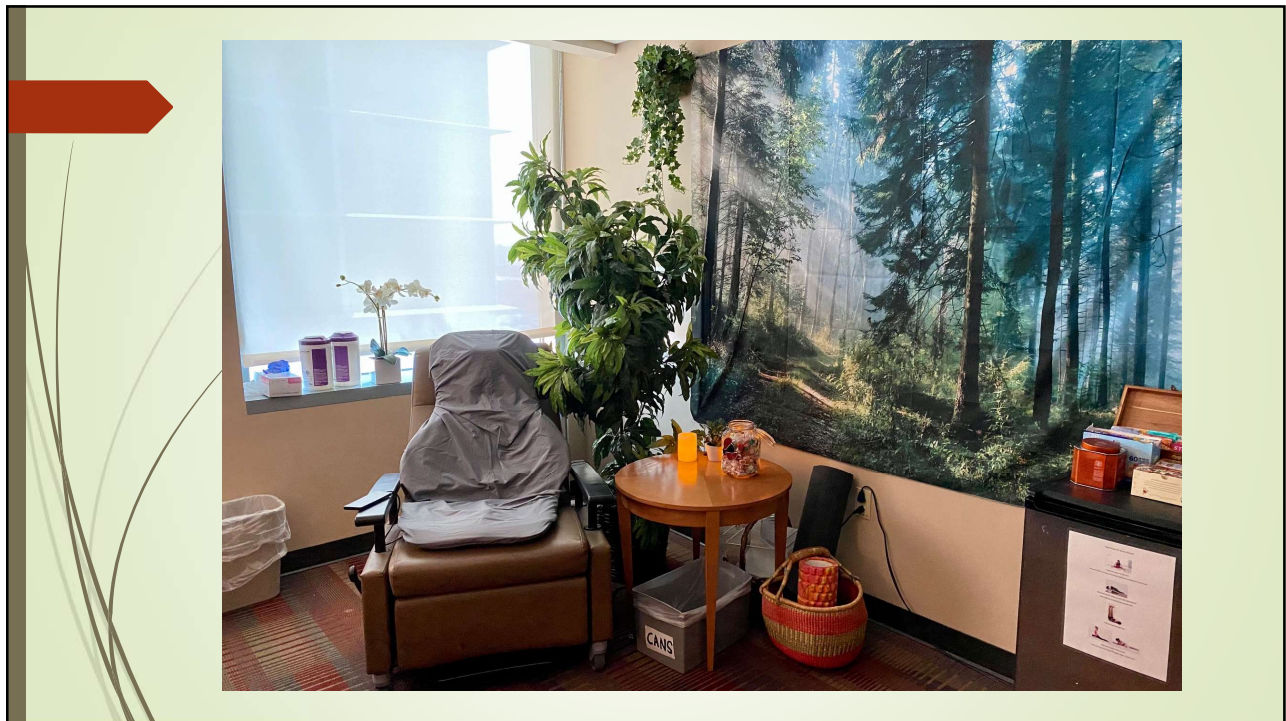
- Items obtained mostly through donations from the community and staff
 - Unit budget of \$370
 - Continued stocking of drinks and snacks funded by staff donations and collecting cans on the unit
- Estimated cost if items were all purchased new (not including consumables): \$1,300

