**Problem**

- Burnout is associated with poor student mental and physical health
- 49.3% of students in a doctoral program met DSM-5 criteria for a mental health disorder
- Burnout is directly related to poor patient outcomes

**Literature Review**

1) Doctoral program enrollment will potentiate risk of burnout and DNP programs must take a systems approach to address mental resilience and burnout
2) Resilience is a learned process
3) Connection to self, program and social support is vital to maintain/increase levels of resilience
4) Resilience training is an evidence-based solution to burnout and positively influences patient outcomes.

**Guiding Framework**

**Theory of Self-Efficacy**
- One’s expectation of reaching a desired outcome
- Determined by: personal experience, vicarious experience, verbal persuasion, and physiological feedback

**Diffusion of Innovation:**
- Change Theory
- 5 step process: Knowledge sharing, persuading, decision making, implementing and confirming

**Project Goals**

- Evaluate the effectiveness of self-compassion training
- Increase student self-compassion rating
- No students will have a decrease in self-compassion
- Increase feelings of common humanity, mindfulness, self-kindness, and confidence in resilience training

**Gap Analysis**

**Current state:** Resilience training is undervalued and attendance is low. Skills to ensure mental resilience are lacking. **Solution:** Students will be given multiple opportunities to attend self-compassion resilience training. Students will receive credit toward clinical hours under the 10th domain of AACN essentials.

**Measures and Results**

- 16 students submitted pre-training surveys
- Students scored high in self-judgment

**Impact For DNP students**

- Self-compassion training increases self-care activities, aptitude to remain compassionate during stress and reduces feelings of burnout
- Early intervention translates into emotional and physical health of individual at risk of burnout
- Self-compassion strengthens mental resilience, improves work productivity & performance, job satisfaction, and improves patient outcomes

**Sustainability**

*Materials used were free and will be shared with stakeholders for future use

**Paper:** SELF-COMPASSION TRAINING For DNP Students

HOLLYANN OLSO
DEPARTMENT OF GRADUATE NURSING
THE COLLEGE OF ST. SCHOLASTICA