



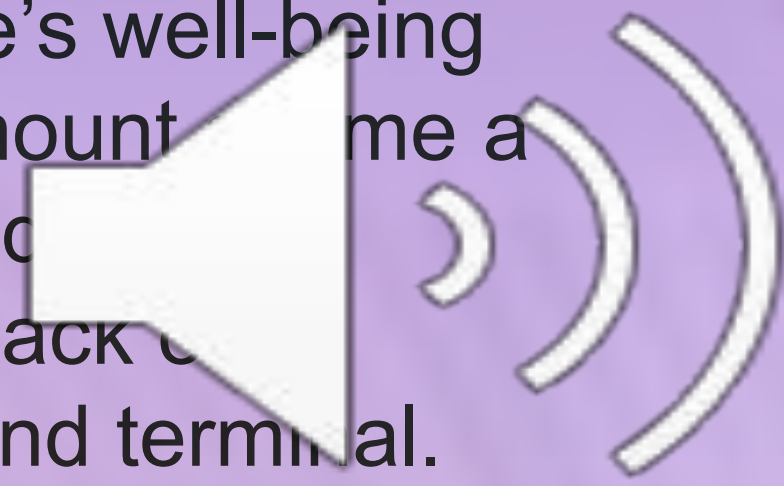
Burnout in Oncology Nurses in NYC

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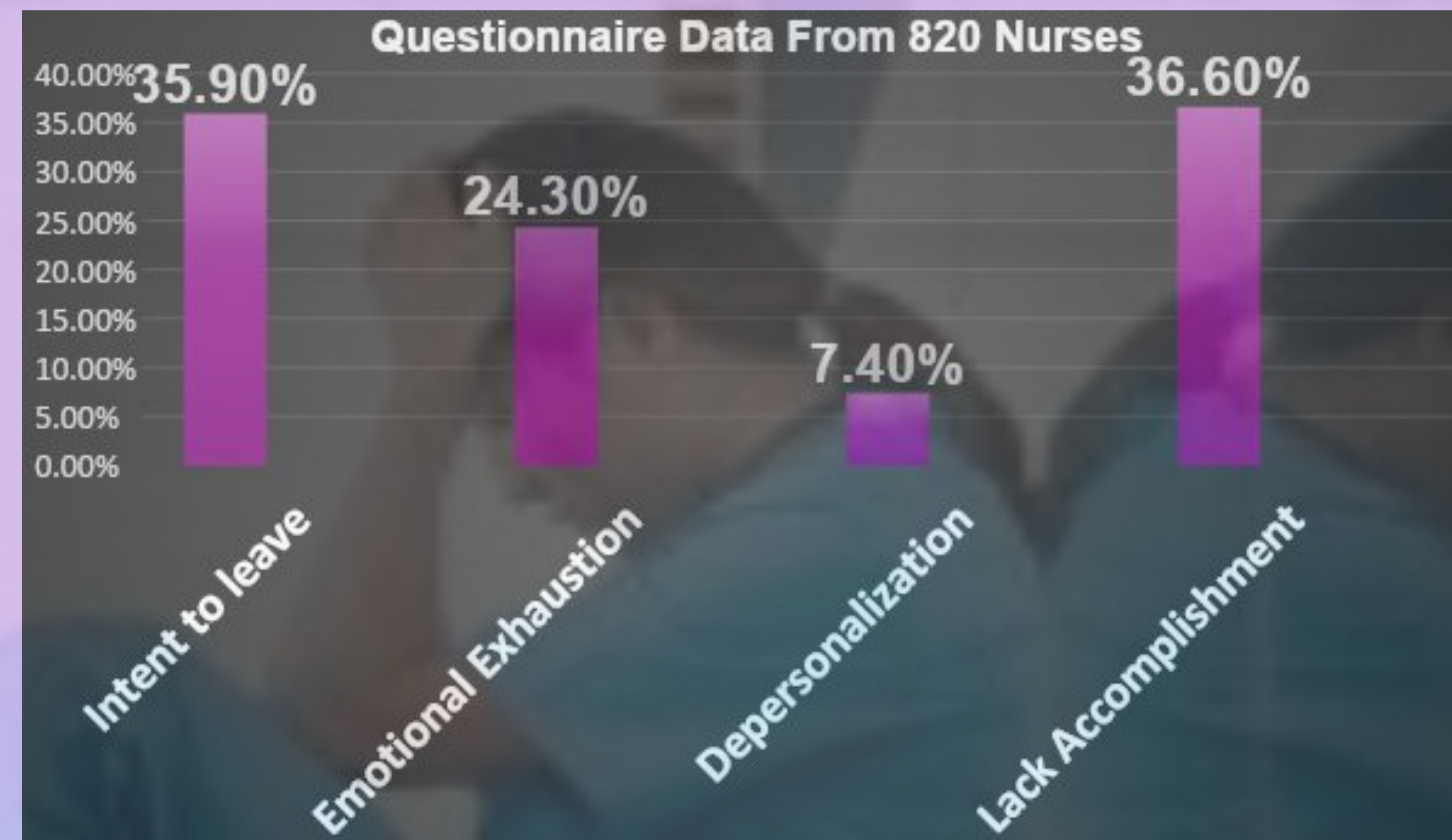
