

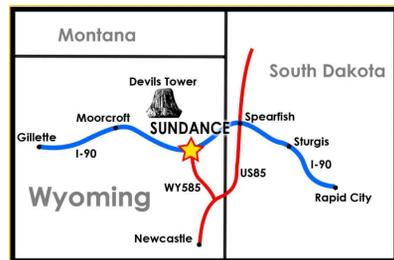
Improving Healthcare Workers' Mental Health in Sundance, WY



Hyrum Hopkin | RUOP III | 2023 | UW School of Medicine

Hypothesis

- Implementing additional work-breaks, that facilitate mindfulness-based stress reduction among workers at Crook County Medical Services District (CCMSD), will improve mental health.



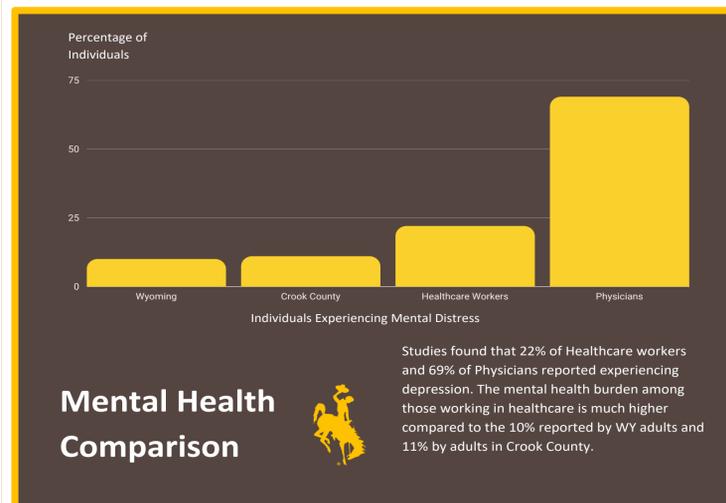
Location of Sundance and surrounding area

Background

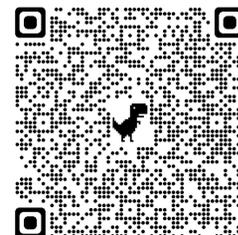
- Crook County Needs Assessment reported the greatest education needs were healthy lifestyle & mental health
- 54% of respondents did not have a mental health specialist they could go to
- CCMSD workers are among the most vulnerable to stress in Sundance, WY

Community Profile / Assets

- The City of Sundance provides areas that may help reduce stress, including parks and the town square
- CCMSD provides primary care, pediatric care, annual physicals, wellness checks, OB/GYN services, and mental health.



Scan QR Code to view source on mental health statistics.



Integrated Review

- Healthcare workers experience increased levels of stress that negatively impacts mental health
- Attributed to large workloads, long shifts, and difficult patients
- Yoga and mindfulness-based stress-reduction education** and practice can decrease anxiety among healthcare workers.
- Implementing **self-determined work breaks** during the workday can reduce stress levels in physicians
- Limitations among the two studies were a lack of control, length of study, study size, and adherence
- Strengths include a population that is comparable to the workforce at CCMSD, system of collecting data, significant results, and specific inclusion criteria

Conclusions

- CCMSD has support from the CEO and Medical Director to help facilitate this intervention
- CCMSD has an area in the building that they are willing to use for mindfulness-based stress reduction, including yoga
- A challenge in implementing this intervention will be the ability to arrange the schedule to allow for each employee to have a break.



Sundance Clinic: CCMSD



Acknowledgments

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