

RESILIENCE BASED CLINICAL SUPERVISION FOR NURSES (#1385)

Melanie Rogers, Minna Miller, Lori Spies, Karen Moore, Kim Lamarche and Jennifer Fournier



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Nurses together: a force for global health

Introduction

Nurses' wellbeing and resilience during Covid-19 was severely challenged. There has not been a bounce back to wellbeing post Covid.

The longstanding impact on emotional and spiritual wellbeing and resilience continues and support is needed to prevent nurses leaving the profession.

Resilience Based Clinical Supervision

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.

RBCS develops self awareness and self-care and supports nurses to question organisational practice that impact negatively on staff.

Recommendations

Employers need to prioritise and provide enhanced well being and support services to nurses and other members of the workforce.

There is an urgent need to offer nurses support. RBCS is one approach which could be offered.

RBCS programme



References:

Foundation of Nursing Studies (2023) *Clinical Supervision Resources*. Available: [Clinical Supervision Resources \(fons.org\)](https://www.fons.org)

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Rogers, M., Windle, A., Wu, L., Taylor, V., & Bale, C. (2022b). Emotional well-being, spiritual well-being and resilience of advanced clinical practitioners in the United Kingdom during COVID-19: an exploratory mixed method study. *Journal of nursing management*, 30(4), 883-891. <https://doi.org/10.1111/jonm.13577>

RBCS includes:

- 6 x 1.5 hours sessions over 4-6 months.
- Co-creation of a safe space.
- Mindfulness.
- Focus on emotional systems and how they impact a situation.
- Consideration of the inner critic.
- Maintaining a compassionate flow to self and others.

Discussion

So far we have run 2 pilot RBCS for Advanced Practice Nurses globally.

Feedback suggests RBCS gives nurses the skills to support their wellbeing and resilience.

Nurses want to take this model into their own practice and are setting up RBCS groups.

The approach is nurturing and compassionate.

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Contact Details

Professor Melanie Rogers can be contacted via email at:
m.rogers@hud.ac.uk