

# Enhancing Nursing Staff Well-Being through the Implementation of a Comfort Room in a Gynecologic Oncology Unit

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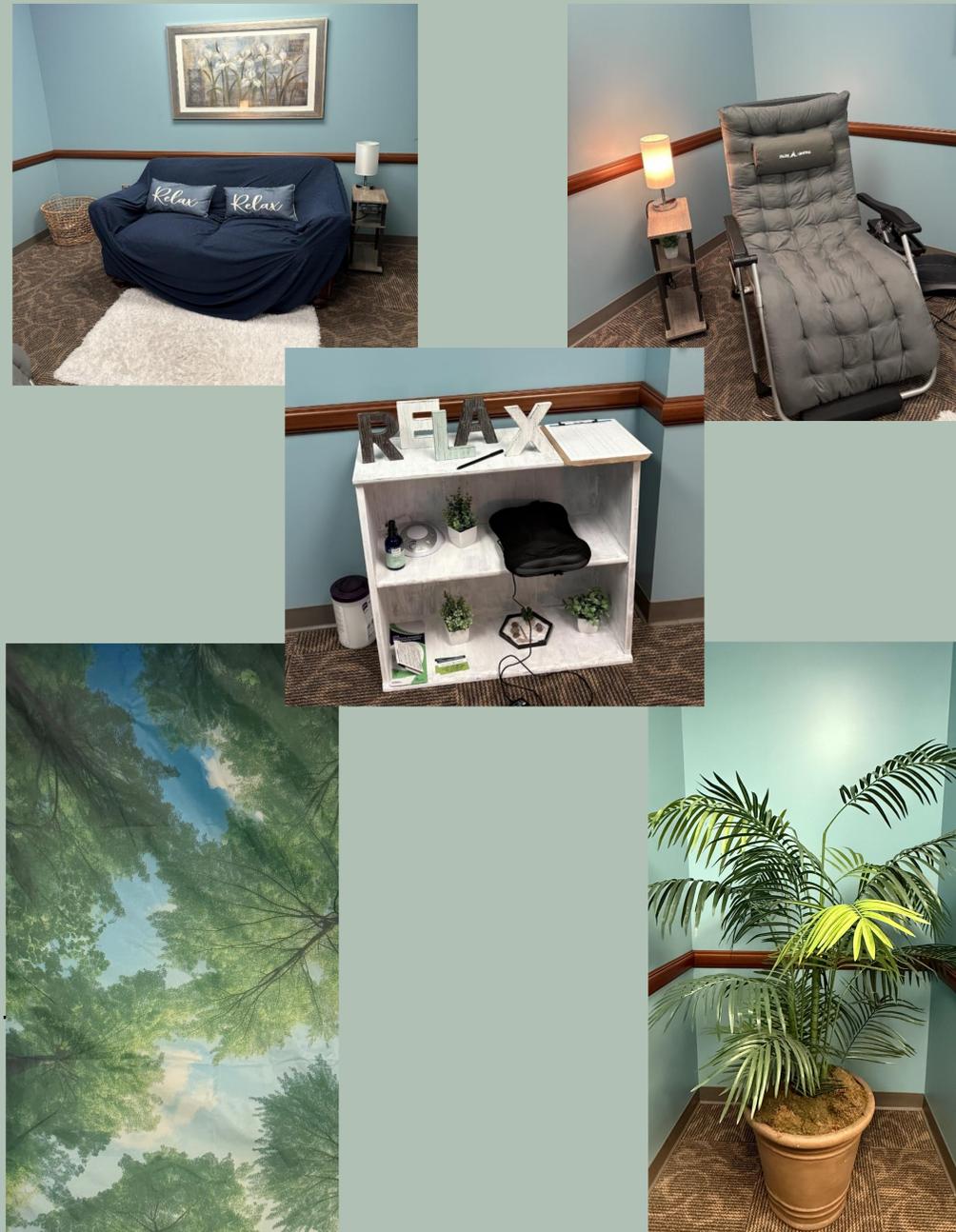
## Background

- ❖ Promoting the well-being of nursing staff is essential for maintaining high-quality patient care and ensuring workforce retention—particularly in high-acuity settings such as the Gynecologic Oncology (GYNX) unit.
- ❖ To support the mental and emotional health of nursing staff working in a high-stress environment, the GYNX unit implemented a wellness initiative focused on creating a designated space—referred to as the "Comfort Room"—to provide nurses and patient care technicians (PCTs) a brief retreat from the demands of patient care and clinical responsibilities.

## Methods

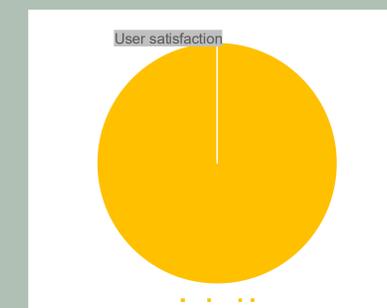
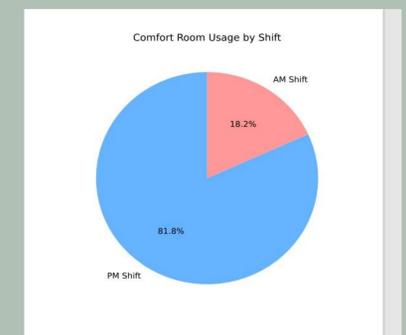
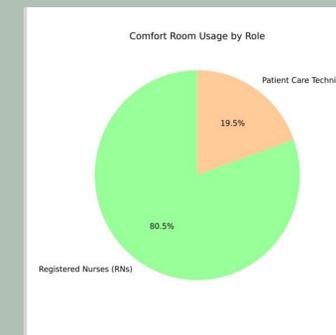
- ❖ A room within the GYNX unit was transformed into a therapeutic space known as the Comfort Room, with design and support provided by the Women and Infants Center leadership and the unit's nurse manager.
- ❖ The room includes calming elements such as soft lighting, an oasis garden centerpiece on an enteric table, a massage chair, loveseat, neck and foot massagers, ceiling-mounted imagery of blue skies and green trees, greenery and live plants, and a sound machine offering ambient options like ocean waves, birdsong, and gentle music. Nursing staff are encouraged to take 15-minute breaks in the room as needed.
- ❖ A sign-in book and feedback log are located at the entrance to document usage and gather input for continuous improvement.

## Overview of the Comfort Room



## Results

- ❖ Over a 7-month period, the Comfort Room was used 77 times. Usage data revealed that 81.8 % of visits occurred during the PM shift, compared to 18.2 % during the AM shift.
- ❖ Registered nurses (RNs) made up 80.5 % of users, while PCTs accounted for 19.5 %.
- ❖ All recorded entries indicated that time spent in the Comfort Room contributed to improved mood, emotional relief, and a sense of relaxation.



## Special Thanks

- ❖ Special thanks to HSIS providing the call light data; special thanks to GYNX leadership and nursing staff for supporting the project!