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Emergency Nurse Stress and Productivity Following Trauma Care

Gordon L. Gillespie, RN, PhD, PHCNS-BC, CEN, CPEN, CCRN, FAEN;

gordon.gillespie@uc.edu

Donna Gates, RN, EdD, FAEN, FAAN; donna.gates@uc.edu



Upon completion of this course, the participant will be able to:

1. Describe stress and productivity scores of emergency nurses that provide trauma care;
 2. Identify worker, patient, and workplace factors that increase the risk for emergency nurse stress following trauma care; and
 3. State three interventions to reduce stress experienced by emergency nurses after providing care to traumatically injured patients.
- I. Background of Traumatic Stress
 - A. Define traumatic stress in emergency nurses
 - B. Describe the effects of stress on nursing productivity
 - II. Methods
 - A. Study design (descriptive survey design)
 - B. Sample (randomized sample of ENA members that practiced as emergency nurses and provided care to trauma patients in the United States)
 - C. Procedures for data collection (surveys by postal mail)
 1. Open-ended qualitative narrative description of a trauma care event
 2. Impact of Events Scale—Revised
 3. Healthcare Productivity Survey
 4. Demographic questionnaire
 - D. Data analysis (descriptive statistics, correlations)
 - III. Findings
 - A. Stress scores measured by the Impact of Events Scale—Revised
 - B. Productivity scores measured by the Healthcare Productivity Survey
 - IV. Characteristics that Increase the Stress Level and Decrease Nursing Productivity
 - A. Worker characteristics
 - B. Patient characteristics
 - C. Workplace characteristics
 - V. Interventions to Prevent Stress and Productivity Effects
 - A. Briefings prior to trauma patient arrival
 - B. Informal debriefings after the traumatic event is over
 - C. Referrals to Employee Assistance Programs
 - D. Breaks after providing trauma resuscitation care and before returning to "normal" emergency department work

Resources:

Figley, C. R. (1995). *Compassion fatigue: Coping with secondary traumatic stress disorder in those who treat the traumatized*. New York: Brunner-Routledge.

Gates, D. M., & Gillespie, G. L. (2008). Secondary traumatic stress in nurses who care for traumatized women. *Journal of Obstetrical, Gynecologic, and Neonatal Nursing*, 37, 243–249.



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- Gillespie, G. L., Gates, D. M., & Succop, P. (2009). *Psychometrics of the Healthcare Productivity Survey*. Unpublished data.
- Herman, J. (1992). *Trauma and recovery*. New York: Basic Books.
- Marmar, C. R., Weiss, D. S., Metzler, T. J., & Delucchi, K. (1996). Characteristics of emergency services personnel related to peritraumatic dissociation during critical incident exposure. *American Journal of Psychiatry*, 153(7 Suppl), 94-102.
- Weiss, D. (2004). Impact of event scale—revised. In J. P. Wilson & T. M. Keane (Eds.), *Assessing psychological trauma and PTSD* (pp. 168–189). New York: Guilford Press.



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