

Technological Factors Impacting Nurses' Well-Being



Vicky Tiase, PhD, RN-BC, FAMIA, FAAN
NewYork-Presbyterian Hospital

NATIONAL ACADEMY OF MEDICINE

The National Academies of
SCIENCES • ENGINEERING • MEDICINE

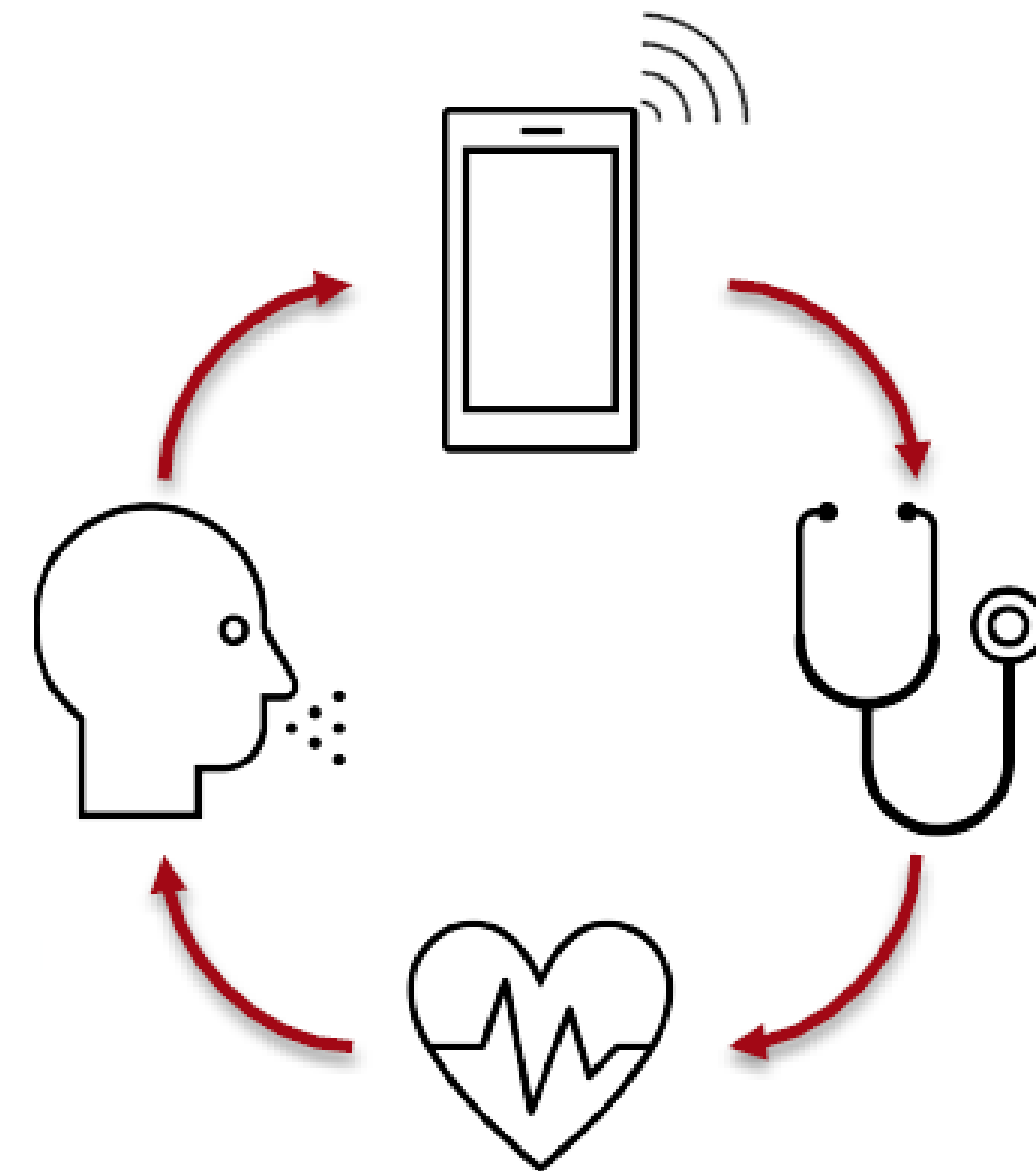
Technological Stress

- Redesign of Clinical Documentation
- Reduction in Clinical Alerts and Alarms
- Workflow Efficiencies



Promising Interventions

- Apps Focused on Mindfulness and Meditation
- Virtual Access to Mental Health Resources



The Path Forward

- Role-Modeling
- Evaluation of Evidenced-based Interventions
- Policy and Advocacy

