THRIVE: BUILDING ONCOLOGY NURSE RESILIENCE THROUGH RELATIONSHIP-BASED SELF-CARE

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Disclosures

THRIVE STATS:

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- Preventable medical errors are now the 3rd leading cause of death in the US!

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THRIVE STATS, nurses

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- 50% had been bullied in some manner in the work place!
- 25% had been physically assaulted at work by a patient or a patient’s family member!
- 9% were concerned for their physical safety at work!

Construction Workers, retrieved from https://www.google.com/advanced_image_search?as_st=y&hl=en&as_epq&as_oq&as_eq&cr&as_site_search&safe=images&q=according+to+APA+do+you+need+to+label+pictures+that+you+personally+took&tbm=isch, free to use, share, or modify, even commercially.
“The expectation that we can be immersed in suffering almost daily and NOT be affected by it is as unrealistic as expecting to be able to walk through water and not get wet!”

DISCONNECT
Set a resolution?

New Year's Resolutions
for 2009
1. Lose weight again
2. Get fit next year
3. Give up alcohol
4. Stand up to boss
5. Be nicer to my wife
6. Sort out junk in shed
Whose responsibility is self-care?

_Candles_, retrieved from https://www.google.com/advanced_image_search?as_st=y&hl=en&as_epq&as_oq&as_eq&cr&as_sitesearch&safe=images&q=according+to+APA+do+you+need+to+label+pictures+that+you+personally+took&tbs=sur:fmc&tbm=isch, free to use, share, or modify, even commercially.
Self-care is how you take your power back.
THRIVE RETREAT

- Introduction to THRIVE
- Timeline/Perspective
- Breathing
- Mindfulness
- Sleep
- Music for Self-Care
- Yoga
- Art for Self-Care
- Guided Imagery/Aromatherapy
- Spirituality
- Acupressure/Self Massage
- THRIVE Independent Study Introduction/Wrap Up
THRIVE SWAG
Our timelines....
ART THERAPY

EXPERIENCE THRIVE:

EXPERIENCE THRIVE:

SPIRIT DOLLS

EXPERIENCE THRIVE:

MUSIC THERAPY/BREATHING

Colleen finds her third eye!!!
EXPERIENCE THRIVE:

MINDFUL EATING

EXPERIENCE THRIVE:

GUIDED IMAGERY

CHAIR YOGA

EXPERIENCE THRIVE:

MEDITATIONS FOR NURSES

NURSES COFFEE BREAK
THRIVE Independent Study:

What will you commit to for self-care this weekend? Post a pic!

*Fish Spa from Facebook.* Blackburn, L.B. (Photographer). (2019). Fish Spa from Facebook [photograph]. Columbus, Ohio, used with permission.
THRIEVE
Independent Study:

What will you commit to for self-care this weekend? Post a pic!

Judith Bartley
THrive
Independent Study:
Which colleague at work really lifts you up? Post a pic!

Colleague from Facebook, Blackburn, L.B. (Photographer). (2019). Fish Spa from Facebook [photograph]. Columbus, Ohio, used with permission.
THRIVE
Independent Study:

What smell brings you comfort? Post a pic!

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THRIVE
Independent Study:

What smell brings you comfort? Post a pic!

WHERE IS THE SPOT IN YOUR HOUSE THAT BRINGS YOU GREATEST COMFORT? POST A PIC!
LEGS UP THE WALL

Victoria Krogg
Totally forgot until just now! So here I am at 9pm, lol.

Stretched me out! I should probably do this more often.

Megan Moore-Weber
Agree with Tori, felt a good stretch while doing this.

Lisa Blackburn
Victoria Krogg yayyy!
PRE-THRIVE SELF-ASSESSMENTS

N=201

AVE PRE Resilience Score

AVE PRE Work Burnout Score

AVE PRE Secondary Trauma Score
THRRIVE Self-Assessments: PRE to POST

N=201

AVE Resilience Score

AVE Work Burnout Score

AVE Secondary Trauma Score
Resilience Scores

N=42

PreTHRIVE: 74
PostTHRIVE: 85
2 MTHS Post: 83
4 MTHS Post: 82
6 MTHS Post: 86
RN TURNOVER

N=130

- Magnet Hospitals: 13.6%
- James Cancer Hospitals: 9.4%
- RN THRIVERS: 6.1%
Thrivation SUSTAINMENT STRATEGIES

- THRIVE Reunions
- THRIVE Facilitator Training
- THRIVE Field Trips
- Mini-THRIVEs