

BACKGROUND

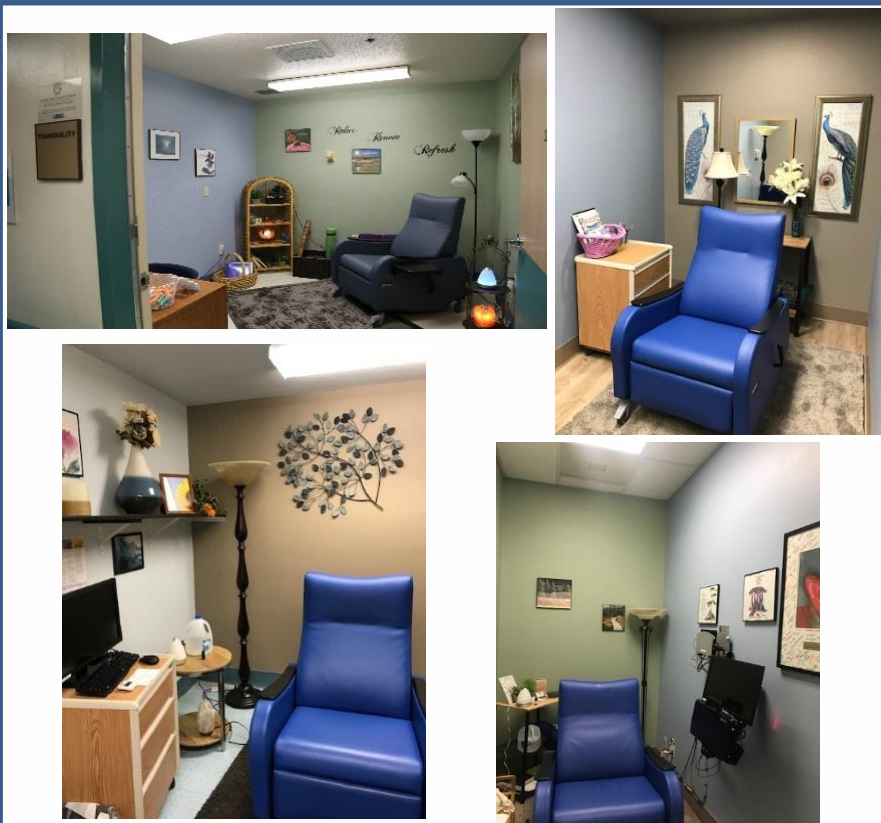
- Jobs in the **healthcare** industry are among the **most stressful** in the U.S.
- Work hours, burn-out, compassion fatigue, overtime, and conflict make **self-care difficult**.
- Lack of self-care** can render any health care worker **ineffective on the job**.
- In a hospital setting, **quiet rooms are** playing a critical role in **mitigating severe and/or overwhelming stress** often experienced by staff during shifts that **exhaust** emotional and mental reserves.
- Quiet rooms** have been shown to **promote well-being and resiliency**.
- UMC has created **Tranquility Rooms** for staff as **safe spaces** where they can relax, calm, and de-stress for a time.
- It is hoped that staff will **regain** necessary emotional, mental, and physical **resiliency**, thereby **restoring** work **effectiveness**.

PURPOSE

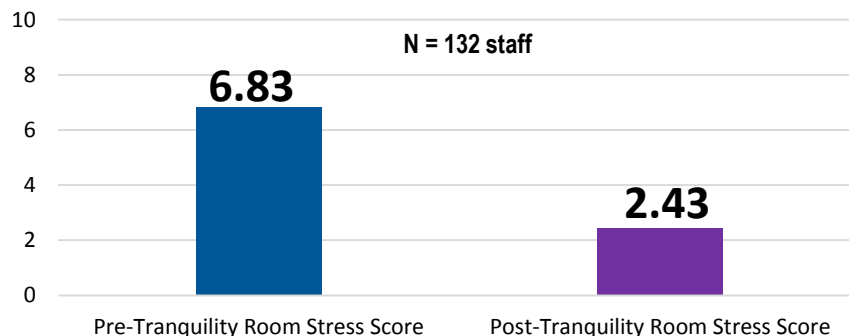
To explore the **feasibility** of maintaining the Tranquility Rooms **permanently**, and possibly **creating more rooms**, UMC's Tranquility Rooms were evaluated for **their effectiveness** in **reducing stress** experienced by staff.

METHODS

Each **Tranquility Room** is decorated as a **home-like room**, offering the **C.A.R.E. Channel**, an **essential oil diffuser**, **ambient lighting**, a comfortable **recliner**, and several **modalities** known for their **calming effects**. **132 staff**, from December 2019 to September 2020, **voluntarily** completed **10-point Likert scales** to measure perceived stress **before versus after** using the **Tranquility Rooms**.

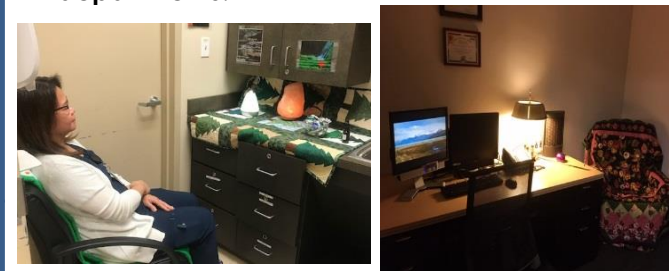


Pre- vs. Post-Tranquility Room Use



RESULTS and CONCLUSIONS

- The **Tranquility Rooms** demonstrated significant **reduction** in employee stress while on-the-job.
- Staff stated the rooms **reduced stress** and helped them **perform more effectively**.
- The rooms were used throughout **all work shifts**.
- Staff have commented they do not want it known **how often** they are **using the rooms**.
- Staff are **asking for more** Tranquility Rooms.
- Because of the **positive response**, UMC is looking for ways to create **more Tranquility Rooms** throughout the hospital.
- Additional Tranquility Rooms** would **reduce travel time** required for **busy staff**.
- Some staff have taken it upon themselves to **create** Tranquility Rooms **within** their own departments.



- According to **JAMA**, hospitals with **better nursing work environments** for nurses provided **better quality patient care**.

REFERENCES

References available on request.

