Technological Factors Impacting Nurses’ Well-Being

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Technology 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