

# NURSES CUT STRESS 40% WITH RELAXATION STEPS AT WORK



*Ohio State study shows dramatic stress reduction among ICU nurses*

**Suggested date of use:** Generic

*The Ohio State University Wexner Medical Center*

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<b>SUGGESTED TEASE</b>	STILL TO COME, WE ALL HAVE TO DEAL WITH STRESS AT WORK, BUT PROBABLY NOT LIKE THESE FOLKS. HOW THESE I-C-U EMPLOYEES LEARNED TO MANAGE THEIR STRESS, AND TIPS THAT COULD HELP YOU, NEXT IN HEALTH NEWS.
<b>ANCHOR LEAD</b>	MORE THAN 40-PERCENT OF AMERICANS RATE THEIR JOBS AS “VERY” TO “EXTREMELY” STRESSFUL. <sup>1</sup> DEALING WITH THAT STRESS COMES WITH A HEAVY PRICE - IT COSTS EMPLOYERS BILLIONS OF DOLLARS A YEAR AND COULD BE COSTING EMPLOYEES THEIR HEALTH. BUT IT DOESN'T HAVE TO BE THAT WAY. A NEW STUDY SHOWS THAT TAKING JUST A FEW SIMPLE STEPS EVERY DAY AT WORK CAN CUT YOUR STRESS LEVEL DRAMATICALLY. CLARK POWELL HAS DETAILS.
	(Nats - Surgery) :02
<b>CG: Courtesy: The Ohio State University Wexner Medical Center</b>  Shots of surgery  Quick shots of Barbara	TO SEE IF THEY COULD HELP REDUCE STRESS ON THE JOB, RESEARCHERS TURNED TO SOME OF THE MOST STRESSFUL JOBS THEY COULD FIND. THEY RECRUITED EMPLOYEES WORKING IN A SURGICAL INTENSIVE CARE UNIT AT A MAJOR ACADEMIC MEDICAL CENTER INCLUDING BARBARA POWELL - A NURSE WHOSE STRESS GOT SO BAD, IT TOOK A PHYSICAL TOLL ON HER BODY. :15
<b>CG: Barbara Powell ICU Nurse</b>	“I have always had a knot in the back of my shoulder on the left side. And massage, chiropractic, stretching, exercises, nothing worked.” :09
Shots of Barbara in session  Shots of Maryanna teaching	BARBARA WAS SKEPTICAL BUT SIGNED UP FOR AN EIGHT WEEK STUDY AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER, WHERE RESEARCHERS TESTED SPECIFIC EXERCISES TO HELP REDUCE STRESS. :09
<b>CG: Maryanna Klatt, PhD Ohio State's Wexner Medical Center</b>	“We hear a lot about burnout. We hear a lot about stress. But nobody gives us the coping strategies for the problem.” :07