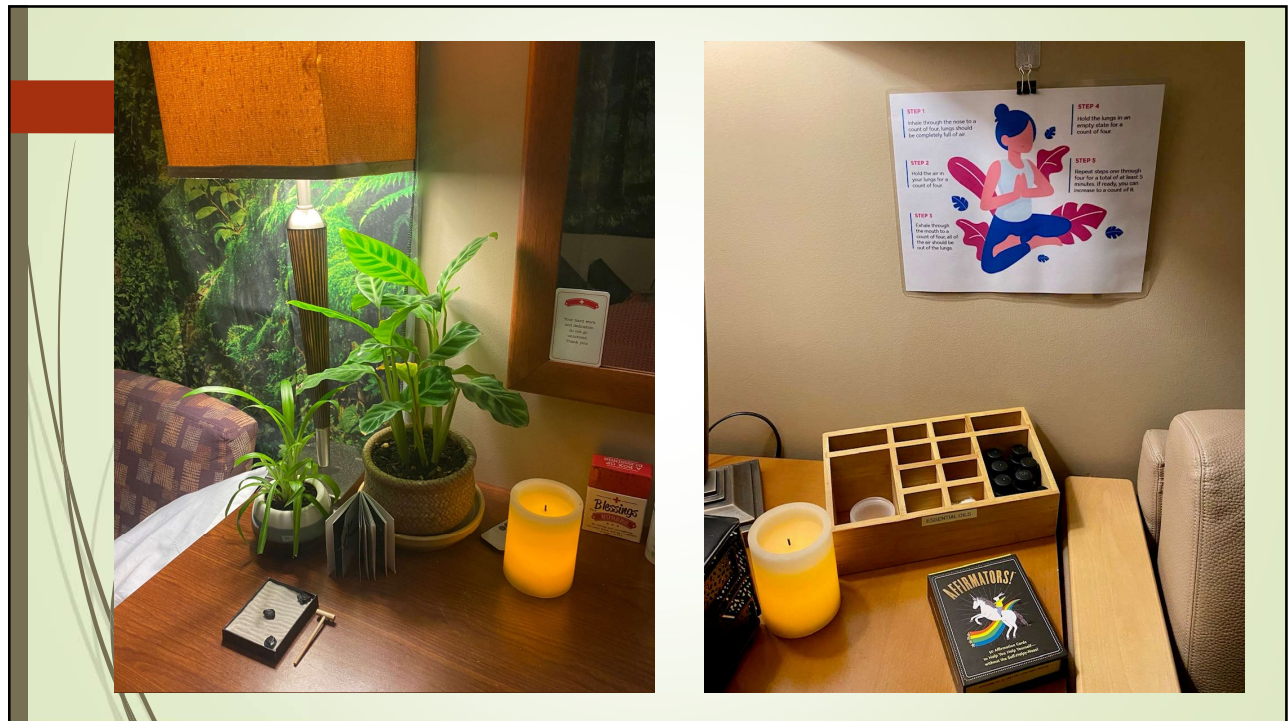


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Methods

- Surveys were placed in the break room and respite room
- Staff rated current stress level on 0-5 scale upon entering and again after their break

Stress Survey (Break Room)

Please fill out for breaks in the regular break room only (not the respite room) and return to collection bin

What was your stress level like when you walked in?

0 1 2 3 4 5
None Moderate Extreme

What is your stress level like after your experience in the break room?

0 1 2 3 4 5
None Moderate Extreme

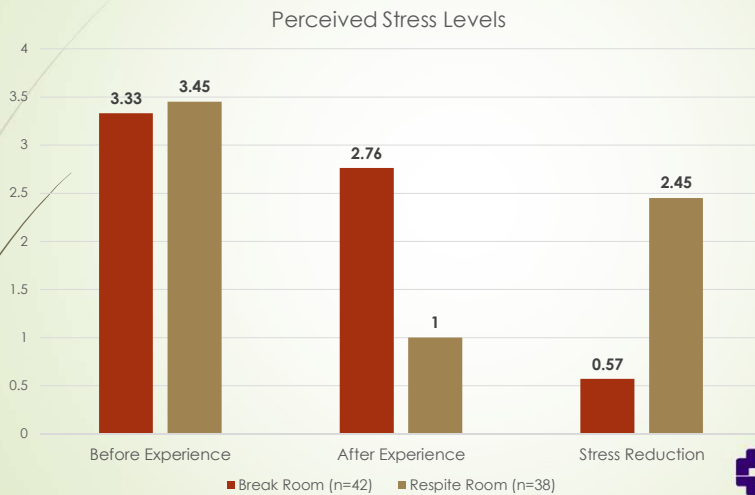
How well do you feel your experience in the break room contributes to feeling more focused and/or more mentally able to care for your patients?

0 1 2 3 4 5
Not at all Moderately Extremely

Approximately how long did you spend in the break room?



Results



Results

T-Test

T-Test - Independent Samples Test - April 3, 2022

		Independent Samples Test									
		Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper	
PostStress	Equal variances assumed	3.706	.058	9.156	78	.000	1.762	.192	1.379	2.145	
	Equal variances not assumed			9.211	77.981	.000	1.762	.191	1.381	2.143	
PreStress	Equal variances assumed	.312	.578	-.587	78	.559	-.114	.194	-.501	.273	
	Equal variances not assumed			-.590	77.978	.557	-.114	.193	-.499	.271	

Oneway

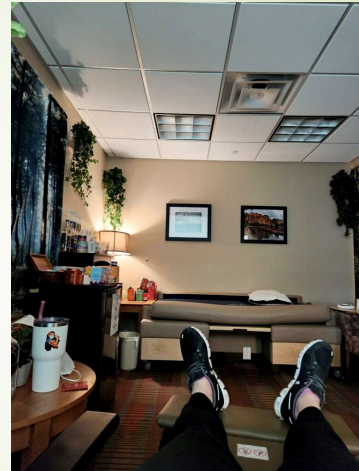
Oneway - ANOVA - April 3, 2022

		ANOVA				
		Sum of Squares	df	Mean Square	F	Sig.
PostStress	Between Groups	61.931	1	61.931	83.837	.000
	Within Groups	57.619	78	.739		
	Total	119.550	79			
PreStress	Between Groups	.259	1	.259	.345	.559
	Within Groups	58.728	78	.753		
	Total	58.988	79			



Results

- Qualitative feedback from staff:
 - Most mentioned the overall peaceful, calm ambiance of the room
 - Specific descriptors included quiet, dark, low-stimulation, and private
 - Most common reasons for use include relaxing, resting, recharging
 - Also a way to feel like being somewhere other than work, as well as a safe place to cry
 - Most popular amenities are the massagers and the drinks/snacks



Conclusion

- The break room decreased perceived stress by 17%, and the respite room decreased stress by 71%, a difference of 54%
- Staff from every work area could benefit from a respite room to recharge and relax
 - Since the creation of IMCU's respite room, several other units have created their own version



Limitations

- Fully subjective stress level scale, Hawthorne effect may impact results
- Showed only immediate stress reduction, no information on long-term effects
- Small sample size
- Not randomized





Future Research


- Objective measurement of stress level
 - HR, galvanic skin response/electrodermal activity
- Monitor long-term effects of use
 - Burnout scale, sick calls, employee turnover
- Randomized with groups assigned to break room or respite room



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