

Resilience training could help prevent burnout in ICU nurses

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(HealthDay)—A multimodal resilience training program is feasible and acceptable for intensive care unit (ICU) nurses, according to a study published in the November issue of the *American Journal of Critical Care*.

Meredith Mealer, Ph.D., from the University of Colorado School of Medicine in Aurora, and colleagues performed a 12-week [intervention](#) study to examine whether a multimodal [resilience](#) training program is feasible and acceptable for ICU nurses. Before and after the intervention, treatment and control groups completed demographic questionnaires and measures of resilience, anxiety, depression, posttraumatic stress disorder (PTSD), and burnout syndrome. A two-day educational workshop, written exposure sessions, event-triggered counseling sessions, mindfulness-based stress reduction exercises, and a protocolized aerobic exercise regimen were included in the intervention.

The researchers found that the program was feasible and acceptable for ICU nurses. A significant decrease was seen in PTSD symptom score after the intervention in both the treatment group and the control group.

"A sufficiently powered, randomized clinical trial is needed to assess the effect of the intervention on improving individuals' level of resilience and improving psychological outcomes such as symptoms of anxiety, depression, burnout syndrome, and PTSD," the authors write.

More information: [Abstract](#)
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