**Nursing Leadership Connection**

*The Many Faces of Nursing*

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[**Taking Care of Our Own; What Are the Leadership Challenges?**](https://ccne.swoogo.com/2021NLC/session/504171/taking-care-of-our-own;-what-are-the-challenges)

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**Substance Use Disorders among RNs and LPNs**

It is estimated that during their career, between 10% and 15% of nurses will have a drug or alcohol problem that impairs their practice, the same rate as the general population.[[1]](#footnote-1) This means that as many as one in 10 nurses may be experiencing an unidentified and untreated SUD.

**Suicide among Nurses**

In the United States, the suicide rate among nurses exceeds that of the general population. Initiatives to promote clinician wellbeing should include a particular focus on nurses. Findings contribute to a growing body of literature suggesting that healthcare institutions should routinely assess clinician wellbeing and intervene if necessary, the benefits of which may extend well beyond clinicians themselves.[[2]](#footnote-2)

**COVID-19 and Substance Use**

Prior to the COVID-19 public health crisis, alcohol was the 3rd leading cause of preventable death in the United States.[[3]](#footnote-3) Alcohol consumption is a necessary cause of over 25 diseases and conditions. Additionally, alcohol is a component cause for more than 200 other diseases and conditions with ICD–10 three-digit codes.[[4]](#footnote-4)

In a study conducted by the Research Triangle Institute International, 31% of respondents across the nation increased their drinking frequency by an average of more than 7 days and 16% of respondents increased their usual quantity of alcohol consumed by an average of almost 2 drinks per day between February and April of 2020 as COVID-19 became an imminent threat in the U.S.[[5]](#footnote-5)

Past pandemics have resulted in significant traumatic reactions among healthcare workers.[[6]](#footnote-6) There is emerging evidence that many medical and non-medical health care workers will develop PTSD stemming from COVID-19-related experiences.[[7]](#footnote-7)

**“Nurses require the same support, empathy, and resources that we provide to the patients that we care for.”**

PAS Resources:

* [Experiences and outcomes of nurses referred to a peer health assistance program: Recommendations for nursing management](https://static1.squarespace.com/static/57754f775016e161aa4b73ad/t/5df13f31b6832902415b4871/1576091442095/Pace%2Bet%2Bal.%2B%282019%29%2BJNM.pdf)
* [The Many Faces of Nursing and other Health Professionals in the Peer Health Assistance Program](https://youtu.be/5Z51ZF_hbOE)
* [www.PeerAssistanceServices.org](http://www.PeerAssistanceServices.org)
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2. Guille C. Rate of Suicide Among Women Nurses Compared With Women in the General Population Before the COVID-19 Global Pandemic. JAMA Psychiatry. Published online April 14, 2021. doi:10.1001/jamapsychiatry.2021.0141 [↑](#footnote-ref-2)
3. Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual causes of death in the United States, 2000 [published correction appears in JAMA. 2005 Jan 19;293(3):298] [published correction appears in JAMA. 2005 Jan 19;293(3):293-4]. JAMA. 2004;291(10):1238-1245. doi:10.1001/jama.291.10.1238 [↑](#footnote-ref-3)
4. Shield, K. D., Parry, C., & Rehm, J. (2013). Chronic diseases and conditions related to alcohol use. Alcohol research : current reviews, 35(2), 155–173. [↑](#footnote-ref-4)
5. Bray RM, Brown JM, Williams J. Trends in binge and heavy drinking, alcohol-related problems, and combat exposure in the U.S. military. Subst Use Misuse. 2013;48(10):799-810. doi:10.3109/10826084.2013.796990 [↑](#footnote-ref-5)
6. Marunder, R. G., Leszcz, M., Savage, D., Adam, M. A., Peladeau, N., Romano, D., et al. (2008). Applying the lessons of SARS to pandemic influenze: An evidence-based approach to mitigating the stress experienced by healthcare workers. Canadian Journal of Public Health, 99, 486–488. [↑](#footnote-ref-6)
7. Taylor, S., Landry, C. A., Paluszek, M. M., Fergus, T. A., McKay, D., & Asmundson, G. J. G. (2020). Development and initial validation of the COVID Stress Scales. Journal of Anxiety Disorders, 72, Article 102232. [↑](#footnote-ref-7)