

HCW Survey Results

2023

The numbers:

We surveyed **2,037** healthcare workers, asking which of the following they were **PRESENTLY** experiencing. The results are as follows:

- **87.2%** - Stress
- **82.2%** - Anxiety
- **80.2%** - Burnout
- **70.2%** - Concerns/Fears around safe staffing ratios
- **56.3%** - Depression
- **53.5%** - Concerns/Fears around workplace violence
- **49.6%** - Institutional Betrayal
- **47.9%** - Trauma exposure/PTSD symptoms
- **47.5%** - Moral Injury
- **43.6%** - Insomnia
- **16.1%** - Suicidal thoughts
- **13.8%** - Alcohol or substance misuse or abuse
- **10.5%** - Eating disorder
- **1.7%** - None of these

1-10:

(1= *strongly disagree*, 10 = *strongly agree*)

We asked: IN THE PAST 12 MONTHS, have you considered leaving (or left) your profession?

Average answer: 7.4*

We asked: Do you feel your mental health has been negatively impacted by working in healthcare?

Average answer: 8.54*

Most wanted:

(1 = least interest, 5 = most interest)*

- **4.48** Free or low-cost therapy with therapists trained to understand the healthcare professions
- **3.75** An outside team of MENTAL HEALTH CLINICIANS, unaffiliated with a hospital, available to provide critical incident stress debriefings at a unit following an event
- **3.66** An outside team of BOTH peers and mental health clinicians, unaffiliated with a hospital, available to provide critical incident stress debriefings at a unit following an event
- **3.33** Free online yoga, meditation, sound bath, qigong workshops
- **3.26** A team of PEERS unaffiliated with a hospital, available to provide critical incident stress debriefings at a unit following an event
- **3.13** Free online group therapy
- **3.12** Free online wellness retreats
- **3.12** In-person wellness retreats
- **2.98** Free online peer support groups
- **2.82** Free online expressive art experiences
- **2.47** Free online creative writing/journaling groups

Notes

Of the 2,037 respondents, 71.3% were RN's

*On scaled questions, the result shown is the average answer from 1-5 or 1-10 given by all 2,037 respondents

Questions?

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