

# Zen Den

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## PICO

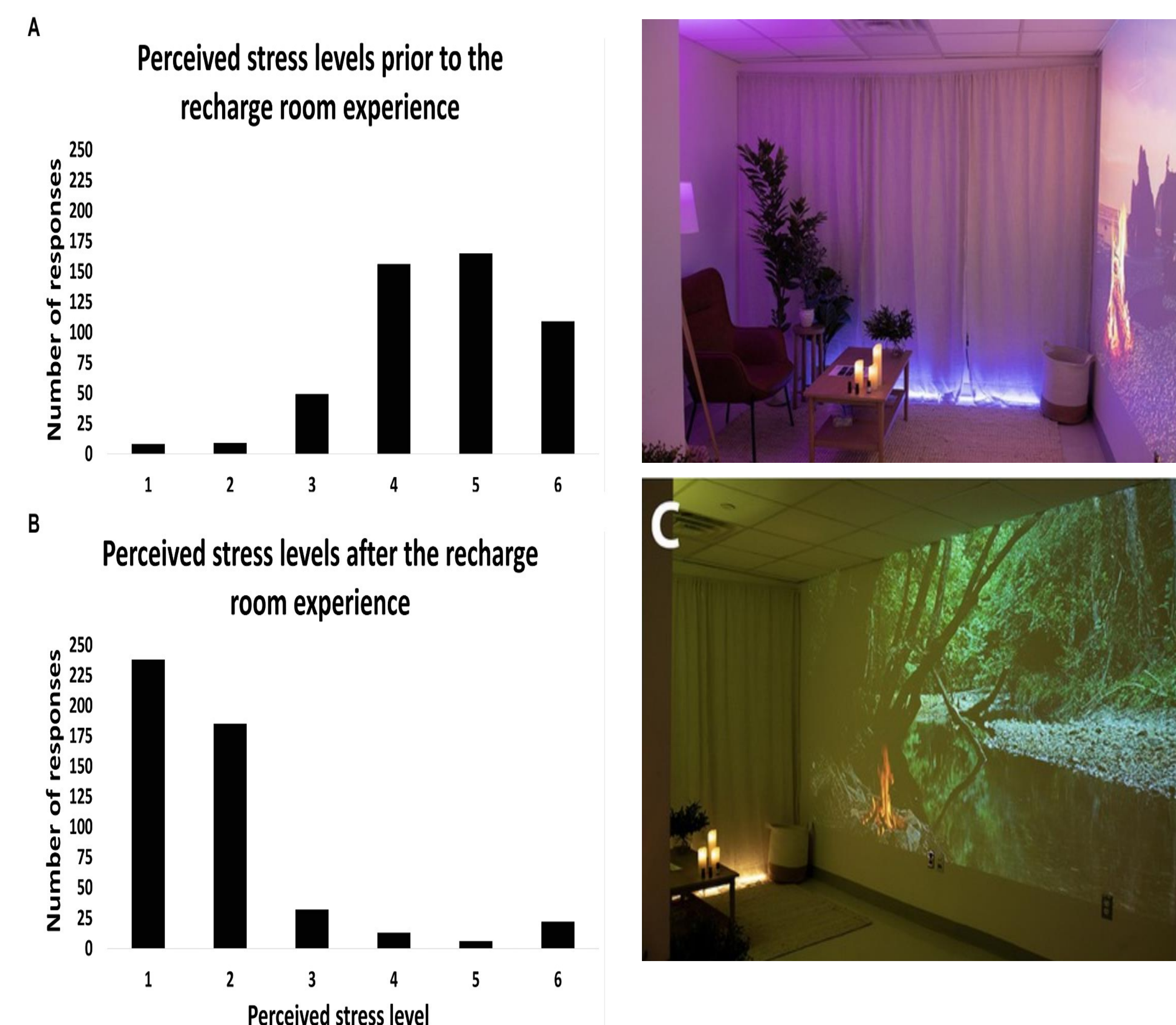
Would nurses on 8 Dean benefit through the use of a “Zen Den” by reducing stress levels and improve burnout when compared to nurses that do not have access to one?

## BACKGROUND

- Healthcare workers are immersed in stressful stimuli, often without resources to help them cope with negative thoughts, difficult situations, nor opportunity to relax, meditate, and recharge.
- High quality break spaces noted as crucial for improving job satisfaction. Specifically, RNs who utilized “Zen Dens” stated that they were effective in short term reduction of stress.
- Improving nurses’ mental and physical health promotes positive patient outcomes and can lead to a decrease in burnout.

## FINDINGS

- Evidence shows that time in the “Zen Den” made a measurable impact on the morale of staff.
- Nurse leaders reported high-quality break spaces were important for increasing nurses’ job satisfaction and performance, and alleviating work-related health concerns.
- Within 15 minutes of utilizing the “Zen Den”, the average user-reported stress level saw a 59.6% reduction.



## CONCLUSIONS

Healthcare professionals benefit from a relaxation room: as it will:

- Decrease stress
- Reduce “burnout”
- Give staff the opportunity to recharge when overwhelmed
- Creates a safe space to relax/meditate

## RECOMMENDATIONS

- The hospital should incorporate this change as it will have a positive effect on staff satisfaction.
- It is recommended to spend a total of five to fifteen minutes in the “Zen Den” room and destress.
- A sign in sheet will be provided that keeps a record of how many participants per week.
- The next group can implement a survey and analyzing the impact of the room and how it decreases stress levels for the staff on 8 Dean.

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REFERENCES

