



HOLISTIC INTEGRATIVE HEALTH NURSING TRAINING PROGRAM

A Report for RTW Charitable Foundation





WITH GRATITUDE

It is with great pleasure and immense gratitude that we share this final report on the RTW Holistic Integrative Health Nursing Training Program. Your generosity and partnership with NYU Langone Health's (NYULH) Department of Nursing and Patient Care Services has provided **10 exceptional fellows** with dedicated time and resources to fully immerse themselves in this experience.

The Coronavirus Pandemic (COVID-19) was a particularly challenging time for our nursing staff. Its effects on their physical, emotional, and mental well-being were profound. Your support, however, allowed us to address many of these difficulties and make significant strides towards mitigating their impact. Our fellows have now returned to their roles with renewed vigor and a greater sense of purpose.

Once again, thank you for your philanthropic dedication and belief in the transformative power of education and holistic health care. The impact of your support will be felt for years to come as our fellows continue to apply the knowledge and skills gained through this program to better care for their patients, colleagues, and themselves. As you read through this report, we hope that you will be proud of how you have contributed to making this possible.

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Participating in the an RTW Holistic Integrative Health Nursing Training Program rejuvenated my passion for clinical nursing. It was such a positive experience! I am extremely grateful for the opportunity to learn, to grow, to connect with others and to support both my patients and colleagues. In many ways, this program reminded me to pause, remember self-care and be the best version of myself. This was especially welcome after the last three years of working as a nurse in New York City during the COVID-19 Pandemic.

- BRENDA JANTSCH, BSN, RN, RNC-OB, C-EFM, LCCE



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I am so proud of myself and all I accomplished during the fellowship! My heart is full because several of my oncology patients have used the breathing techniques I taught them while at home with their families and it helped them all with their stress. I have so much gratitude for the RTW Charitable Foundation, for having been afforded the opportunity to participate in this training program, and for the invaluable guidance I received from my mentor throughout the program.

- ROSANNA SCHIFILLITI, RN, BSN

PROGRAM SUMMARY

The RTW Holistic Integrative Health Nursing Training Program educated and supported a cohort of nurse fellows from various high-need and high-risk specialty areas across the NYULH enterprise in non-pharmacological holistic integrative health approaches. This comprehensive training program involved a combination of self-directed learning and in-person experiential activities, providing fellows with a rich learning environment to practice and implement acquired modalities.