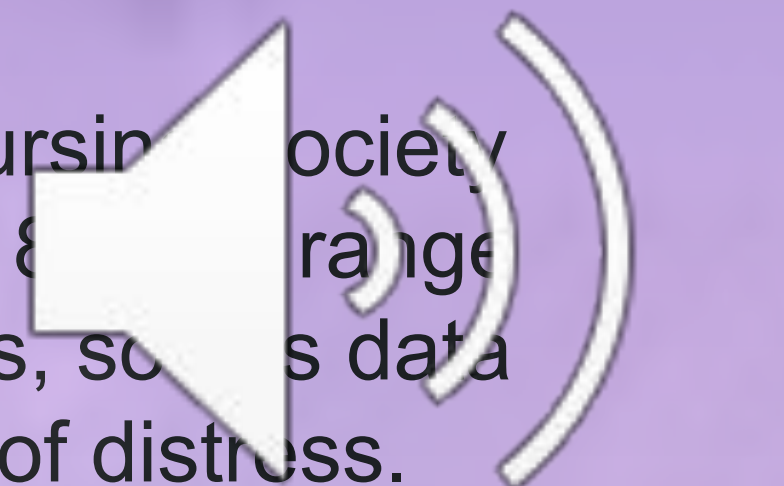
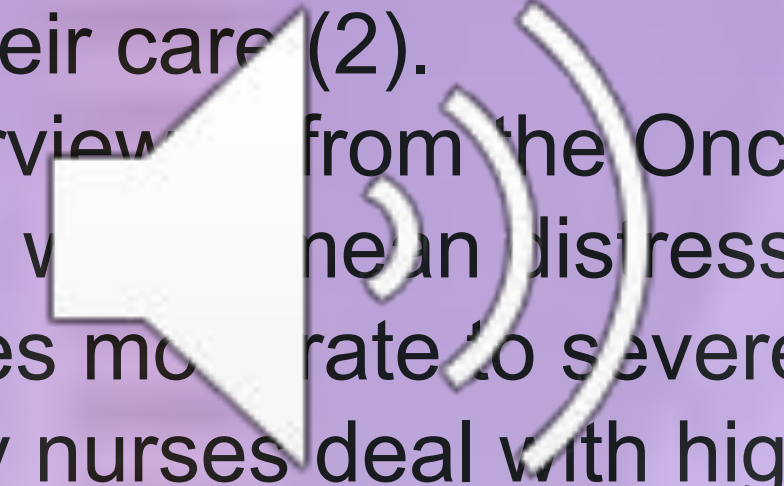
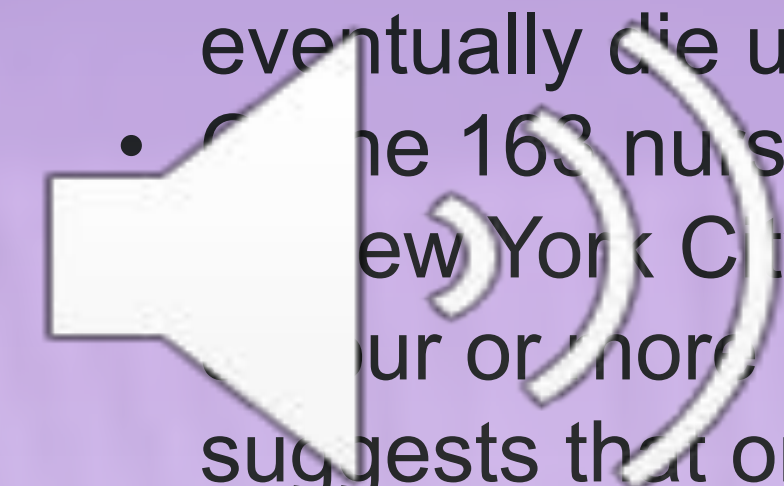
Introduction & Selection of Community in Need

