Abstract

Background and Review of Literature: Anesthesiology is a multifaceted stressful medical specialty, and nurse anesthetists are exposed to associated stressors that can lead to chronic stress resulting in burnout. The growing evidence found that mindfulness-based training programs improved burnout in many professions by building resilience, awareness, and well-being. In addition, evidence demonstrates that a mobile application can deliver effective methods to incorporate mindfulness for healthcare professionals. Therefore, it is essential to find an intervention to integrate mindfulness for nurse anesthetists in their highly specialized environment.

Purpose: This project aims to implement a mobile mindfulness application to reduce nurse anesthetists' burnout.

Method: This project utilized a pre-and post-intervention survey design measuring burnout. The project evaluated nurse anesthetists in an academic pediatric hospital. The intervention used was the premium Calm™ application. An additional post-intervention survey was given to measure the usability of the mobile application.The 12-week quality improvement project had an eight-week implementation period. Each participant was given two weeks to complete the pre-survey and two weeks for the post-surveys. The surveys included the Malash Burnout Inventory-Husman Services Survey, the Subjective Happiness Scale, and a post-intervention usability survey.

Results: The results did not show clinical and statistical significance in burnout and general happiness. However, the descriptive statistics analysis showed high usability for the mobile application.

Implications: Though the results were conflicting, it may be necessary to consider the timing of the intervention as it was implemented during the rise of the Delta COVID-19 variant. As this is a study reporting burnout in nurse anesthetists, it is crucial to note the burnout levels during COVID-19 and its long-term implications for the profession. Furthermore, due to the current lack of evidence, it is critical to find an effective method that can be integrated to reduce burnout for nurse anesthetists.

Keywords: Burnout, nurse anesthetists, CRNA, mobile applications, Calm