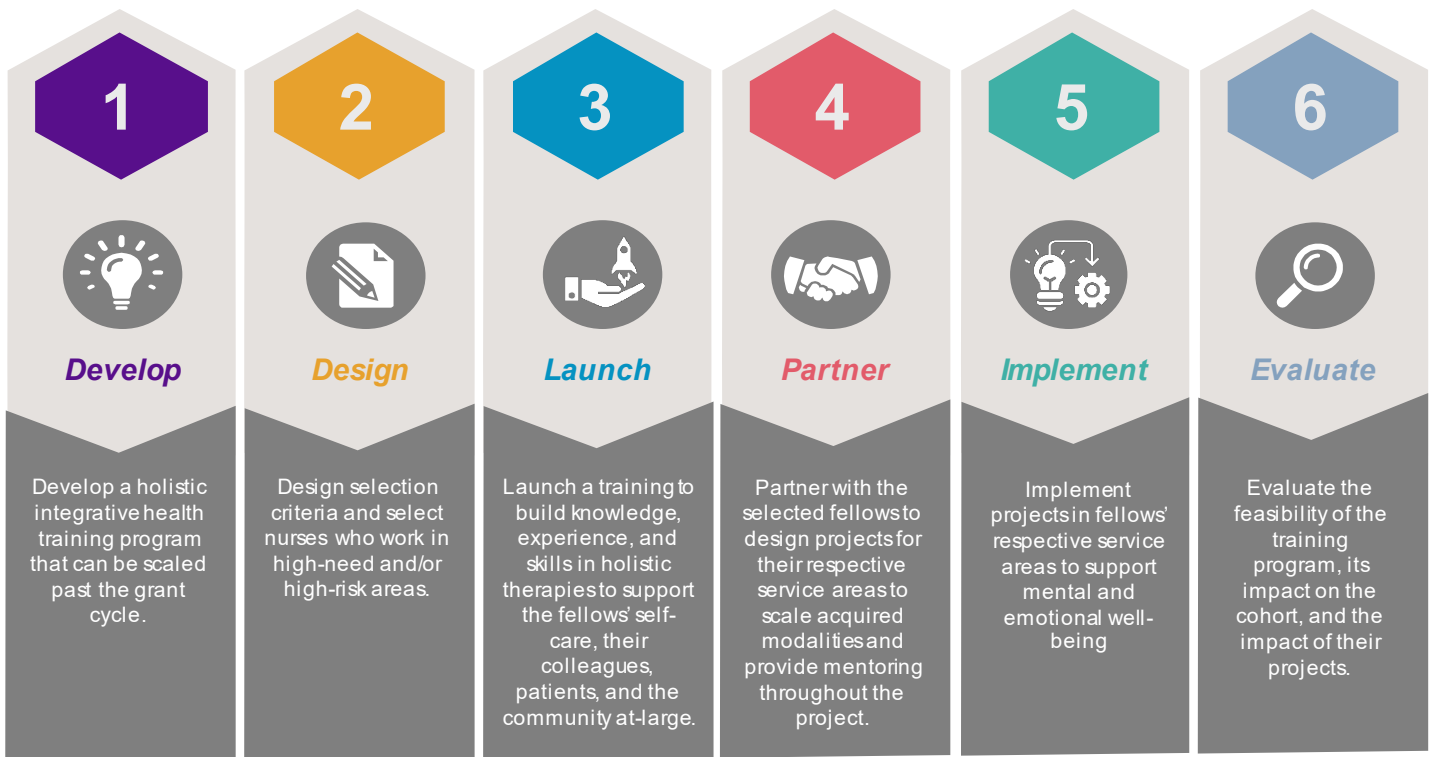
Self-care and peer-to-peer healing techniques were incorporated in the program to address the challenges of prolonged stress, burnout, and compassion fatigue. Fellows also received over **200 hours of intensive mentorship**, collaborating closely with holistic nurses in NYULH's Department of Integrative Health (DIH).

As a result of their participation in the program, fellows were empowered to initiate projects that positively influenced the mental and emotional well-being of their patients and colleagues. This transformative approach is scalable beyond the grant cycle and has cultivated critical change in multiple care settings across the NYULH enterprise.

The Four Pillars of The RTW Holistic Integrative Health Nursing Training Program were:

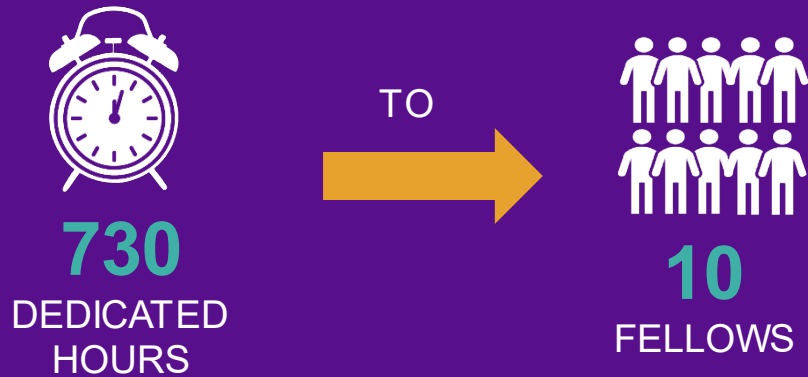
- 1) Self-Reflection, Self-Development, & Self-Care
- 2) Holistic & Integrative Health Education
- 3) Mentorship
- 4) Holistic Caring of Others

We are pleased to share that we successfully achieved the **six primary goals** set out to:



THE IMPACT OF YOUR SUPPORT

The invaluable support of your COVID-19 Recovery Grant enabled us to provide



across a vast range of high-risk specialty areas including: *Labor and Delivery (L&D), Oncology Radiation, Emergency Department (ED), Operation Room (OR), the Post-Anesthesia Care Unit (PACU), Intensive Care Unit (ICU), Psychiatry and Transplant*. The fellows' projects have already had far-reaching impacts among:



The collective efforts and the dedication of all involved have contributed to a stronger and more resilient health care community, enhancing the quality of patient care and fostering a culture of innovation and excellence.



