The Utilization of the BHC to Prevent and Address Nursing Staff Burnout in a Rural and Remote Region
Garza, C., Smith, W., Hickey, L., Green, S.

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| *Problem:* Nationwide nursing shortage, particularly in rural and remote regions.  
*Goal:* Create, stabilize and preserve a healthy nursing workforce in a rural and remote region.  
*Objectives:* 1) Identify burnout, compassion fatigue and vicarious trauma symptoms among current nursing staff and students, 2) Develop a needs-based burnout prevention program, 3) Gather qualitative data on program experiences for ongoing development | *Prior to the implementation of the program, all nursing students reported low to average burnout, compassion fatigue and vicarious traumatic stress.*  
*Of the 31 nurses, two nurses reported significant experiences of burnout and vicarious traumatic stress, per PROQOL scoring.*  
*All students reported positive experiences with the program and made recommendations for next semester.* |

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| The Professional Self-Care Scale (Dorociak, 2015) and the Professional Quality of Life Scale [PROQOL] (Stamm, 2009) were used to identify needs among 31 nurses and 4 nursing students.  
A BHC implemented the seven-week burnout prevention program for one hour, once a week in the university classroom. Burnout prevention was taught as a professional competency and students were provided training for development of personal and professional self-care strategies. | *The current project demonstrates the unique role and responsibilities of a rural and remote BHC. As rural and remote healthcare systems strive for workforce retention, the role of the BHC continues to develop as a vital member of the integrated care team.*  
*Low rates of burnout among current nursing staff during springtime informed future workforce retention programs.* |

**CONTACT:** If you would like access to the burnout prevention program or would like to collaborate on program implementation and evaluation, contact Cynthia Garza at cymgarza@gmail.com

**REFERENCES**