Introduction: This poster describes how the Theory of Human Caring has been applied in my nursing administration role. The projects discussed are the Mobile Relaxation Cart, the Serenity Room, the Mindfulness Based Stress Reduction for Healthcare Professionals and the Prosperity Plan.

Significance: Theory guided transformative leadership is crucial in nursing administration. It is imperative that caring consciousness guides the hearts and the heads of those who advocate for the nurses at the bedside.

Purpose: The purpose of these projects was to assist the Health Professionals at Shands at the University of Florida in stress reduction and management of Compassion Fatigue.

Setting and Participants: The Mobile Relaxation Cart is a Nurse-led collaborative project between the Shands at the University of Florida Department of Nursing and Patient Services and Shands Arts in Medicine to assist the staff in relaxation and self care. From the success of this program, a permanent place for staff to relax, the Serenity Room was opened. A Mindfulness based stress reduction program for Health Professionals was started and now takes place in the Serenity Room. A research project is now taking place on a “Prosperity Plan” which provides coaching for Registered Nurses.

Project Description: The Mobile Relaxation Cart project, Serenity Room and the Prosperity Plan are based on Watson’s Theory of Human Caring in response to “Compassion Fatigue” noted in the nursing staff. The Mobile Relaxation Cart was developed using the components of caring consciousness, intentionality and caring-healing modalities of Watson’s theory. The inclusion of ‘caring moments’ was applied to the nurses in the hospital. Nurses in the acute and critical care settings are constantly dealing with the aftermath of trauma.

The Mobile Relaxation Cart is an innovation that was developed toward the goal of caring for the professionals, so they can genuinely care for others. The Mobile Relaxation Cart currently goes into two Nursing/Patient Care areas per week for two hours each session. The cart is taken to a different unit of the hospital each session and set up in a room where lights are dimmed and the room is transformed to a quiet serene atmosphere. The staff enters the room to benefit from the atmosphere and activities. The Serenity Room is open 24 hours a day for the staff.

The goal of these programs is to impact direct patient care by offering creative healing opportunities for the caregiver and to reduce the overall stress level of participating hospital staff. These programs strive to increase the caregiver’s sense of being appreciated and the staff’s knowledge of self care while at work. The primary mission of these programs is to explore the
relationship between creativity and healing in restoring physical, emotional and spiritual well being. These programs offer a diversified package of creative healing tools for the caregiver that will continue to adapt to the expressed needs of the deserving staff.

**Project Outcome(s):** There have been over 1500 staff, from Nursing Services, Operations and Medicine who have enjoyed the Mobile Relaxation Cart. A brief questionnaire was given to each participant to voluntarily complete. Over 450 questionnaires have been returned. Ninety-nine percent of the participants responded that the Mobile Relaxation Cart met the objective of providing support to the staff. Participants self reported their stress level before and after the program on a scale of 1-10 with 10 being the highest level of stress. The mean stress level after intervention was 2.7, compared to a mean stress level of 7.3 before. The Serenity Room has had similar positive outcomes. Evaluations showed significant impact on staff sense of value and increased ability to care for patients. Out of 87 evaluations of the room 75 stated that time in the room was considered valuable as “excellent”, and 72 stated increased ability to care for patients as “excellent”. Over 2100 people have used the room. The Serenity Room now has regularly schedule programs and events, such as the Mindfulness Based Stress Reduction Program developed specifically for Health Professionals, yoga, meditation, and Days of Renewal.

**Project Evaluation:** The Mobile Relaxation Cart and Serenity Room are evaluated monthly on an on-going monthly meeting. The group plans expansion of programs as well as dealing with any issues that are brought up.

**Future Directions:** The Caritas Consciousness is a lived experience. It has guided my work which is ever expanding. We have another project on Prosperity Plan/Life Coaching that is currently underway. I am also involved in the public policy committee in the National Academies of Practice which has had Congressional hearings on healthcare reform, calling for Healthcare for all Americans. My involvement in political action is value driven, and based on equanimity toward all humanity.

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