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An Analysis of Self-Compassion Among Nursing Students and Faculty

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An Analysis of Self-Compassion Among Nursing Students and Faculty

Abstract

Purpose/Aims This study evaluates nursing student and faculty levels of self-compassion, resilience, and professional quality of life (ProQOL). We believe the wellness of individual nurses matters, and as we want to better understand the factors that support resilient student nurses and faculty.

Background

In a profession that promotes wellness and preventative health measures for patient populations, nursing schools should also instill such knowledge and strategies for nursing students and faculty to develop their own resilience and well-being (AACN, 2020). The Joint Commission issued a Quick Safety Advisory of Combating Nurse Burnout in 2019 that revealed 15.6% of nurses reported burnout and 5% of healthcare organizations providing relevant assistance (Ross, 2020). Due to COVID-19 and related stressors in the university setting, it is necessary to reexamine the coping strategies of students and faculty. Due to the variety of difficulties presented across the nursing field, nursing student and faculty data will provide unique insights into how nursing programs can better support the well-being of nurses in an ever-evolving work environment. Identifying a baseline of self-compassion among nurses is critical in creating environments and resources that promote longevity and optimal holistic health in a nursing career.

Research Methodology

Design: Descriptive analysis; comprehensive literature review.

Sample: A convenience sample of nursing students and faculty in a public university in the Pacific Northwest.

Procedure: Recruitment by email via the university Learning Management System (LMS) portal.

Consent Process: An informed consent form will be embedded within the survey. Completion of the surveys will serve as confirmation of agreement of participation.

Methods: Recruitment emails will include a link to a Qualtrics survey to be completed by participants. Survey data will be extracted anonymously and stored per university standards on a university-approved designated drive.

Measurement tools: Neff Self-Compassion Scale, Perceived Stress Scale (PCS), Professional Quality of Life Measure (ProQOL), Demographics Sheet.

Significance in Nursing:

Nursing continues to be burdened with alarmingly high burnout rates. The recent impact of COVID-19 has taken a significant toll on nurses. Research has consistently shown that increased resilience is a buffer against burnout. Understanding variables such as self-compassion that have been linked to improved resilience may help support our valuable nursing workforce. Exploring and developing critical resilience-related skills before nurses enter the workforce empowers nurses to reflect on their own wellness. There are significant gaps in the literature regarding evaluating self-compassion in samples of nursing students and faculty. The majority of findings indicate that self-compassion can have positive effects on one's resilience and self-care practices that benefit the wellbeing of nursing students, their transition into the workforce, and facing the challenges of a demanding profession. Limitations included undefined parameters of self-compassion, and ambiguous relationships with empathy, mindfulness, and emotional

intelligence. We recommend further investigation into the development of self-compassion as it relates to resiliency. Although there are limitations of current self-compassion measurements in nursing, the positive implications warrant future research and we recommend further investigation into the development of self-compassion and resiliency.

An Analysis of Self-Compassion Among Nursing Students and Faculty

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Rationale

- In a profession promoting wellness and preventative health measures for patient populations, the The American Association of Colleges of Nursing (AACN) proposed in 2020 that nursing programs should also instill knowledge and strategies for nursing students and faculty to develop their own holistic wellness.
- The Joint Commission issued a *Quick Safety Advisory of Combating Nurse Burnout* in 2019 revealing 15.6% of nurses reported burnout and 5% of healthcare organizations provided relevant assistance.

Purpose

- This study evaluates nursing student and faculty levels of self-compassion, resilience, and professional quality of life (ProQOL).



