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” (Bläževičienė 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:

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?

2.) What additional coping skills are beneficial in coping with the loss of a patient to minimize negative short- and long-term effects?

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?

Pre-Test Responses:

1.) “I do not remember getting any education in school.”

2.) “I do not know how to handle this as a nurse.”

3.) “I do not know”

Post-Test Responses:

1.) “Teaching nurses healthy habits”

2.) “Teach nurses how to handle death/dying”

3.) “I do not know”

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 prepare 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


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