- Oncology Nurses, in New York City specifically, face multiple stressors on a day to day basis related to the growing shortage of nurses and the complexity of dealing with cancer patients.
- Stressful work experiences can negatively affect the nurse's well-being and can also have harmful effects on the patients. The amount of time a nurse spends with a patient, the more feelings are invested.
- The chances of burnout are increased due to a feeling of lack of accomplishment because most cancers are unchanging and terminal.
- It is common for oncology nurses to experience burnout because their work entails numerous stressors that involve caring for patients with life threatening illnesses. Oncology nurses care for patients with complex medical issues that require nurses to spend more time working beyond their shifts, causing an increase in fatigue and irritability.
- An oncology nurse in New York City may be assigned more patients than average because of a staff shortage, which gives the nurses heavier workloads and leads to more callouts and possible medication errors.



Problem in the Community

- Those who work in inpatient oncology are at an increased risk for psychological distress because they often develop close relationships with patients whose treatments fail and who eventually die under their care (2).
- Of the 163 nurses interviewed from the Oncology Nursing Society in New York City, there was a mean distress level of 8.4 (range 4-14) which indicates moderate to severe distress, so this data suggests that oncology nurses deal with high levels of distress.



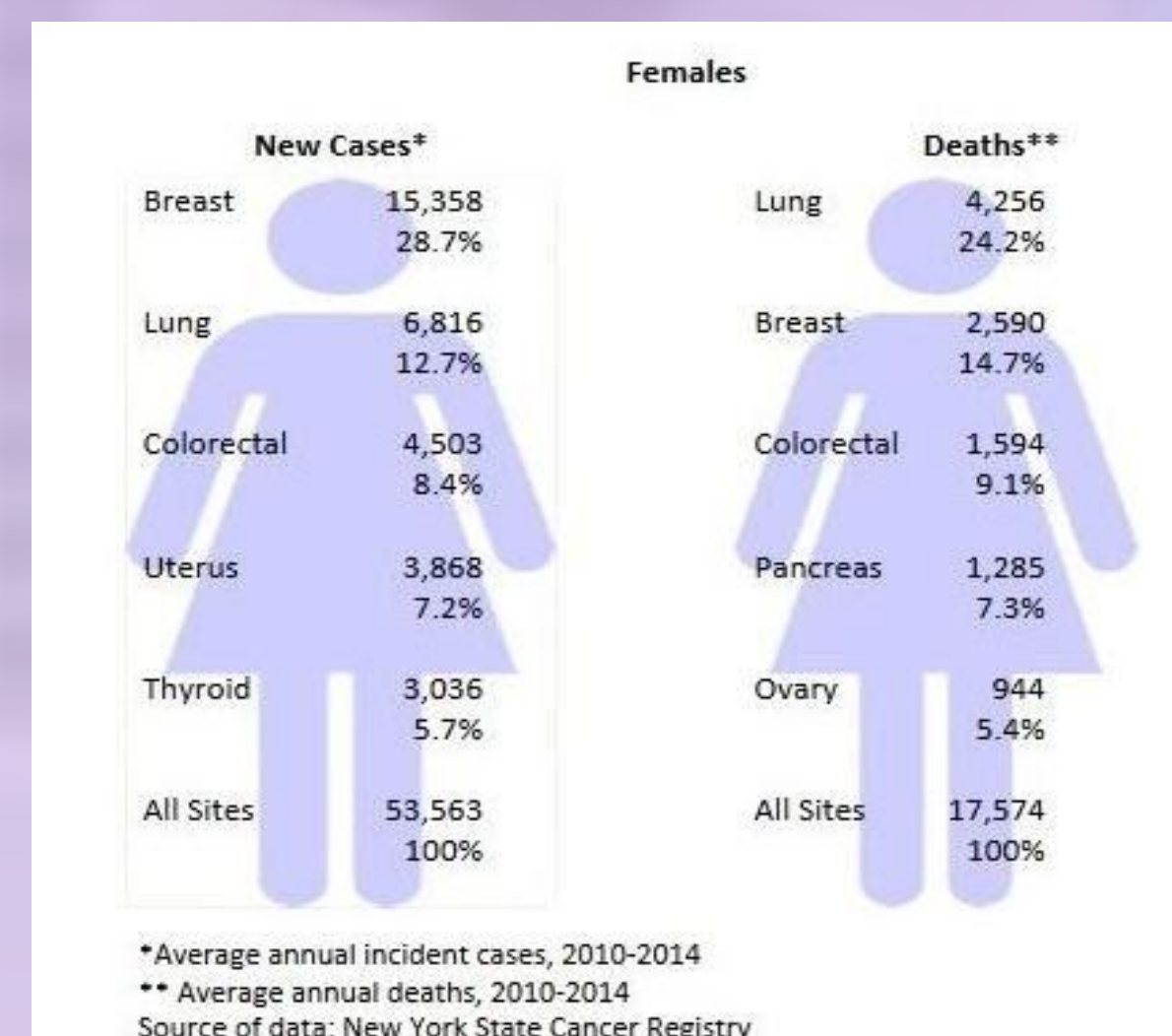
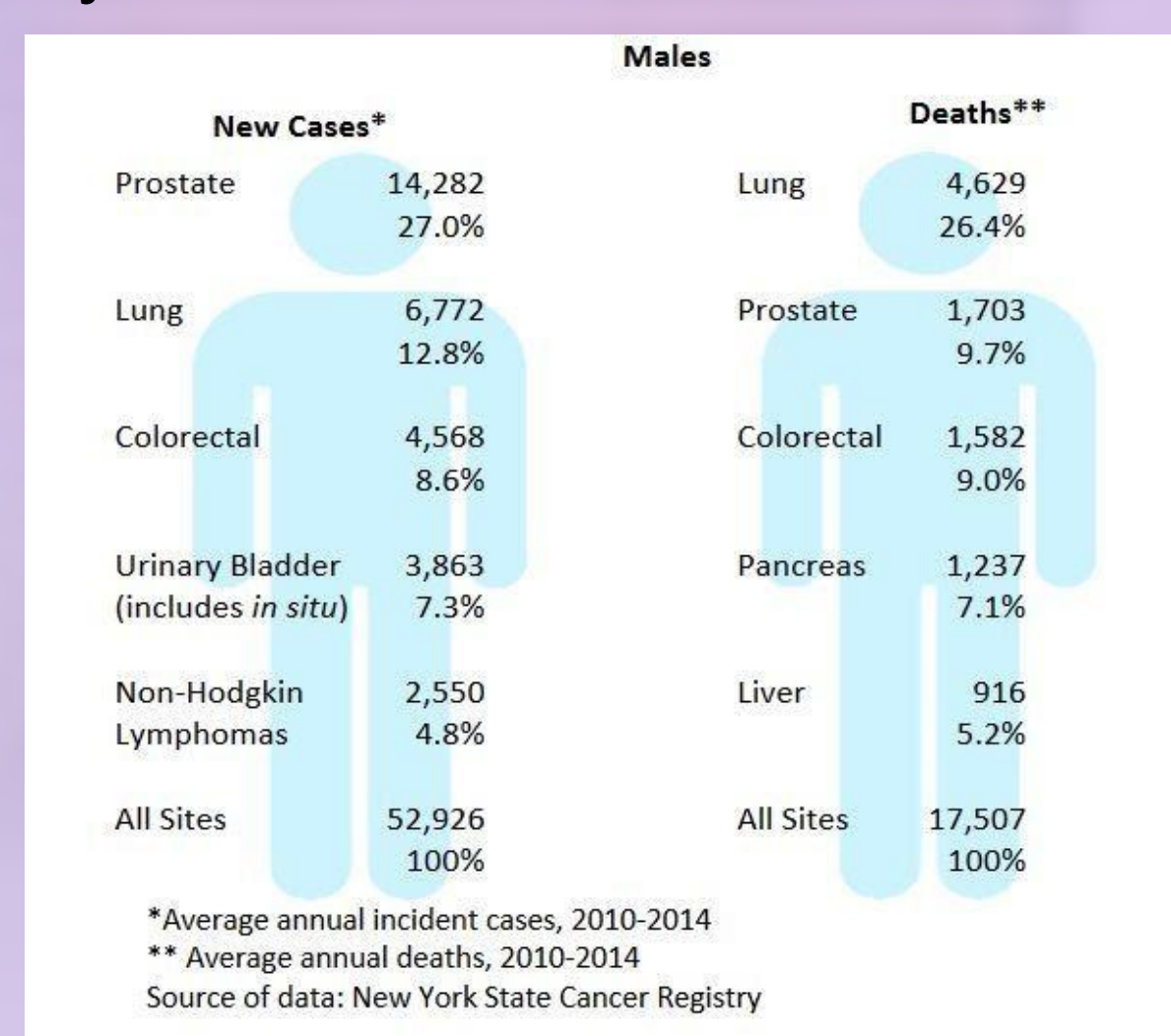
- In a two-year study of 261 nurses that worked at Sloan Kettering Cancer Center in New York, the degree of burnout and distress was evaluated. "Burnout was assessed by the three subscale scores for emotional exhaustion, depersonalization, and sense of accomplishment. The mean for the total sample on emotional exhaustion was 29.22. This score falls in the high range (>17) and is higher than the norm of 22.19 (3).
- More than 40% of hospital staff nurses score in the high range for job related burnout, and more than one in five hospital staff nurses say they intend to leave their hospital jobs within one year (4).

