DEVELOPING SELF-CARE THROUGH CARING SCIENCE: AN INTEGRATIVE EVIDENCE-BASED APPROACH FOR SOCIETY’S SAFE-KEEPERS™

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Certification:
There is no conflict of interest in this presentation

How This Project Developed?
- 35 years of experience working as a forensic advanced practice nurse treating adjudicated sex offenders, domestic violent abusers and drug abusers.
- SSK experience stress and burnout
- Searched for a nursing theoretical model to address the problem

NA’ AUPONO: To Nurture A Deep Sense Of Justice
Alakino Maika’i: To Live Healthy

CARITAS JOURNEY
With Dr. Jean Watson

Hiroshima 2012
Italy 2012
Qatar 2013
Kauai 2013
Jordan 2013

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**Caritas Consciousness**

- Dr. Watson uses the word Caritas to invoke the intentionality of her 10 Caritas Processes. She defines Caritas as love. She makes explicit the connection between caring and love.

  “Love in its fullest universal infinite sense” (Watson 2008, pp. 39-40)

**Who are Society’s Safe-Keeper?**

Individuals who believe in justice and human dignity. They practice Caritas Consciousness to promote faith, hope, and peace for our society.

They are:
- Probation/Parole Officers
- Forensic Professionals: Psychiatric Mental Health Nurses, Psychiatrists, Social Workers, Psychologists, Therapists, and Law Enforcers

**Let Your Heart Sing (exercise)**

- Pedantic futility occurs when you do not operate from the heart (Wilber, 1999)
- Heart Focus
- Heart Breathing
**Society’s Safe-Keepers Are Noble Professionals**

- Protect society
- Nurture a deep sense of justice
- Care for the common good of society
- Engage in legal caring (Ray, 2006)
- Practice Caring Science and Caritas Consciousness

**Benefits**

- Increase authenticity with motivational interviewing
- Improve the quality of supervision
- Experience a positive human interaction with our clients
- Effective case planning based on risk, need & responsivity (Andrews & Bonta 2007)

**Caring Science Objectives**

- Develop compassion for self in the role of Society’s Safe-Keepers.
- Develop a bio-active and biogenic relationships (Watson 2008).
- Demonstrate active listening without the interference of personal judgments.

**“Setting intentionality and consciousness for caring and personal healing”**

(Watson, 2008)

**Caring At The Beginning Of The Day**

(Watson 2008)

- CS theory is applied to practice and research.
- Implement mindful and reflective techniques
The noble work of SSK is stressful

- Decrease productivity
- Physiological, emotional negative effects (Zgraggen, et al., 2005; Garcia-Bueno, Caso, & Leza, 1996).
- Vicarious trauma (McCann & Pearlman, 2006).

Physical Effects Of Stress
(Zgraggen, Fisher et. al. 2005)

- Increased BP
- Localized inflammation
- Increased cholesterol
- Faster blood clotting

This Noble Work Is A Balancing Act

http://veronicawalsh.wordpress.com

Effects Of Stress On Thinking

- Hasty decisions
- Negativity
- Impaired judgment
- Muddled thinking

Neuro-Endocrine Response To Stress

Anterior Pituitary
Adrenalin & Noradrenalin

Hypothalamus
Opioid Peptides

Sympathetic Nervous system

ACTH
Corticosteroids

EEGinfo.com

The Effects Of Stress On Behavior
(Limm, et al., 2011)

- Insomnia
- Restlessness
- Pedantic communication
Emotional Effects Of Stress
(Garcia-Bueno, Caso & Leza, 2008)

- Irritability
- Depression
- Apathy
- Anger

Depleting Emotions
Emotions such as fear, frustration, impatience and anger have a toxic feeling and cause the release of stress hormones. This often results in:

- Reduced muscle mass
- Brain-cell death
- Impaired memory
- Accelerated aging
- Impaired mental function
- Diminished performance

Impact of Stress on Patient Safety

- **Joint Commission** - 2966 sentinel events reviewed: 1995 – 2005. 66% had a root cause due to Communication. (A significant factor to communication breakdowns are stress & inhibited cortical function).
- **National Patient Safety Foundation** - 27% of Medical Mistakes are caused by overworked, hurried and stressed staff.
- **Journal of Health Risk Management** (2002; 22:3-6) concluded stress reduction programs can result in improved clinical performance, fewer medical errors and reduced malpractice risk

Emotions and HRV

Take in the good
Type I  BIOPASSIVE – apathetic and detached
Type II  BIOSTATIC - cold or treated as nuisance
Type III  BIOCIDIC - toxic, leading to anger, despair, and decrease wellbeing
Type IV  BIOACTIVE - life sustaining, kind, caring and concerned
Type V  BIOGENIC - life giving (Life receiving)
(Halldorsdottir, 1991; Watson, 2008).

