

Abstract

Background and Purpose: Neuroscience nurses face stress from a variety of factors, and the inability to cope with these stressors can reduce the quality of patient care and increase the likelihood of burnout. This quality improvement project sought to increase resilience by employing a positive psychological intervention, Three Good Things, among neuroscience nurses at a Midwest academic health center.

Methods: A pre-intervention/post-intervention survey design was used to measure resilience of participants using the Connor-Davidson Resilience Scale – 10 item (CD-RISC10). Participants were also asked about their intention to leave their current unit in the next six months on both the pre-intervention and post-intervention surveys. During the intervention period, participants were asked to list Three Good Things at the end of their shift as many times as possible throughout the week.

Results: A total of 23 participants completed surveys, with 22 completing the pre-intervention survey and 5 completing the post-intervention survey. Nurses who had higher than usual patient loads during the pandemic cited lack of time for not completing the post-intervention surveys. There were a total of 4 matched pre- and post-surveys. Statistically significant improvement in CD-RISC10 score was shown, with a median summary score increase of 2.0 ($p < 0.001$). However, there was no measurable change in the intention to leave.

Conclusions: While the Three Good Things intervention may have been associated with a statistically significant increase in resilience, the clinical significance of this increase is unknown. There was no summative effect on intention to leave.

Implications: Further study should examine less time intensive means of participation in positive psychological interventions (e.g., group bulletin board, team sharing) to determine their effect on resilience and intention to stay.

Keywords: *resilience, neuroscience nurses, positive psychology, Three Good Things, intent to leave*