

Building Resiliency Throughout the Nursing Curriculum Evaluation Tool

Competencies to Include in Curriculum	Presented Well	Location in Course/ Curriculum	Mentioned	Location in Course/ Curriculum	No Mention	Notes
Definition of Burnout/ Compassion Fatigue						
Symptoms of Burnout/ Compassion Fatigue						
Screening for Symptoms https://www.mdpi.com/2077-0383/10/21/4836 https://nam.edu/valid-reliable-survey-instruments-measure-burnout-well-work-related-dimensions/ https://www.ahrq.gov/sites/default/files/wysiwyg/evidencenow/tools-and-materials/burnout-in-primary-care.pdf						
Teaching Self Care Practice						
Make assignments that foster relationships among community (group assignments, case studies, faculty advisors).						
Ensure meetings with faculty/mentors to support efforts in resilience.						
Provide assignments that encourage evaluation of students' wellness practice (nutrition, sleep, exercise evaluation)						
Include the use of reflection in course/class objectives-and hold students accountable for this reflection.						
Provide structured opportunities for frequent reflection on performance and related feelings. (Assign journaling, discussion in class/clinical, meetings with faculty).						
Require students to develop realistic goals for moving through the course of study and strategies to meet them. Require students to be accountable to faculty or mentor for progress. Use the approach "Keep things in perspective: Visualize what you want, rather than worrying about what you feel."						

Choosing a Healthy Workplace https://www.nursingworld.org/practice-policy/work-environment/						
Ask students to Identify characteristics of a healthy workplace.						
Ask students to evaluate experiences in selected clinical sites.						
Include healthy workplace criteria in examination.						
Discuss ways to determine if a workplace is healthy in a hiring interview.						
Practice interviewing for a nursing position.						
Explore management strategies for a nurse manager to provide a resilient nurse unit.						