

# JOB.S. jacksonville.com

See the Real Estate and Automotive Listings INSIDE

See more jobs at [JOBS.jacksonville.com](http://JOBS.jacksonville.com)

Nursing student William Tirado III (left) demonstrates yoga stretches with Dr. Cheryl Bergman, associate dean of the Keigwin School of Nursing and professor of nursing during the 2016 JU Research Symposium, where he was presenting with his team. Tirado completed a proposal for a study on the "Effects of Chair Yoga Interventions on Stress Levels and Presenteeism of Nursing Students."

## JU students learn more than medical skills

### Keigwin School of Nursing program teaches how to conquer stress – before and after graduation

#### Special for Jobs

Stress in the nursing profession has become such a norm that there's even a special term for it: Nursing Burnout Syndrome.

A survey from University of Colorado Hospital showed that nearly nine out of 10 nurses met criteria for Burnout Syndrome — emotional exhaustion, detachment, and poorer cognitive function and work performance. Nursing Times also reports that more than 60 percent of nurses say they've had work-related stress and side effects like physical or mental health problems in the past year.

To top things off, with chronic conditions on the rise, a higher emphasis on preventative care and aging Baby Boomers in need of medical attention, a shortage of RNs has escalated, squeezing already-stressed health care professionals even more, despite the fact that employment in the field is expected to increase 19 percent by 2022, according to the U.S. Bureau of Labor Statistics.

The Keigwin School of Nursing at Jacksonville University is working to address these challenges with new tactics and curriculum designed to help students better prepare not just for the professional demands of their career, but for the personal and emotional ones as well.

This effort is also designed to aid them once they are in the field.

"Caring is a core value of the Keigwin School of Nursing and is central to our mission statement and philosophy," said Dr. Cheryl Bergman, associate dean and professor of nursing. "Our faculty, administrators and staff foster relationships with our students by genuinely supporting their success. Students say that though it's rigorous, the curriculum instills professionalism and competency, and a belief in one's abilities to be the best nurse possible."

#### QUALITY AND SAFETY EDUCATION FOR NURSES (QSEN)

Bullying, nurse burnout and fatigue contribute clearly to patient safety issues and negative health outcomes. Dr. Teri Chenot, Associate Professor in JU's Brooks Rehabilitation College of Healthcare Sciences, and Dr. Roberta Christopher, assistant professor, are co-directors of the new QSEN Institute Regional Center at JU, where the goal is to foster an international network of nurses and other health care professionals who contribute to quality and safety educational resources and scholarship.

The center's inaugural 2017 Patient Safety Forum on Friday, June 9, will feature internationally known speakers who will address the evolution of patient safety and strategies to cultivate a more positive work environment. More information is available by contacting Dr. Che-

not at [tchenot@ju.edu](mailto:tchenot@ju.edu) or Dr. Christopher at [rchrist6@ju.edu](mailto:rchrist6@ju.edu).

Dr. Chenot has conducted the first known research on nursing students' perceptions about their awareness, skills and attitudes regarding patient safety with the development of the Healthcare Professionals Patient Safety Assessment Curriculum Survey (HPPSACS), which is now globally utilized.

In addition, Dr. Christopher recently conducted research that suggests nurses' perceived lack of engagement in the nursing process may negatively influence their quality of nursing care.

"We found that job-related conditions such as having too much to do, not enough time to accomplish tasks, lack of training and issues with co-workers may influence the nurse's perceptions of job demands and job resources," she said. "Lack of resources was identified as a work-related barrier that may influence the nurse's ability to cope with the job demands and lead to burnout or emotional exhaustion."

One way to address nurse anxiety and pressure is by reproducing the conditions correlating with those experiences in a controlled atmosphere, said Dr. Chenot. The QSEN Institute Regional Center monitors that by using the Brooks Rehabilitation College of Healthcare Sciences' state-of-the-art Simulation Training and Applied Research (STAR) laboratory.

"With the STAR lab, students can go through simulations using the 14 beds of newborn-to-adult patient mannequins," she said. "The repetitive training leads not only to improved health outcomes and safety for patients, but the practice runs decrease stress for nurses when they encounter these situations later in real-life situation."

Rashell McFarlane earned her Bachelor of Science in nursing from JU in 2016 and now works as an RN on the urology transplant floor of UF Health Shands Hospital in Gainesville. She agreed that her job entails a high amount of stress.

"It's a lot, especially when you are sometimes working three 12-hour shifts back to back, and you're in a fast-paced environment."

The Keigwin School did an excellent job preparing her mentally for the field, she added, because the faculty were understanding and guided the students in what to watch for upon graduation.

"It helped in the transition from student to the profession. There was a lot of mentoring by the professors, so situations were not a surprise because we were informed of what to expect," she said.

#### MINDFULNESS AND SELF-CARE

With the relentless distractions from multi-tasking and social media, nursing students may find that they are not able



Students practice with mannequins in the Simulation Training and Applied Research (STAR) laboratory in the Keigwin School of Nursing at Jacksonville University. (Photos provided by Jacksonville University)

to concentrate when studying or pay attention in the classroom, according to Dr. Bobbi Logsdon and Dr. Pam Rillstone of the Keigwin School of Nursing.

With that in mind, both use mindfulness activities to help students focus, eliminating some of the extraneous factors that can be distracting.

Dr. Rillstone, a psychiatric mental health nurse practitioner, facilitates ongoing support group sessions for JU nursing students to explore issues they may have with school and work-life balance. Meanwhile, Dr. Logsdon promotes yoga and meditation as forms of relaxation in both the clinical and classroom settings, to help deal with stress and burnout.

"These mindfulness activities can help students relax and focus on the present moment and current information, as well as help to alleviate tension and anxiety," said Dr. Rillstone.

Learn more about the Keigwin School of Nursing at <http://www.ju.edu/chs/nursing/>.

#### NEXT WEEK:

The American Nurses Association has designated 2017 as the "Year of the Healthy Nurse," and the Keigwin School of Nursing at Jacksonville University is helping to prepare the next generation of nurses for the challenges ahead. The May 21 Jobs section will highlight the school's programs for military veterans, as well as its efforts to build faculty-student engagement.

#### FIND IT

Whether you're looking for a pet, a companion, a house or a new career, check out Classifieds.

The Florida Times-Union  
CLASSIFIED  
904.359.4321