

Abstract

Evaluating the Effectiveness of a Web-based Stress Management Program for Geriatric Nurses

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Objective: The purpose of this quality improvement project was to determine the utilization, satisfaction, and effect of a web-based stress management program for geriatric nurses.

Methods: This IRB-approved study employed a single sample, pre-post-test design. Participants were 31 geriatric nurses and nursing assistants belonging to a sub-acute rehabilitation unit at a mid-Atlantic community hospital.

Intervention: The program BREATHE™: stress management program for nurses consists of six modules that describe, identify, and help participants manage stress.

Measurements: included the number of login attempts and time spent on the program; the Nurse Stress Scale, a 34-item validated instrument measuring seven dimensions of stress; and a 7-item evaluation survey given at the end of modules.

Results: Findings included 5 statistically significant scores that indicated improvement on the Nurse Stress Scale as a result of the intervention, and positive results related to utilization and satisfaction.

Conclusions: Findings suggest that BREATHE™ was effective at reducing stress among geriatric nurses. The web-based nature of the program allowed nurses to engage in it at times most convenient for them, which added to the program's acceptability and overall satisfaction.