



Mental Health & Wellness for NJ Nurses

NJ COLLABORATING CENTER FOR NURSING

NATIONAL DATA

As of the August 2021 ANF Survey, 34% of nurses identified not or not at all emotionally healthy.

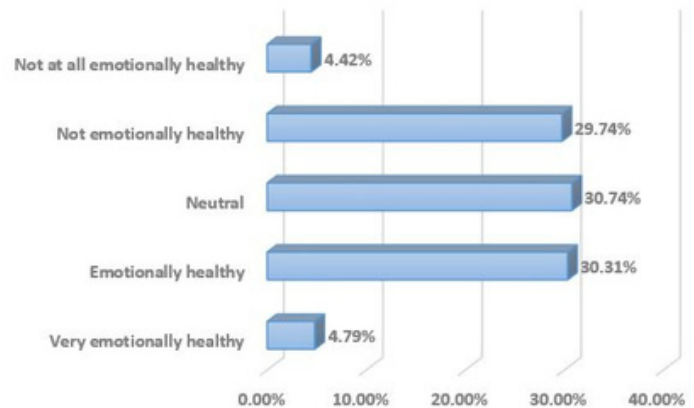
BY ROLE

- 52% of intensive or critical care nurses
- 46% of emergency department nurses
- 44% of medical-surgical nurses
- 40% of acute care (hospital) nurses
- 36% of nursing managers

BY AGE

- 51% of 25-34
- 47% of under 25
- 42% of 35-44
- 35% of 45-54
- 21% of 55 or older

<https://www.nursingworld.org/~4aa484/globalassets/docs/ancc/magnet/mh3-written-report-final.pdf>



NEW JERSEY DATA

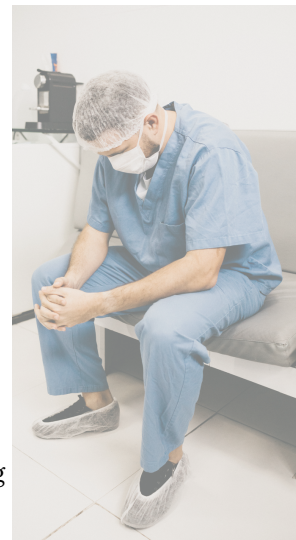
3000 RNs Survey (March 2020 – June 2020)

- 64% of RNs reported burnout. Ten percent of these burnout cases reported a need for mental health intervention
- 37% reported intent to leave the hospital within 12 months

de Cordova, P.B., Johansen, M.L., Grafova, I., Crincoli, S., Prado, J., & Pogorzelska-Maziarz, M. (2020). **Staffing, burnout and intent to leave during COVID-19:** A cross-sectional study of the New Jersey acute care nurse workforce. [Manuscript submitted for publication]. Rutgers, the State University of New Jersey.

ASK

Sustained Funding Support for Nurses



ACTIONS TAKEN

- Schwartz Rounds (2000 participants)
 - Stress First Aid Training (82 trainers in 39 organizations)
 - Peer Support
 - Launch of NJ Nursing Emotional Well-Being Institute (NJ-NEW)
- Funded by NJNI, 2020
- Co-Director, Susan Salmond, EdD, RN, ANEF
Assistant Director, Jennifer Polakowski, MPA

Hear Their Words:

“As a nurse for over 25 years, I have never experienced anything like this before. Our hospital alone had as many as 10 employees pass away from COVID-19. This PTSD that many of the staff experienced and continue to experience is not going away.”

CONTACT

Edna Cadmus PhD, RN, NEA-BC, FAAN
Executive Director, NJCCN
Clinical Professor, Rutgers School of Nursing
P: 973-353-1428
e-mail: ednacadm@sn.rutgers.edu