<p>Shots of Klatt with group</p> <p>Wide shot / graphic</p> <p><u>Employee classes:</u></p> <ul style="list-style-type: none"> <li>-Controlled breathing exercises</li> <li>-Music therapy</li> <li>-Gentle yoga</li> </ul> <p>Shots of nurses at station</p>	<p>SO, THAT'S JUST WHAT MARYANNA KLATT DID. FOR WEEKS SHE TAUGHT I-C-U EMPLOYEES CLASSES IN MINDFULNESS, INCLUDING CONTROLLED BREATHING EXERCISES, MUSIC THERAPY AND EVEN GENTLE YOGA.</p> <p>IT'S BEEN SHOWN THAT YOGA CAN CUT STRESS AND REDUCE BLOOD PRESSURE, BUT KLATT WANTED THINGS EMPLOYEES COULD DO ON THE JOB - THE MOMENT THEY FEEL STRESS COMING ON. :17</p>
<p><b>Maryanna Klatt (CG'd earlier)</b></p>	<p>"So it just looks seamless to your regular job. With a lot of standing with the nurses, we did some stretches so that they could do standing, we did some ones sitting that they could do as they're doing charting." :12</p>
<p>Shots of lab centrifuge</p> <p>Shots of Barbara at nurses station</p>	<p>TO SEE IF THE COPING STRATEGIES WORKED, KLATT ANALYZED SALIVA SAMPLES FROM THE EMPLOYEES AND FOUND THAT CHEMICALS RELATED TO STRESS HAD BEEN REDUCED BY 40-PERCENT.<sup>2</sup></p> <p>BARBARA SAYS SHE WAS PLEASANTLY SURPRISED TO SEE SUCH A BIG DROP, GIVEN HOW LITTLE IT TOOK TO CHANGE HER ROUTINE. :14</p>
<p><b>Barbara Powell (CG'd earlier)</b></p>	<p>"It didn't have to be an hour class or a 2 hour class, you can do it in a rather short period of time." :06</p>
<p>Shots of Barbara walking into room</p>	<p>AT OHIO STATE'S WEXNER MEDICAL CENTER, THIS IS CLARK POWELL REPORTING. :04</p>
<p><b>ANCHOR TAG</b></p>	<p>RESEARCHERS SAY MANY OF THE COPING TECHNIQUES CAN BE DONE ON THE SPOT AND TAKE ONLY A FEW MINUTES AT A TIME.</p> <p>NOT ONLY WERE STRESS LEVELS LOWER IN THOSE WHO TOOK PART IN THE PROGRAM, BUT THE RISK OF BURNOUT WAS ALSO REDUCED.<sup>2</sup></p> <p>THE STUDY IS PUBLISHED IN THE LATEST EDITION OF <i>THE JOURNAL OF OCCUPATIONAL AND ENVIRONMENTAL MEDICINE</i>.</p>
<p> <b>Share it! Suggested tweet:</b></p>	<p>ICU employees <a href="#">@OSUWexMed</a> learn on-the-spot techniques to significantly reduce stress. Tips you can use, too: <a href="https://bit.ly/1QmAkXG">bit.ly/1QmAkXG</a></p>
<p> <b>Suggested post:</b></p>	<p>To see if they could help employees reduce their stress as it occurs, researchers went to one of the most stressful places to work - the surgical intensive care unit of a major hospital. After teaching employees a few simple techniques, experts at <a href="#">The Ohio State University Wexner Medical Center</a> say they were able to reduce the risk of burnout among ICU staff and cut stress levels by a whopping 40 percent. For more on the study and to see how employees learned to better manage their stress, click here: <a href="https://bit.ly/1QmAkXG">bit.ly/1QmAkXG</a></p>
<p><b>References -</b></p>	<p><sup>1</sup><i>STRESS...At Work</i>, The National Institute for Occupational Safety and Health (NIOSH) / Centers for Disease Control and</p>

	<p><b>Prevention</b>, June 2014. Online:  <a href="http://www.cdc.gov/niosh/docs/99-101/default.html">http://www.cdc.gov/niosh/docs/99-101/default.html</a></p> <p><sup>2</sup><i>A Small Randomized Pilot Study of a Workplace Mindfulness-Based Intervention for Surgical Intensive Care Unit Personnel: Effect on Salivary <math>\alpha</math>-Amylase Levels</i>, <b>Journal of Occupational and Environmental Medicine</b>, Vol. 57, Issue: 4, April 2015. Online:  <a href="http://journals.lww.com/joem/Abstract/2015/04000/A_Small_Randomized_Pilot_Study_of_a_Workplace.8.aspx">http://journals.lww.com/joem/Abstract/2015/04000/A_Small_Randomized_Pilot_Study_of_a_Workplace.8.aspx</a></p>
	<b>Extra Bites</b>
<p><b>CG: Maryanna Klatt, PhD</b>  <b>Ohio State's Wexner Medical Center</b></p>	<p><i>Klatt talks about the idea behind the study -</i>            "What's stressful about the work environment is never going to change. The stress is not going to change. But what we were interested in changing was the nursing personnel's reaction to those stresses." :12</p> <p><i>Klatt talks about findings of her study -</i>            "We measured salivary alpha amylase, which is a biomarker of the sympathetic nervous system activation. We got that to come down by 40 percent." :09</p> <p><i>Klatt talks about physical toll stress takes on workers -</i>            "People get sick, headaches, gastrointestinal stuff happens to people. A million people a day in America do not go to work because they're too stressed out." :11</p>
<p><b>CG: Barbara Powell</b>  <b>ICU Nurse</b></p>	<p><i>Powell talks about the benefits of learning to cope with stress -</i>            "It gives you a strategy to deal with everyday stresses, you know, not even with what you do at work, but you know with kids, and schedules, traffic, and commuting and everything that you have to do." :15</p> <p><i>Powell talks about her reaction to the study -</i>            "It was definitely very helpful to me. I talked to other colleagues who actually thought that it was very beneficial." :08</p>
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