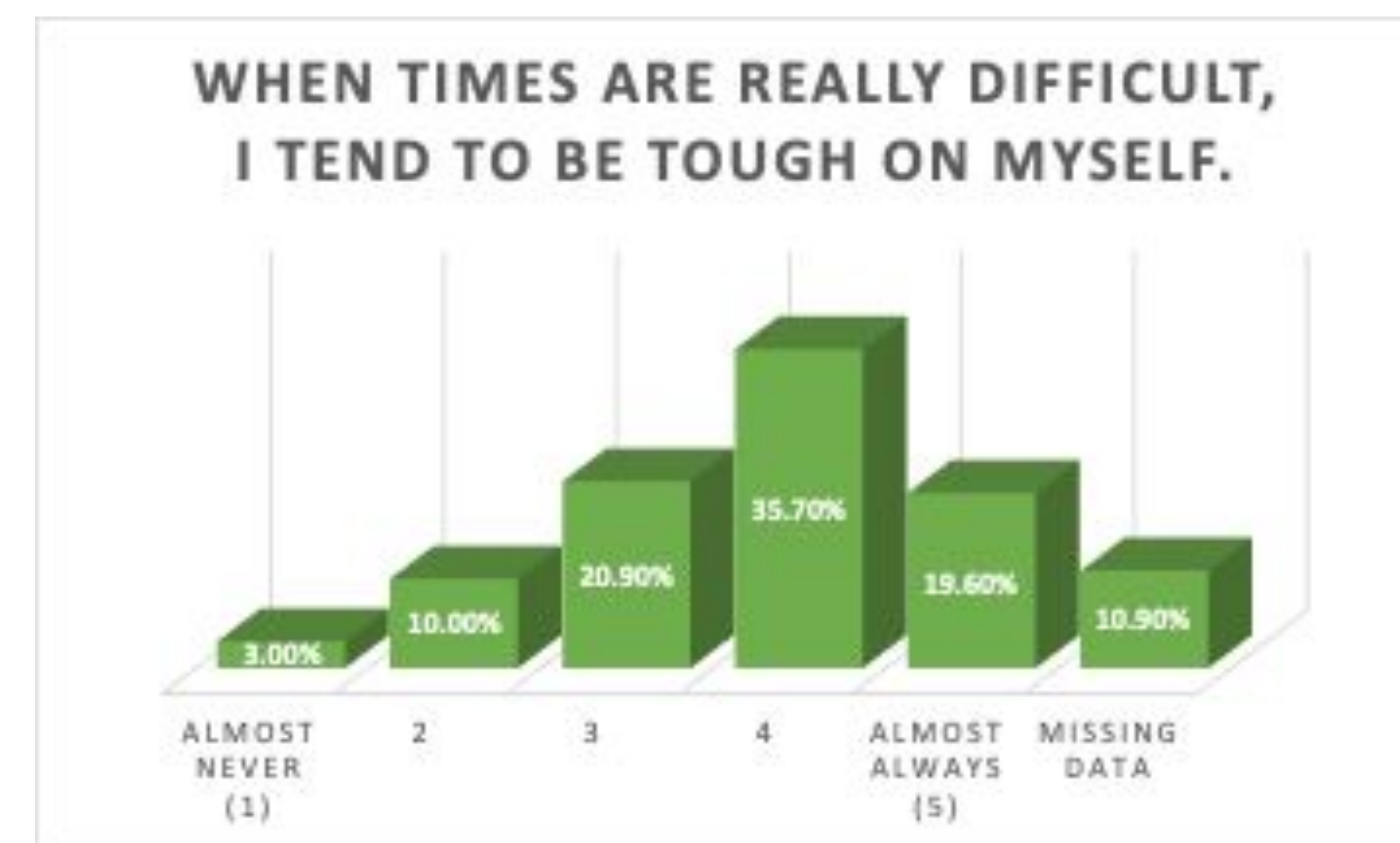
Methods

- Cross-Sectional Descriptive Design
- IRB approval obtained; nursing faculty and students from a public university in the Pacific Northwest invited to participate via Qualtrics distribution emails.
- All subjects associated with BSN, RN-BS, AGNP, or DNP programs.
- Measurement Tools
 - Neff Self-Compassion Scale (26 questions)
 - Perceived Stress Scale (PSS) (10 questions)
 - Professional Quality of Life Measure (ProQOL) (30 questions)
 - Demographics (10 questions)

Results



230 participants have completed the survey in preliminary findings, consisting of 198 students and 26 faculty.



Clinical Relevance

- Nursing student and faculty data will provide unique insights into how nursing programs can better facilitate the transition and well-being of nurses.
- **Ask:** How can we implement the development of resiliency into the nursing curriculum utilizing a baseline understanding of self-compassion among nurses?
- **Recommendations:**
 - Explore and execute resilience-related skills like self-compassion before nurses enter the workforce as part of program outcomes and faculty development.
 - Develop standardized tools and measurements of self-compassion as it relates to the nursing roles and responsibilities.

Conclusion

- Evidence strongly indicates self-compassion may have positive effects on one's resilience and self-care practices that benefit the well-being of nursing students, their transition into the workforce, and facing the challenges of a demanding profession.
- We recommend further investigation into the development of self-compassion as it relates to resilience and mindfulness.
- Although there are limitations of current self-compassion measurements in nursing, the positive implications warrant future research.

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