

Improving Pediatric Registered Nurses Knowledge on Coping Skills and Available Resources Surrounding the Loss of a Patient

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Background

- Through article research and discussion with pediatric nurses at Cincinnati Children’s Hospital, it was concluded that there was a lack of knowledge surrounding effective coping strategies and proper education to effectively manage going through the loss of a patient.
- It was found that “20% of pediatric critical care nurses experienced high levels of secondary traumatic stress related to patient death” (Barnes et al., 2020).
- According to BMC Palliative Care, “92% of nurses expressed concerns about providing end of life care and it was particularly difficult to help patients express their anger and concern regarding death” (Blaževičienė et al., 2020).

PICOT: In pediatric registered nurses experiencing the loss of a pediatric patient, what is the impact of receiving education on coping skills and available resources surrounding the loss of a pediatric patient, on their post-test knowledge of the education received, compared to their pre-test knowledge before the education was received?

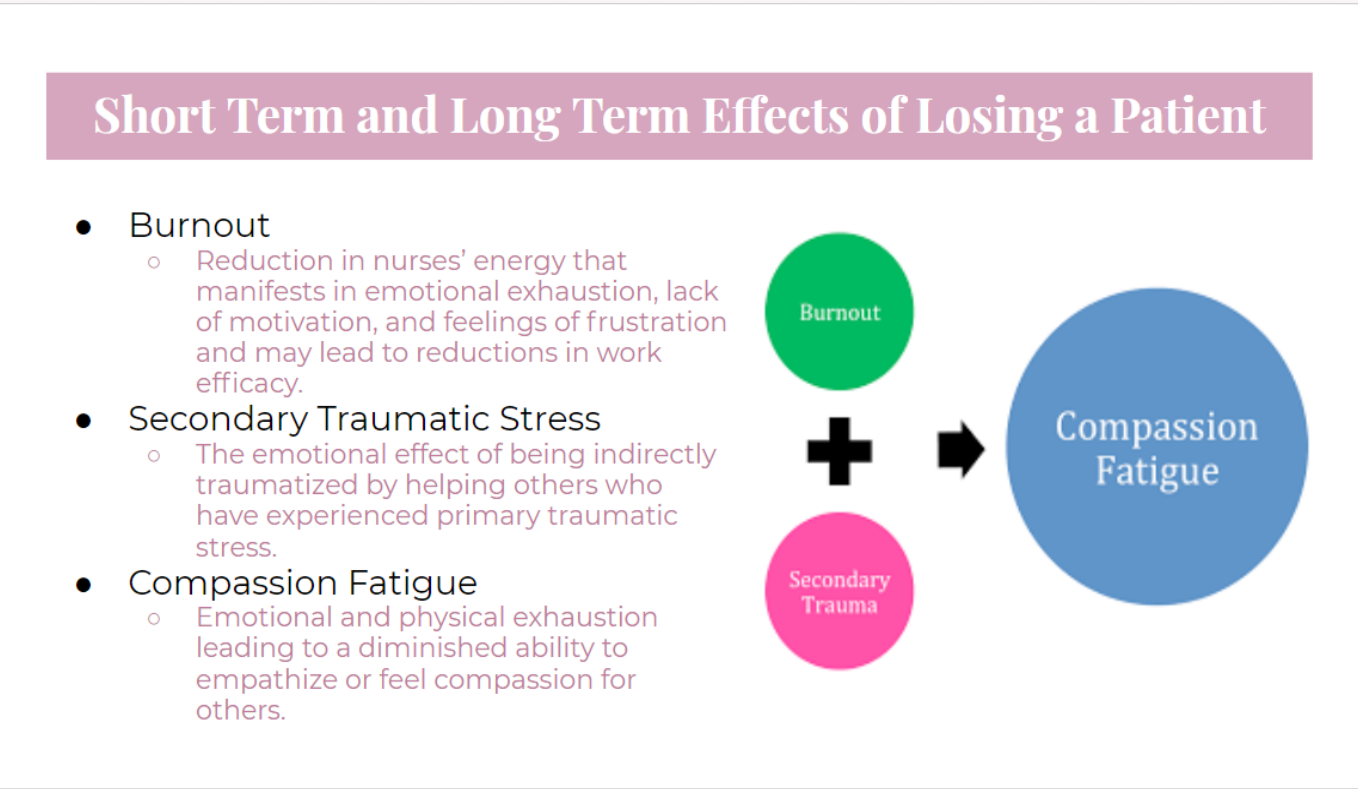


Literature Search

Databases: UC Libraries - CINAHL & PubMed
Keywords: Pediatric Nurse, Impact of Death, Coping Skills, Resources, Compassion Fatigue, Pediatric Death Impact
Articles Used: 26 articles from 2014-2021