The DIH team sharing Reiki techniques with the fellows on January 25, 2023; pictured here are fellows: Maryellen Rooney, Rajat Dey, Diana Lew-Chi, and Maria Reiss; mentors: Erica Alinkofsky and Kelly Williams; and DIH staff: Devynn Emory, Efi Nunez, Tina Kachnowski, and Darah Salmaggi

THE FELLOWS & THEIR PROJECTS

Brenda Jantsch, BSN, RN, RNC-OB, c-EFM, LCCE, L&D

Implementation of A Perinatal Bereavement Coordinator: Providing Integrative Support for Patients and Staff

Recognizing the need for emotional support, human connection, and mentoring for staff nurses facing perinatal loss, Brenda attended bereavement coordinator training and began offering 1:1 sessions with nurses involved in such situations within a week of their shifts. Since March 2023, Brenda has provided peer support to 18 nurses, with 15 nurses responding favorably and expressing gratitude for her support. Some nurses even sought additional mental health support. Brenda continues to meet with staff, sharing resources for mental health support and wellness. Her next steps involve setting up communication for all affected staff, including residents, attending physicians, patient care technicians, and surgical technicians, and incorporating in-person bereavement care training into the Labor and Delivery postpartum nursing orientation.

Diana Lew-Chi, RN/CNOR, Weekend Clinical Coordinator, OR

Guided Breathing & Progressive Muscle Relaxation to Improve Staff Well-Being

Diana introduced self-care, self-renewal, resilience, and mindfulness to her colleagues in response to observed stress, anxiety, and emotional burden. Initially, she conducted 1:1 sessions teaching breathing exercises and progressive muscle relaxation (PMR), and introduced services offered by the DIH. To reach more staff, Diana created a video in-service called "Monday Mindful Moments," that was shared with all perioperative departments at NYULH. The video encouraged mindful assessment and relaxation breathing techniques. A post-survey showed that 90% of OR employees found the interventions helpful, with 72% interested in additional wellness interventions. To continue supporting the OR staff, Diana plans to create regular "Monday Mindful Moments" through videos or whiteboard messages and introduce "Wellness Wednesdays" for scheduled 1:1 guided sessions.

THE FELLOWS & THEIR PROJECTS

Itzla Gutierrez, RN, Staff Nurse, Orthopedic Medicine

Wellness Space as a Means of Restorative Care for Nurses

Aware of the varying patient acuity levels on the orthopedic floor and the increased demands on nursing staff, Itzla set out to improve self-care, morale, and reduce stress levels. She created a wellness room on the medical-surgical transition unit equipped with aromatherapy, ambient light, a wellness board with tips, and an art board for drawing and writing words of encouragement. Attendees of the wellness room provided positive feedback in a survey, expressing interest in a larger, permanent room accessible to multiple people. They also expressed an interest in 1:1 sessions for self-care and well-being promotion. Itzla's efforts have prompted discussions with management to establish a permanent wellness room for staff, and she has partnered with the DIH to offer staff support sessions for both day and night shifts. Additionally, she continues to promote wellness through meditation and mindfulness practices with guides placed at various locations on the unit.

Katrina Vigo, MSN, RNC-MNN, Nurse Clinician, Post-Partum Family Care Suite

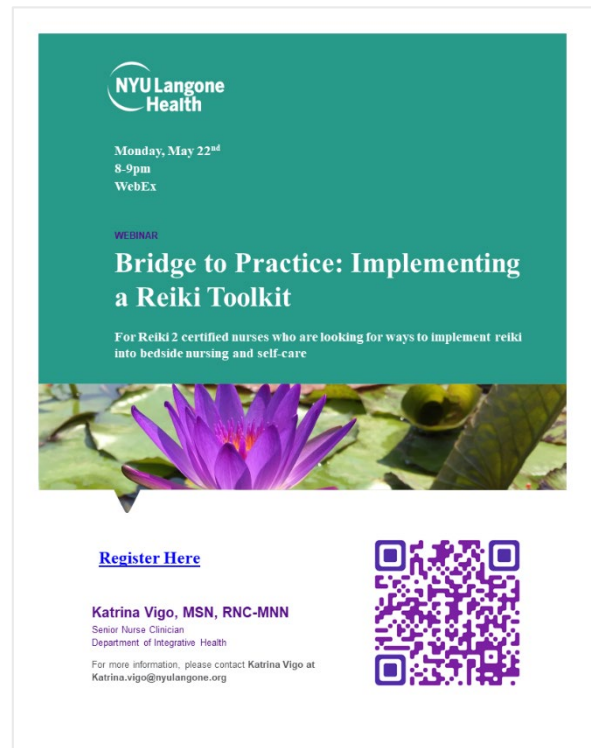
Bridge to Practice: Implementing a Reiki Toolkit

