Background & Purpose

- Declared Public Health Emergency
- Over 20 million individuals 12 years and older are diagnosed with some type of SUD
- Over 92,000 deaths in just one year (2020 to 2021)
- Addiction cost about $740 billion a year
- SUD treatment is effective however patients leave treatment due to dissatisfaction r/t lack of nurse empathy during care.
- Largest group of healthcare workers, yet the most judgmental and non-empathy towards patients with SUD.

Purpose: To evaluate the effectiveness and feasibility of a 12-week evidence-based empathy training program for nurses to increase treatment completions for adult patients in an addiction treatment center.

Evidence-Based intervention

The evidence-based intervention was a self-created in-person educational program that comprised of 6 sessions; 3 on SUD and 3 on empathy. Each session was an hour and a half long with the same participants for 12 weeks.

Methods

Design: Pre/post assessment QI Project
Setting: Addiction Treatment Center
Sample: 9 nurse participants: 89% females, 11% male, 22% RN BSN, 22% RN ADN, 56% LPN
Instruments: Jefferson Scale of Empathy (validity 0.81–0.89, AC - 0.65), The Drug and Drug Problem Perception Questionnaire (AC - 0.87), Acceptability of Intervention Measure (AIM), Intervention Appropriateness Measure (AIM), and Feasibility of Intervention Measure (FIM) Survey.
Analysis: Independent t-test comparing means, Wilcoxon signed-rank test, Descriptive Statistics

Results

<table>
<thead>
<tr>
<th>Project Aims</th>
<th>Pre</th>
<th>During</th>
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<tbody>
<tr>
<td>Patient treatment completion</td>
<td>Group 0 N = 290 .27 (M)</td>
<td>Group 1 N = 374 .34 (M)</td>
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<tr>
<td>Nurses Knowledge on Empathy and SUD</td>
<td>Survey Scores 121.78 (M) 124.00 (SD)</td>
<td>Survey Scores 127.89 (M) 129.00 (SD)</td>
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<td>Feasibility, Acceptability and Appropriateness</td>
<td>Completed post-intervention 9/9 participants completed the survey AIM – 14.67</td>
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CONCLUSION

The 12-week empathy training and SUD education program demonstrated that displaying empathy during care delivery and understanding disease process can positively influence patient treatment outcomes. Feasibility, acceptability and appropriateness of such training was also evident. Thus, empathy trainings should be provided to nurses to improve care delivery and job satisfaction.

Key References

Increase in Empathy in the Care Provided by Nurses to Patients with Substance Use Disorders (SUD)

Ophelia Dapaah-Gyimah, MSN, CRNP, FNP-BC, Bryan Hansen PhD, RN, APRN-CNS, ACNS-BC