Objectives

- Nurses will be able to identify educational strategies that should be in place for student and orienting nurses to prepare them for death of a patient.
- Nurses will be able to identify resources/strategies available to aid them in evaluating their performance after an end-of-life situation.
- Nurses will be able to identify proper coping strategies to effectively cope with the loss of a pediatric patient.



Education Plan

Place of Education: Cincinnati Children's Hospital Medical Center
Presented to: Pediatric registered nurses on A6CN (medical-surgical unit) & A7NS (neuroscience unit)
Purpose: Increase pediatric registered nurses' knowledge on proper coping skills, resources, education, and training that are effective in minimizing the negative effects surrounding the loss of a patient.

Implementation and Feedback

Education Presentation: An educational PowerPoint was sent via email to registered nurses on the selected units at CCHMC on 3/8/21. A pre-test and post-test were included to analyze the nurses' knowledge gained.

Pre & Post-Test: Questions were asked before and after viewing the educational PowerPoint to analyze if the identified objectives were met and the success of the education.

Feedback: Summary of pre & post-test responses

Questions Asked:	Pre-test Responses:	Post-test Responses:
1.) What education/training is in place in school curriculum and workplace orientations to prepare registered nurses to handle situations regarding the loss of a patient?	1.) "I do not remember getting any education in school" 2.) "I cannot recall anything regarding this in my workplace orientation. We did discuss death/dying in nursing school, but I do not remember". discussing how to handle this as a nurse. 3.) "I do not know"	1.) "Teaching nurses healthy habits" 2.) "lectures, case studies, ELM education" 3.) "Grief simulations, education on palliative care"
2.) What additional coping skills are beneficial in coping with the loss of a patient to minimize negative short- and long-term effects?	1.) "Support groups, talking to peers." 2.) "Breathing, time away from work, talking it through with someone." 3.) "Hug your own kids extra hard and long"	1.) "debriefing, taking a break, self- evaluation." 2.) "Self-care such as getting enough sleep. Realizing when patients' deaths have made impacts on your life and job."
3.) What programs are available that Cincinnati Children’s Hospital has in place to aid registered nurses in coping with adverse events such as patient death?	1.) "Chaplin services." 2.) "Do not know of any." 3.) "Support through peers and debriefing sessions."	1.) "Peer2Peer" 2.) "Peer2Peer, Guided meditation, 8 free counseling sessions, debriefing." 3.) "1:1 therapy sessions, distress sessions, Centerlink"

Results

- Nurses reported receiving little to no prior education/training on how to handle a situation regarding the loss of a patient.
- Nurses stated using coping strategies such as self-care, exercise and talking to peers prior to education. The nurses were able to identify new coping strategies after education.
- Nurses were able to show new knowledge of resources provided to them by CCHMC.
- Nurses were able to state the benefits of large interdisciplinary teams as well as ways to include family in the end of life and grieving process.
- All nurses who participated stated that the education was helpful and made them feel more prepared to handle a future loss.

Recommendations for Future Practice

- Implement education on coping strategies during new hire orientation.
- Educate nurses on available resources provided by hospital.
- Early education including grief simulations during nursing school.

References

Barnes, S., Jordan, Z., & Broom M. (2020). Health professionals' experiences of grief associated with the death of pediatric patients: a systematic review. *JBISIRIR-D-19-00156 Synthesis*, 18(3), 459-515. <https://doi-org.proxy.libraries.uc.edu/10.11124/JBISIRIR-D-19-00156>
Blaževičienė, A., Laurs, L. & Newland, J.A. (2020). Attitudes of registered nurses about the end-of-life care in multi-profile hospitals: A cross sectional survey. *BMC Palliative Care*, 19, 131. <https://doi.org/10.1186/s12904-020-00637-7>