Katrina identified a need for Reiki certified nurses at NYULH to have a framework for utilizing Reiki as a nursing intervention and self-care modality. In turn she developed a Bridge to Reiki Practice Toolkit, which included updating the NYULH policy to incorporate Reiki as a nursing intervention, revising nursing documentation, addressing barriers to workflow integrations, and providing a framework for implementation at the bedside and for self-care. An impressive 100% of nurses agreed or strongly agreed that they would use the training to incorporate Reiki into their practice. To ensure sustainability, Katrina is collaborating with the DIH to establish a Reiki Community of Practice, offering Bridge to Practice workshops and Reiki circle practices.

Maria Reiss, BSN, RN, CCRN, CPAN, HN-BC, Senior Nurse Clinician, PACU

Prepare for Surgery, Heal Faster: Introduction and Educational Roll out at NYULH – Long Island

The Prepare for Surgery, Heal Faster™ (PFS) Workshop is a mind-body stress reduction resource for perioperative patients at NYULH. Although available at the Manhattan and Brooklyn campuses, Maria noted that nurses and providers at the Long Island campus were unaware of this option and in turn attended a two-day training in the PFS program. She then conducted a survey among 179 perioperative clinical staff to assess their perception of their patients' emotional state pre-procedure revealing high levels of perceived patient stress and anxiety. She also found that 88% of surveyed staff were unfamiliar with the PFS program and were interested in learning more. With the support of NYULH leadership, clinical staff in various departments were educated about the program. The next steps for Maria involve evaluating the impact of this educational campaign on patient participation in the PFS program and fostering collaboration with the DIH.



The flyer is for a webinar titled "Bridge to Practice: Implementing a Reiki Toolkit" by Katrina Vigo, MSN, RNC-MNN. It is scheduled for Monday, May 22nd, from 8-9pm via WebEx. The flyer features the NYU Langone Health logo at the top left. Below the date and time, it says "WEBINAR" and the title. A subtitle reads "For Reiki 2 certified nurses who are looking for ways to implement reiki into bedside nursing and self-care". There is a photograph of a purple lotus flower in the center. At the bottom left, there is a "Register Here" link. At the bottom right, there is a QR code. Contact information for Katrina Vigo is provided at the bottom left.

NYU Langone Health

Monday, May 22nd
8-9pm
WebEx

WEBINAR

Bridge to Practice: Implementing a Reiki Toolkit

For Reiki 2 certified nurses who are looking for ways to implement reiki into bedside nursing and self-care

[Register Here](#)

Katrina Vigo, MSN, RNC-MNN
Senior Nurse Clinician
Department of Integrative Health

For more information, please contact Katrina Vigo at Katrina.vigo@nyulangone.org

THE FELLOWS & THEIR PROJECTS

Maryellen Rooney, RN, BSN, CCRN-CSC, Clinical Resource Nurse, Transplant/Surgical ICU

Midnight Mindfulness

Maryellen's project focused on teaching night nurses, including many new graduate nurses, brief mindfulness techniques to manage job-related stress. Maryellen conducted 2-3 mindfulness sessions per week and set up a respite room with various mindfulness tools available for staff use. According to survey data, most staff had little or some knowledge of mindful breathing prior to the project, and their understanding of "wellness" varied. However, all participants found the mindful breathing sessions helpful and looked forward to them. By the end of the project, many nurses had a new understanding of wellness, defining it as whole-body well-being, including mental health. Maryellen plans to ensure project sustainability by incorporating mindfulness tools into nurse precepting, extending the project to the day shift team, enhancing the respite room with additional mindfulness resources and encouraging nurses to take ownership of mindful breathing.

Rajat Dey, BSN, RN, Nurse Clinician, Psychiatry & Behavioral Emergency Team

Benefits of Meditation Among Nurses in a Serenity Lounge at the Workplace

Rajat introduced mindfulness-based interventions and wellness resources to night shift Behavioral Emergency Response Team (BERT) nurses who often deal with the emotional and mental stress of patients in crisis. He sought to improve the positive aspects of their well-being, reduce perceived stress, and ensure they were aware of available wellness resources by providing education on employee-sponsored applications through descriptive emails and informative flyers. Those who engaged in meditation sessions using wellness applications, particularly Wellbeats, found the resources effective in improving their well-being and confirmed their knowledge of available support.

