

FOR ADDITIONAL SUPPORTING DATA CONTACT DR. BULBROOK

**#2226 NURSES HEALTH & WELLBEING:
ACTION ADDRESSING CLINICAL BURNOUT & BURNUP**

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THE BULBROOK MODEL

MARY JO BULBROOK

NURSESTAKE2

Heart to Heart – Soul to Soul

Nurses Take 2 is committed to a co-creative process using innovative educational solutions to address the need of Burnup and Burnout. This commitment reflected in our core values of health, healing, happiness, empowerment, enrichment, energy, spirituality, soul-light and safety.

Plus: AMERICAN HOLISTIC NURSES ASSOCIATION CORPORATE TOOLKIT The American Holistic Nurses Association (AHNA) has created a universal toolkit addressing nurses health & wellbeing to provide actions addressing clinical burnout and burnup. The practice committee of AHNA followed the footsteps of the National Academies of Medicine, Consensus Study Report to take action against clinician burnout - a systems approach to professional well-being.

Self-care toolkit designed and available on the AHNA website www.AHNA.org/holistic-pain-tools.

The AHNA ToolKit addresses burnout & stages of moral injury; resilience tools; multidimensional approach/systems support - self-care, support culture of the unit and organizational support; advocate for systems through cost analysis and staff turnover and patient satisfaction; power of “3” — 3 things nurse can do, 3 things unit can do, 3 things hospitals can do; package resources; cost analysis. The target audience is both the individual nurse, transformational leadership in the organization and the organization itself.



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