Proposed Solution

- A new solution that will cease existing issues related to nursing burnout and enhance interventions of self-improvement would be through a nursing lounge available in hospitals.
- The lounge will have a monthly empathy class and a weekly activity calendar
- Massage and Meditation Monday will focus on mindfulness, decreasing work related anxiety and stress.
- Therapeutic Pet Tuesday will involve having dogs available for the staff to pet and cuddle with.
- Writing Wednesday will have expressive writing activities, such as poetry, and storytelling followed by group therapy sessions.
- Tasty Thursday will include culinary activities for the staff.
- Faith Friday provides religious downtime and access to spiritual advisors.
- Sing a Song Saturday involves karaoke and dance.
- Sport Night Sunday includes recreational sporting events for the staff.

Community Assessment & Analysis

- Why do oncology nurses in NYC experience burnout? The American Nurses Association found 17 percent of hospital nurses are depressed, nearly double that of the general population.
- The New York State Community Health Indicator reports that the most current statistics for all cancer incidence rate per 100,000 average number of denominators is 8,265,444. This large number of cancer patients in NYC corresponds to the stressors that oncology nurses in the city must deal with.



- The WHO noted that millions of patients suffer injury or death annually due to unsafe care; most of the problems WHO identified as leading to poor outcomes were preventable.
- In 2015 NYC's blueprint launched with the intent to provide a chance to have healthier lives, Take Care New York 2020 "Its goal is twofold — to improve every community's health and to make greater strides in groups with the worst health outcomes, so that the city becomes a more equitable place for everyone (1). As a result, the overall health of New York City residents is expected to improve and hopefully this will lower the stress load on oncology nurses.

Workout the Burnout

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
Sport Night	Massage	Therapy Pet	Writing	Tasty	Faith	Sing a Song

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