Rosanna Schifilliti, RN, BSN, Nurse Clinician, Radiation Oncology

Reducing Patients Anxiety During Radiation Treatments by Teaching them Simple Breathing Techniques While Listening to Guided Meditations

Rosanna's project offered patients the opportunity to learn a simple breathing technique while having their blood pressure taken before their treatment. They then listened to a guided meditation connected to the breathing technique during their radiation session. A majority of patients (56%) and those who opted in all expressed having experienced relaxation during the breathing technique. Some even noticed improvements in their blood pressure measurements. Approximately 78% of patients continued to use the technique throughout their radiation treatment. To support sustainability, Rosanna is sharing the relaxation tool with her nurse colleagues, enabling both staff and more patients to learn and use these techniques for relaxation.

Tara Gillespie, MSN, RN, CNL, CNOR, Nurse Clinician, OR

Complementary Care in the Perioperative Setting

Tara implemented use of the Association of PeriOperative Registered Nurses' approved complementary care modalities for the operating room – namely music therapy, aromatherapy and focused relaxation techniques as the patient is undergoing anesthesia – to teach her colleagues how they can increase patients' feelings of relaxation during the perioperative period. Accordingly, Tara engaged nurses, surgeons, and anesthesiologists during their established workflow. She also provided them with an in-service on breathing techniques to use with patients. Of the 26 patients who opted to include the complementary therapies as part of their care, 80% experienced lower levels of anxiety post-survey and 89% said they would use it again. In addition, many of the OR nurses expressed a desire to continue learning complementary tools to help them/their patients feel more relaxed.

THE FELLOWS & THEIR PROJECTS

Yahaida Moreno, MS, AGACNP-BC, Nurse Clinician, ED

Does Using a Multi-Faceted Approach Decrease Burnout Among Emergency Nursing Staff?

Yahaida implemented multiple interventions to improve well-being among ED staff including Wellness Cafés, self-care weekly newsletters, and visits with the DIH team offering Reiki, M technique, and progressive muscle relaxation. Through these initiatives, she educated over 100 of her ED colleagues, including nurses, doctors, and patient care technicians, on mind-body medicine, self-care, mindful eating, intuitive eating, and focused relaxation breathing tools. In a post-intervention survey, over 81% of ED health care workers reported that the project interventions reduced burnout and enhanced overall well-being, with focused breathing being the most effective intervention. Moving forward, Yahaida plans to integrate evidence-based self-care and integrative therapies into staff support programs and continue fostering a culture of wellness across the interdisciplinary team to enhance health care quality and patient safety.



Yahaida Moreno with her ED colleagues at a Wellness Café event on April 5, 2023

We wish to acknowledge the contributions of the dedicated mentors below whose support, guidance, and leadership were instrumental in making the RTW Holistic Integrative Health Nursing Training Program a success!

Kelly Williams, BSN, RN, HNB-BC
Nurse Manager, Department of Integrative Health

Marci Resnicoff, MSN, RN, AHN-BC, HWNC-BC
Senior Nurse Clinician, Department of Integrative Health

Erica Alinkofsky, BSN, RN, HNB-BC
Senior Nurse Clinician, Certified Integrative Yoga Therapy Teacher,
Department of Integrative Health

Kathleen DeMarco, PhD, NE-BC, CPHQ, RN
System Senior Director of Nursing Wellness and Resilience
System Senior Director Lerner Health Promotion



The RTW Holistic Integrative Health Nursing Training Program graduation took place on June 29, 2023; pictured are a group of fellows, mentors, and members of the DIH team (top row from left to right): Tara Gillespie, Rosanna Schiffilliti, Maria Reiss, Katrina Vigo, and Brenda Jantsch; (bottom row from left to right): Erica Alinkofsky, Efigenia Nunez, Tina Kachnowski, Devynn Emory, Marci Resnicoff, and Kelly Williams

THANK YOU!

APPENDIX A

A financial accounting as to the use and disposition of the Grant funds, signed by a financial officer of the Grant Recipient.