The Tibetan singing bowls have been used as instruments to induce relaxation and wellness for thousands of years.
Research suggests consistent spiking of alpha brain waves when the bowl is played (Plasier, 2011).
Vicarious Trauma (McCann & Pearlman, 1990)

“Vicarious traumatization (VT) is a transformation in the self of a trauma worker or helper that results from empathic engagement with traumatized clients and their reports of traumatic experiences. Its hallmark is disrupted spirituality, or a disruption in the trauma workers’ perceived meaning and hope” (McCann & Pearlman, 1990).

Question:
Does your work expose you to trauma?

Signs Of Vicarious Trauma (Lipsky & Burk 2009)

- Hyper-vigilance
- Minimizing
- Sense of persecution
- Feeling helpless/Can never do enough
- Anger and cynicism
- Dissociative moment
- Fear

Signs Of Vicarious Trauma (Rothschild, 2006)

- Difficulty managing your emotions
- Difficulty accepting or feeling ok about yourself
- Difficulty managing boundaries
- Problems with relationships
- Physical pain
- Difficulty making connections
- Loss of meaning and hopelessness
Will society’s safe-keepers who engage in the practice of Loving-Kindness with self and others reduce their stress?

**Problem/PICO Question**

**Intervention**

**SELF-CARE DEVELOPMENT WORKSHOP FOR SOCIETY’S SAFE-KEEPERS:**

“Altruistic Values, and Practice Loving-Kindness With Self And Others”

(Watson, 2008)

**Hypothesis**

Probation officers who complete the workshop will have a decrease in perceived stress compared to before taking the workshop.

$H_a: M_1 > M_2$

Pre workshop  Post workshop

**Sample Characteristics**

- All were Probation Officers from Judiciary, State of Hawaii (N = 28)
- Male = (n= 12) 43%; Female = (n= 16) 57%
- Age range = 27 – 62, $M = 42.08, S = 11.73$
- Length of time employed as a probation officer:
  - Median = 7 years, $M = 8.61$ years, $S = 6.43$ years
- Education:
  - Master Degree = 50%; Bachelor Degree = 50%
- Race/Ethnicity:
  - Asian = 61%; White = 14%; Hispanic = 4%; Black = 11%, Native Hawaiian/Pacific Islanders = 7%, Other = 4%
Workshop content

- Caring Science techniques to lower stress
- Define Caritas Process
- Address negative emotions and counter-transferences
- Bio-nature continuum of caring relationships
- Physiology of stress
- Vicarious/secondary trauma
- Active listening and motivational interviewing

Inferential Statistics Paired t-test

N = 28 that took the pre- and post-PSS
Pre-test $M = 14.75, S = 6.22$
Post-test $M = 10.61, S = 6.24$
$t (27) = 5.46, p < .001$
ES = 4.14 points (28% reduction in average score)
95% CI [2.59, 5.75]

Method

- IRB from Brandman University
- Proposal to stakeholders - recruit voluntary probation officers
- Delivered at a Hotel conference room
- Continental breakfast and lunch
- Informed consent
- Pretest (PSS) administered before the 6 Hour workshop
- Follow-up 30 days after the intervention
- Posttest (PSS) administered 30 days later at the Judiciary conference room

Stress Sub-Group Paired t-test

<table>
<thead>
<tr>
<th>HIGH STRESS</th>
<th>LOW STRESS</th>
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<tbody>
<tr>
<td>$M = 18.9, S = 4.358$</td>
<td>$M = 9.16, S = 3.069$</td>
</tr>
<tr>
<td>$t (15) = 3.95, p = .001$</td>
<td>$t (11) = 4.43, p = .001$</td>
</tr>
<tr>
<td>ES = 4.75 (25%)</td>
<td>ES = 3.33 (36%)</td>
</tr>
<tr>
<td>95% CI [2.19, 7.31]</td>
<td>95% CI [1.68, 4.99]</td>
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Outcome

The participants’ score on the Perceived Stress Scale (PSS)

(Cohen, Kamarck, Mermelstein, 1983)

Relevance

Which of the elements of the workshop have you used in the last 30 days?
Pre-Workshop

Post-Workshop

Discussion

- The workshop is effective in reducing stress
- It is effective in teaching the vocabulary of caring
- Participants practice the skills taught
- The effect is not transient; it is sustained at least 30 days
- Supported the effect of workshop with weekly emails

Value In Their Words

- A theory of nursing is more broadly relevant than previously known – it is applicable to the daily practice of probation officers
- A brief intervention based on the theory can lead to long-term changes (30 days) in behavior in the workplace
- These changes in PO behavior may lead to reductions in the negative consequences of this high stress occupation
- These changes in PO behavior may lead to better outcomes for clients because of its focus on demonstrating caring for them

Would you recommend the workshop?

96% said yes
4% did not answer

Impact of Reducing Stress

- Improves health and quality of life (Limm, et al., 2011)
- Decreases staff turn-over (Wolever, et al., 2012)
- Decreases absences from work (Wolever, et al, 2012)
- Improve immune system (Segerstron, 2010)
- Increases caring in the supervision relationship. (Watson, 2008)
- Reduce ruminative thinking, increase self-compassion, and empathy (Chiesa, & Serretti, 2009)
References

SEE REFERENCE LIST

THANK YOU

http://brandman.edu/nursing