Introduction

- Nurse stress and burnout costs are estimated at $250 to $300 billion annually. Interventions to support stress management are imperative.
- Jin Shin Jyutsu (JSJ) is a gentle, non-invasive form of energy practice that restores harmony and balance to the body, mind and spirit.
- Evidence-based literature supports the use of JSJ in health care for both emotional and physical stress (Lamke, Catlin, Mason-Chadd, 2014). Results showed increases (≤ 0.05) in positive outlook, calmness, communication effectiveness and nurses’ caring efficacy.
- Our study was based on the Lamke study, with addition of a control group and a larger sample size.

Design and Method

<table>
<thead>
<tr>
<th>Education (n=18)</th>
<th>Control (n=23)</th>
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<tbody>
<tr>
<td><strong>Age range</strong> (median)</td>
<td>41 - 50</td>
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<tr>
<td><strong>Hours Worked (per wk) Median</strong></td>
<td>36-40</td>
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<td><strong>Engaged in self-care prior to study</strong></td>
<td>16 (89%)</td>
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- Stress and caring efficacy measured Baseline - End of Education - 30 Days post-education
- Stress measured by Personal and Organizational Quality Assessment Revised 4 Scale (POQA-RA) survey.
- Self-Caring Efficacy was measured using the Coates Caring Efficacy survey.
- Three 2-hour classes on the practice of JSJ took place over a four-week period. The original control group participants were allowed to cross over to a second education group after re-consent

Results

- Statistically significant differences were observed between groups related to Emotional Vitality and Emotional Stress (p < 0.05).
- Both groups showed changes in caring efficacy; larger increases in the Education group were observed.
- Retention was challenging.
- Feedback indicated an intended change in behavior.
- JSJ may be a viable option for stress reduction in nurses, thus addressing an important unmet need.

Conclusions

“This really helped me. I feel more grounded and better able to care for my patients.”