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## **Using a Mindfulness-Based Stress Reduction Bundle and Recharge Room to Improve Resilience and Reduce Perceived Stress and Nurse Turnover in a Cardiovascular Operating Room**

### **PURPOSE**

The purpose of this project was to evaluate the use of a mindfulness-based stress reduction (MBSR) bundle and Recharge Room to improve resilience and reduce perceived stress and nurse turnover in a cardiovascular operating room (CVOR). The goals were to improve average Resilience Index (RI) scores, activation scores, and decompression scores by 10%; reduce baseline perceived stress scores by 10%; and reduce CVOR nurse turnover rates by 20%.

### **BACKGROUND**

The project was implemented in a CVOR in a large academic specialty hospital in the Texas Medical Center, Houston, Texas.

### **METHODOLOGY**

The Perceived Stress Scale (PSS) and RI surveys were administered prior to determine baseline levels of perceived stress, resilience, activation, and decompression. Nurses were provided education on MBSR and an office space was redesigned into a Recharge Room for staff. Surveys were administered again three months post-intervention. The Plan-Do-Study-Act quality

improvement methodology was utilized to evaluate the intervention and initiate changes to the project.

### **RESULTS**

Twenty-one nurses completed the pre-intervention surveys and 17 nurses completed the post-intervention surveys. CVOR nurses demonstrated a 10% improvement in resilience index scores and 21% improvement in decompression scores in comparison to 2019 scores. CVOR nurses also demonstrated a 15% improvement in average perceived stress scores post-intervention. CVOR nurse turnover was not impacted.

### **IMPLICATIONS**

Targeted MBSR interventions that address perioperative nurses unique work environments can reduce perceived stress and increase staff resilience. Organizational leaders should provide perioperative nurses with the tools needed to address individual stress and improve overall resilience.