

Abstract

Objective: This quality improvement project aimed to increase nurses' ability to cope after a critical situation through implementing standardized debriefing after critical situations.

Standardized debriefing can reduce workplace stress and increase attentiveness, self-confidence, and work morale.

Methods: This project used pre- and post-implementation survey design in a single-site cardiovascular intensive care unit (CVICU) over 12 weeks. The CVICU is located within a large metropolitan hospital in Florida.

Results: 47 CVICU nurses completed the pre-implementation survey, but none completed the post-intervention survey. No nurses who completed the pre-intervention survey completed the post-implementation survey. Pre-intervention surveys demonstrated that 32 (68.1%) nurses always feel supported by their peers during a critical situation. However, after a critical situation, 12 (25.5%) nurses feel they are never given enough time to regroup before they have to return to their assignment on the pre-survey.

Conclusions: Though there was a lack of post-implementation survey data due to nurse turnover, the impact of COVID-19 on the unit, and other reasons, this project was clinically significant. As a result of this project, standardized debriefings occur after every critical situation, including, but not limited to, code blues, bedside procedures, and with new nurses after having difficult patient.