

# RESILIENCE BASED CLINICAL SUPERVISION FOR NURSES (#1385)

## Topic

AS06 SUB-THEME 06: Growing and sustaining the nursing workforce

## Authors

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## Abstract Body

This oral presentation will showcase the benefits of Resilience Based Clinical Supervision for Nurses. Covid-19 has created extraordinary challenges for nurses. The impact on emotional wellbeing and resilience has been significant (Rogers et al 2021). Nurses have delivered care in complex, demanding and stressful circumstances. It is now time to provide additional support for nurses who are still reeling from the pandemic impact personally and professionally. Resilience Based Clinical Supervision (RBCS) is a unique form of clinical supervision which focuses on the emotional regulatory systems motivating a response to a work situation or difficulty (FONS 2021). Elements of mindfulness and reflective discussions within RBCS have been found to enhance wellbeing and resilience leading to an improvement in patient care (FONS 2021). It is underpinned by compassionate focussed therapy approaches. Rogers et al (2022a and 2022b) found that Advanced Practice Nurses' emotional and spiritual wellbeing and resilience has been significantly impacted during Covid. Globally the ICN Nurse Practitioner/Advanced Practice Nurse Network responded to these findings and have piloted RBCS training for 10 members of the Network and offered RBCS to Advanced Practice Nurses globally. The presentation will explore the basis and content of RBCS as well as providing data on the impact RBCS has had on a group of global Advanced Practice Nurses. It will identify how nurses globally can benefit from RBCS and how the model can be simply integrated into practice.