

Chaplains and Hospital Staff Stressors: A Qualitative Framework



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Background

- Clinical caregivers report work-related stress and associated negative emotional consequences
- Interactions with chaplains are linked to decreased stress, but little is known about how those interactions decrease stress
- Lazarus & Folkman's Transactional Model of Stress and Coping (TMSC) describes stress as contextual, changing over time, and based on individual coping mechanisms/personal appraisal of the situation

Purpose

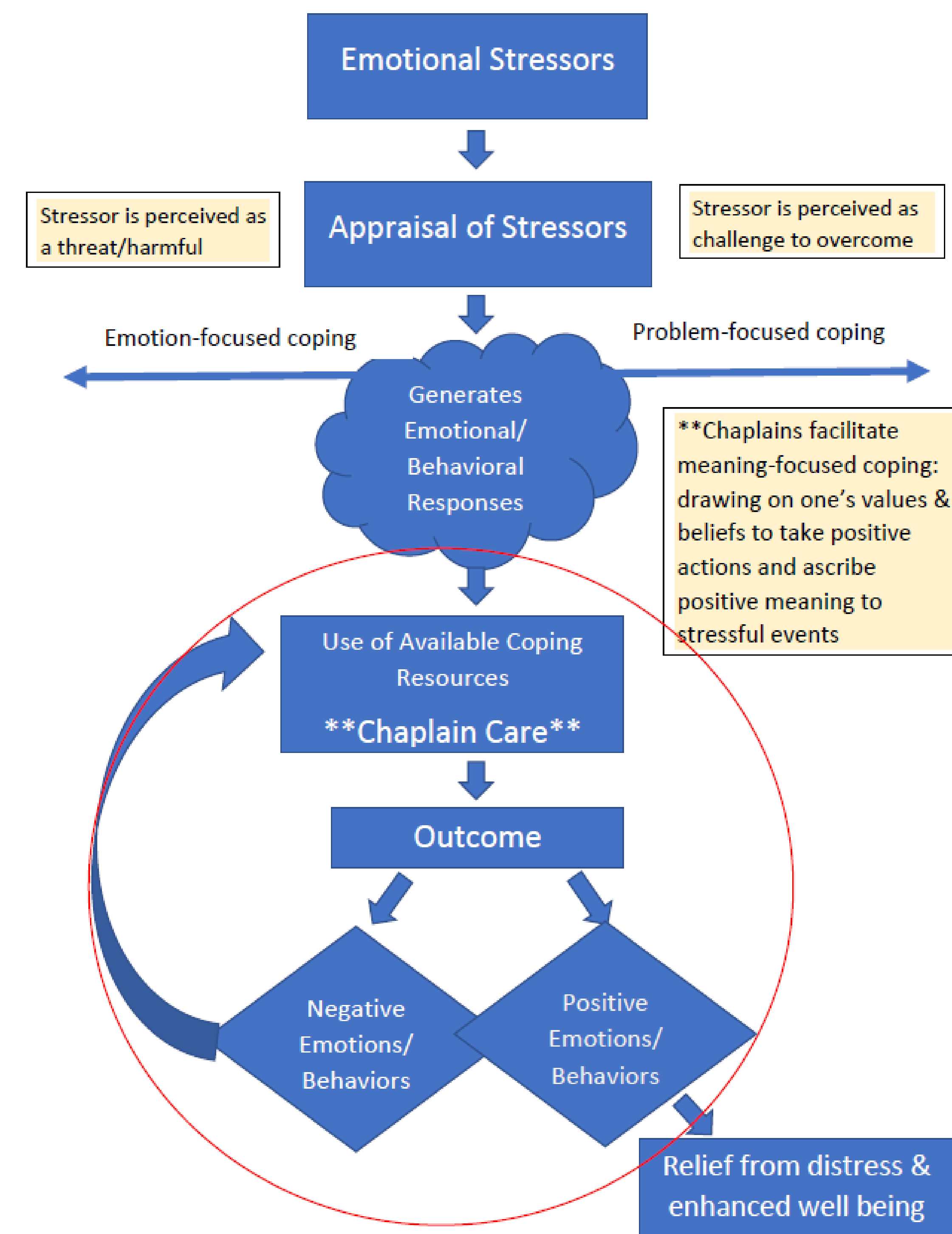
To describe the development of a theoretical framework to study caregivers' use of chaplains to relieve professional and personal emotional stress

Methods

- Guided by an experienced qualitative researcher, an interprofessional team developed a conceptual model using the TMSC
- Semi-structured interview guide and *a priori* coding manual were created based on the model to guide data collection and analysis

Adaptation of the Transactional Model of Stress and Coping

**Demonstrating the role of chaplains on relieving stress in clinical caregivers*



Results

- 33 participants were interviewed via Microsoft Teams using the semi-structured guide
- Female 30, Male 3
 - RN-25, RT-3, OT-1, Other-4
 - 5 states represented (WA, MT, OR, AK, CA)
- Preliminary data analysis was facilitated by the TMSC-based coding manual and revealed 5 major themes, including: Chaplains relieve stress by **taking an interest in our lives**
- "She always checked in with us. She knows us by name; our kids' names; our families."*
- Study participant

Discussion

- Participant descriptions of interactions with chaplains supported the conceptual model
- The TMSC is useful in explaining how chaplain interactions relieve stress

Implications for Practice

Theoretical frameworks are useful in qualitative research of complex phenomena that cannot be fully explained with quantitative approaches

Acknowledgments

Supported by funding from the Providence Inland Northwest Washington Foundation

For references, please use the QR code to view the electronic poster online.