

Reducing Stress Among SRNAs

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AdventHealth Doctor of Nurse Anesthesia Practice

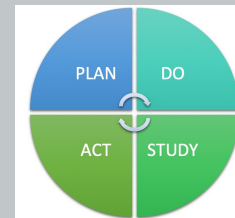
Problem

- SRNAs in America report a mean stress score of 7.2 out of 10 on 10-point Likert scale and physical symptoms of unmanaged stress.
- While a certain amount of stress can be a positive motivator for students, overwhelming stress can impact academic performance and the psychological health of the SRNA.
- Seventy eight percent of SRNAs reported their programs do not offer stress management resources.

Methods

- Pretest, module, and posttest by April 2020
- Due to no initial participation, deadline was extended to May 5, 2020, and incentive offered
- Two additional posttests at two and twelve weeks into Summer 2020 trimester
- Questionnaires planned to be analyzed via SPSS, due to low participation converted into case study
- Fall 2020 trimester - nine-question case study via email addressing project aims

Illustration



Discussion & Implications

- Interest in managing stress during school motivated participants to complete the module.
- Key findings implied SRNAs seek opportunities to learn stress management techniques prior to matriculation.
- Future similar projects and research can prove beneficial to this specific population.

Literature Review

- Knowledge gap on effective ways to promote healthy habits among SRNAs
- SRNAs use negative coping mechanisms more frequently in first nine months of school
- Proper wellness, time management, and study habits are effective at decreasing stress levels
- Improperly managed stress can lead to mental and physical manifestations
- Proper stress management techniques prior to matriculation, can help students establish healthy habits

Results

- The research team was not able to conduct a statistical analysis and objectives could not be evaluated
- Results only reflect case study
- Module gave participants helpful wellness and stress management techniques to help deal with stressors of nurse anesthesia school

More Results

- Participants still working to implement and maintain stress management techniques during Fall 2020 trimester

Conclusions

- Incoming SRNAs are aware of the stress of nurse anesthesia school and have the motivation to increase knowledge of wellness and stress management techniques prior to matriculation.

Illustration



Acknowledgements

Echelon Continuing Education for their help with module development