A Staff Respite Room
Magnetizing and Energizing the Staff for Retention and Satisfaction

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Designed to provide evidence-based techniques to help reduce everyday stress and anxiety.

All therapies documented in evidence-based practice articles located in a binder on the bookshelf include:

- Himalayan Salt Crystal Lamp
- Sound therapy
- Visual Stimulation
- Massage therapy
- Aromatherapy patches
- Journaling
- Reading

Staff survey comments include…

“just stepping away from the bedside for a few moments can make a difference in the care we provide”

“I felt relaxed and refreshed after stepping away from the unit for just that small amount of time”

“this is a nice treat, I feel like someone finally cares about the caregiver”

MICU turnover from FY’12 to FY’13 decreased by 5.3%. A notable improvement based upon respite room surveys in which staff stated that they felt more appreciated by the hospital and its administration, and felt that their feelings with a difficult patient population were being acknowledged.

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