Oral Defense Announcement
University of Missouri – St. Louis Graduate School

An oral examination in defense of the dissertation for the degree
Doctor of Nursing Practice with an emphasis in Family Nurse Practitioner

Logan M. Justice

B.S. Nursing, Goldfarb School of Nursing, 2018
M.A. Industrial and Organizational Psychology, University of North Carolina, Charlotte, 2012
B.A. Psychology, Saint Louis University, 2006

Self-Care, Resilience, Self-Compassion, and Burnout in Doctoral Nursing Students: An Exploratory Needs Assessment

Date: 7/12/23
Time: 9:00am
Place: Seton Hall, University of Missouri St. Louis

Abstract
Problem: In the United States, one in three nurses experience symptoms of burnout, and doctoral nursing students are additionally challenged to juggle multiple school, work, and life demands (Reith, 2018; Woo et al., 2020). The purpose of this project was to explore the current self-care practices of doctoral nursing students to understand how self-care relates to resilience and burnout.

Methods: This exploratory needs assessment utilized a convenience sample of Doctor of Nursing practice (DNP) and Doctor of Philosophy (PhD) nursing students at a medium sized midwestern university. An electronic data collection survey was constructed to assess student self-care practices, resilience, level of burnout, support, and demographic information.

Results: A total of 50 surveys were completed, and a moderate positive correlation was found between self-care and resilience, and personal, work, and patient burnout while a negative correlation was found between personal burnout and resilience ($p < .01$). A positive correlation existed between self-care and family, friend, coworker, and student support ($p < .05$). Linear regression analyses demonstrate that self-care positively predicts resilience and negatively predicts personal burnout ($p < .01$). Personal burnout also significantly predicts resilience ($p < .01$). Hierarchical regression found that personal burnout improves the prediction of resilience over self-care alone ($p < .001$).

Implications for practice: It is crucial for doctoral nursing programs to help facilitate self-care and reduce personal burnout to foster increased resilience in doctoral nursing students. In addition, social support may also be beneficial as both a form of self-care and a buffer to burnout.

Defense of Dissertation Committee
Chairperson, Dr. Anne Thatcher, DNP, MSW, APRN, PMHNP-BC, LMSW
Committee Faculty Member, Dr. Brittania Phillips, DNP, APRN, PMHNP-BC
Committee Member, Dr. Amanda Finley, PhD, RN