

The Impact of Guided Resilience Planning on Student Nurse Wellbeing

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Topic: Leading & Advancing Improvements in Health, Health Care, & Higher Education

Category: Research Project

Abstract

Background/Introduction

The path to nursing student burnout requires educators' attention. In response, the American Association of Colleges of Nursing endorsed a resolution promoting wellness culture in nursing schools. This pilot study combines cognitive-behavioral based resilience training with disaster planning to develop personalized resilience plans, aiming to address burnout and navigate stressors effectively. Research on the efficacy of these interventions remains limited, highlighting the need for further investigation in nursing education.

Purpose

To evaluate the impact of resilience training and personal resilience planning on student nurse wellbeing.

Methods or Processes/Procedures

This mixed-method quasi-experimental pilot study aimed to compare the levels of burnout in pre-licensure nursing students who underwent guided resilience planning (n = 43) with a control group (n = 21) of pre-licensure students in the same nursing program. Data collection involved administering the Maslach Burnout Inventory (MBI) and conducting a short interview with participants. The intervention group received guided resilience planning sessions, while the control group did not undergo any specific resilience intervention. Data were collected over a period of one semester.

Results

Test group MBI scores indicated a lower degree of emotional exhaustion and depersonalization and a higher degree of personal accomplishment when compared to the control group. Qualitative data highlighted that creating personalized resilience plans had a positive impact, empowering students to cope with stress, prioritize self-care, and enhance overall well-being throughout their educational journey and beyond. Many students identified that the process provided a reflective and individualized approach to fostering resilience and motivation amidst the challenges of nursing school.

Limitations

The number of pilot study participants was small, limiting the ability to achieve statistical significance of the quantitative data.

Conclusions/Implications for Practice

Resilience training and personalized plans have a positive impact. Integration during early nursing school and revisitation throughout the program may further enhance effectiveness. The plan's utility will likely extend to a nurse's entire career.

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