

Introduction

- Emergency department (ED) registered nurses (RNs) can suffer from negative moods.
- Studies have shown low psychological well-being, poorer job satisfaction, higher burnout for RN in high-acute settings such as the ED (Trousselard et al., 2016).
- Pet therapy is a non-pharmacological method designed to improve physical, mental, and social well-being.

Background and Significance

- Nurses in the ED have one of the highest turnover rates costing a hospital on average \$5.2 million to \$8.1 million (Colosi, 2016).
- Pet therapy has shown to improve mood for patients in the hospital setting.
- In the 19th century Florence Nightingale also had birds to bring a source of pleasure to patients.
- Incorporating pet therapy for staff, specifically RNs in the ED, can be an effective method to improve mood.

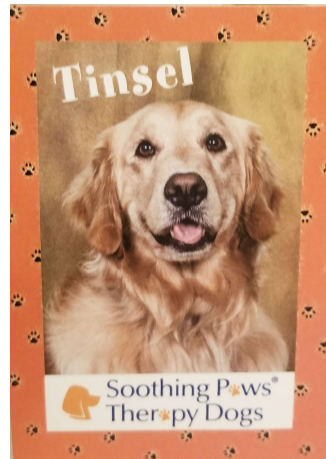
Aim

- Determine the impact of pet therapy as an intervention on mood levels of RNs working in the critical care setting of the ED at a regional level I trauma center in New Jersey.



Methodology

- Quasi-experimental design with a pre- and post-test design.
- A four-question demographic questionnaire about gender, age, years of experience, and pet ownership.
- Participants included: full-time, part-time, and per diem staff registered nurses, as well as charge nurses.
- The Abbreviated Profile of Mood State (POMS) questionnaire was administered before and after the pet therapy intervention.
- Pet therapy interaction range from 5-10 minutes.
- Statistical Package for the Social Sciences (SPSS) Version 26 was used for data analysis



Results

- 44 - RNs participated
- 2 - unable to complete both the pre and post test
- 1 – did not fully complete the pre-test
- 1 – did not fully complete the post test
- 10 - completed the pre and post test but did not complete the demographics
- A Wilcoxon Signed Ranks Test was used to analyze the pre and post test's Total Mood Disturbance which showed statistical significance at $p < 0.0005$ with the significance level of $\alpha = 0.005$

Discussion

- The Abbreviated POMS is made up of 7 subscales which calculates Total Mood Disturbance (TMD)
- Higher TMD scores indicate a greater degree of mood disturbance.
- Interacting with pet therapy can improve mood
- Improving the mood of employees may improve interactions with patients
- It may decrease turnover rates

References

- See separate Handout

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Test Statistics ^a										
	Post_TEN-TEN	Post_ANG-ANG	Post_FAT-FAT	Post_DEP-DEP	Post_CON-CON	Post_ERA-ERA	Post_VIG-VIG	Post_Negative_Moods	Post_Positive_Moods	Post_Total_Mood_Disturbance
Z	-5.098 ^b	-4.725 ^b	-5.027 ^b	-4.427 ^b	-4.692 ^b	-1.724 ^c	-.912 ^c	-5.424 ^b	-1.565 ^c	-5.146 ^b
Asymp. Sig. (2-tailed)	.000	.000	.000	.000	.000	.085	.362	.000	.117	.000

a. Wilcoxon Signed Ranks Test
b. Based on positive ranks.
c. Based on negative ranks.