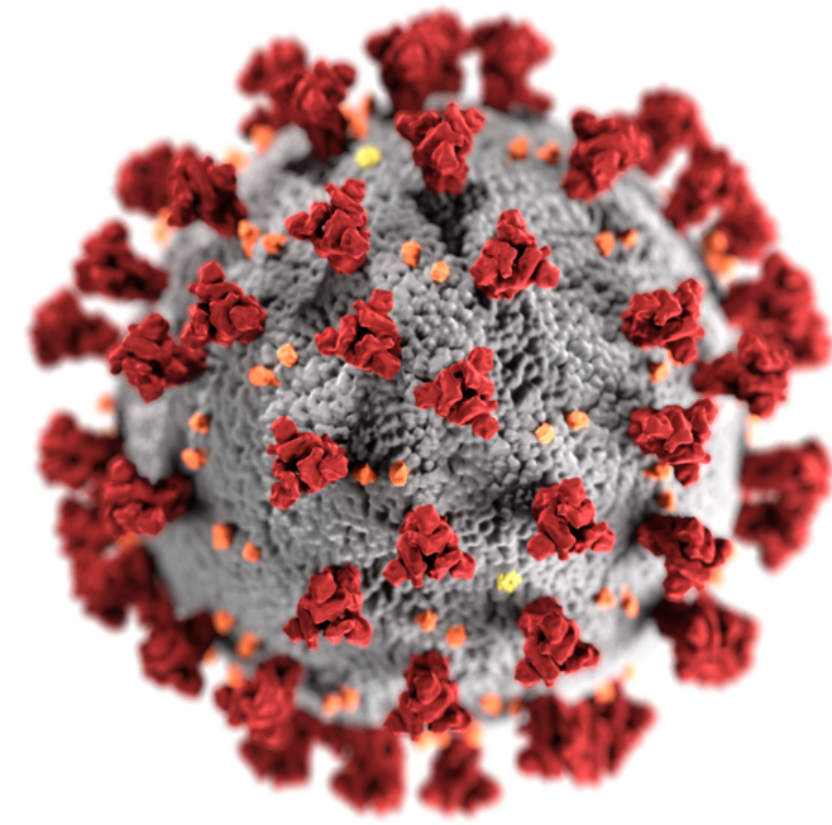


Introduction

- Evaluation of The Online Humor Video Program to reduce stress in healthcare professionals during the COVID-19 pandemic.



Background & Significance

- Healthcare is considered one of the most stressful occupations due to the direct human contact required and the need for rapid decision-making skills which creates a high risk for adverse outcomes.
- Research reveals increased levels of stress in healthcare professionals during epidemic/pandemic situations.
- Common themes creating elevated levels of stress due to the COVID-19 pandemic:
 - Increased patient volume
 - Increase staff to patient ratios
 - Inadequate personal protective equipment
 - Lack of staff
 - Moral distress from making ethically difficult decisions
 - Fear of spreading the disease to loved ones
- Research reveals increased levels of stress from COVID can lead to:
 - Burnout**
 - Increased levels of depression and anxiety**
 - Suicidal thoughts**
- Research shows laughter and humor have a positive impact on stress level.
 - *Physiological benefits:* muscle relaxation, stimulates circulation, improves respirations, enhances mental functioning, and decreases stress hormones
 - *Psychological benefits:* elevating mood, enhancing memory, promotes psychological wellbeing and most importantly reduces stress



Does the Online Humor Video Program decrease stress levels of healthcare professionals at a community health center during COVID-19 pandemic?



Scan Me

Scan for additional information.

Methods

- Quality improvement project using convenience sample of healthcare professionals at community healthcare center.
- Perceived Stress Scale-10 (PSS-10) will be used as Pre-Intervention and Post-Intervention Survey to determine participants stress levels
- **The Online Humor Video Program:** participants watched a provided humorous video twice a week, for 4 weeks.
 - The video is accessed on YouTube and contains various improv skits.
- 3 Step Process:
 1. Pre-Intervention Survey
 2. Participation in The Online Humor Video Program
 3. Post-Intervention Survey
- Data was collected using Survey Monkey and results were de-identified.

Results

- Twenty-one healthcare professionals were recruited
 - Six completed preintervention survey, only two completed postintervention survey
- The average PSS-10 scores decreased postintervention.

Preintervention PSS-10 Score	Postintervention PSS-10 Score
11	9.5

Discussion/Limitations/Implications

- PSS-10 scores decreased postintervention
- This study was limited by small sample size, future research can prove statistical significance by using larger sample
- The Online Humor Video Program can be utilized by individuals as coping mechanism for ANY stressful situation
- Generalization of PSS-10 allows for use in additional healthcare organizations as well as other environments in the future.
- Decreasing stress of healthcare providers is essential to provide safe, quality patient care and prevent burnout