

Summary Abstracts 2023-4 Journal

Editor's Column

This standard feature provides commentary from the current *Journal* Editor, Kim Stanchfield, RN, COHN-S. She reflects on the five guiding principles for occupational health to ensure staff are fit for duty, resulting in excellent health and safety outcomes.

Staying Current on Government Affairs

In his *Journal* column, Stephen Burt, MFA, BS, AOHP Government Affairs Committee Chair, provides analysis of recent government affairs activities. According to the Centers for Disease Control and Prevention, reporting of healthcare worker harassment more than doubled between 2018 and 2022, causing burnout, lack of trust in management, and staffing shortages. For this issue, Burt examines the Equal Employment Opportunity Commission's updated guidance on workplace harassment, which includes legal standards and examples of potential claims.

Association Community Liaison Report

This regular *Journal* article details how AOHP gains visibility as an expert regarding occupational health issues. In this edition, Bobbi Jo Hurst, BSN, RN, MBA, COHN-S, provides updates on healthcare worker wellbeing from the National Institute for Occupational Safety and Health (NIOSH). She also discusses Occupational Safety and Health Administration (OSHA) data collection, workplace safety, and standards updates.

Perspectives in Healthcare Safety

Cory Worden, PhD (ABD), MS, CSHM, CSP, CHSP, ARM, REM, CESCO, shares his insights on occupational safety in healthcare in this standing column. This issue's feature – *Surviving Safety – Part Four* – explores the use of leading indicators to validate whether a safety management system is working, to identify what improvements might be needed in the future, and to keep leaders updated on safety in the workplace.

Research: Empowering Innovation in Occupational Health

Asha Roy, PhD, MBA, MAS, MS, OTD, OTR/L, CSPHP, reviews process improvement and evidence-based practice as essential drivers of transformation that are necessary to navigate the dynamic healthcare environment. She also provides information about AOHP's Julie Schmid Research Scholarship and encourages readers to apply for this financial support of their pioneering performance initiatives, quality development endeavors, and research that can revolutionize occupational health practice in today's evolving landscape.

Preserving the Bedside Nurse: Grip Strength and Orthopedic Problems Among Nurses and Nursing Students

Bedside nurses and nursing students are at increased risk of musculoskeletal injury due to the physicality and complexity of their work. Grip strength is a reliable measure of overall strength that may be combined with ergonomic assessments to determine the level of risk for a nurse to experience orthopedic injuries. This study by Robert Harrity, BSN, Robert Semakula, MSN, Salem Dehom, PhD, Ellen D'Errico, PhD, and Lisa Roberts, DPh, explores the relationship between grip strength and orthopedic injuries or pain among nurses and nursing students.

Facilitating Mental Health Treatment Through Proactive Screening and Concierge Services in the Workplace

Mental health conditions are prevalent, undetected, and undertreated, especially after stressful life events. The proportion of individuals with mental disorders who go untreated exceeds 50% for many conditions, and significant barriers to mental health diagnosis and treatment exist. The aim of this study is to determine if a proactive employer-sponsored mental health program closed gaps in detection and treatment of mental health conditions. Study authors include: Maren S. Fragala, PhD; Carmen H. Tong, MS; Jennifer L. Hunter, LISW-S; Nicole A. Jelovic, LISW-S; Joanna I. Hayward, PhD; Susan Carr, MPH; Paul M. Kim, MD, PhD; Matthew E. Peters, MD; and Charles E. Birse, PhD.

Nurse Anesthesia Diversion Prevention: A Knowledge and Needs Gap Analysis

Substance misuse is an occupational health problem for anesthesia providers (AP), and no standard exists for addressing drug diversion with AP. This misuse results in severe consequences to both providers and patients. The purpose of this quality improvement project was to evaluate the use of a knowledge and needs assessment to inform the development of a successful drug diversion prevention program for certified registered nurse anesthetists and student registered nurse anesthetists. Authors are Joshua Ades, DNP, CRNA, Christopher Sims, DNP, CRNA, Shea Polancich, PhD, RN, and Stephanie Hammond, DNP, CRNP, ANP-BC, COHN-S.

Should Mindfulness for Health Care Workers Go Virtual?: A Mindfulness-Based Intervention Using Virtual Reality and Heart Rate Variability in the Emergency Department

Burnout in the medical community has traditionally been addressed with time-consuming, poorly accessible, and unsustainable interventions. A study by King Pascual, MAT, Amiad Fredman, MD, Athanasios Naum, BS, Chaitrali Patil, BS, and Neal Sikka, MD, demonstrated a brief mindfulness-based intervention (MBI) that is novel, engaging, and impactful both on subjective and objective measures of stress. Study findings revealed that virtual reality (VR)-based guided meditations show great promise as an accessible and therapeutic MBI for healthcare workers, even in fast-paced, highly dynamic occupational settings. When introducing mindfulness meditations into the workplace, VR may be a more effective meditation platform compared with standalone mobile meditation apps, especially when used on a routine basis.