Clinical supervision helping reduce vicarious trauma for drug & alcohol nurses

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Background
Method & Aim

SCIENTIFIC
EXPERIMENT
observations
variables
characteristics
using
explanation
data
thinking
method

hypothesis
approach
quantitative
quantitative
variables

volumes
test
questions
ordered
methods

scientific
based

world
mass
change

factor
length
series

experiment

analysis
designed

method

sausage
river

fives

result

variable

similar
causal
Clinical Supervision (CS)

- a formal structured arrangement between a supervisor and one or more supervisees
- constructed to provide a space for critical reflection on the work issues faced by supervisees
- supporting ethical practice through reflection and either 1:1 or group peer support

Vicarious Trauma

Drug Health
Why is clinical supervision important?

- Empowerment
- Improved staff satisfaction
- Offer valued support to clinicians
- Address work related concerns
- Autonomous
- Protective role in staff well-being
Clinical supervision - the dormant activity
How does clinical supervision help drug health nurses?

- Role definition & identification
- Develop ethical, competent and professional practice
- Promotes Individual resilience
- Effective coping strategies
- Reduce risk of anxiety & depression
- Perspective & clarity
Reasons for advocating clinical supervision for drug health nurses
Clinical Supervision Benefits

- Increases confidence and self-efficacy
- Reduced burnout and stress
- Increased evidence-based practice
- Improved retention rates
- Reduced turnover
- Higher job satisfaction
- Effective staff communication
- Reduced burnout and stress
- Staff communication
- Increased evidence-based practice
- Reduced turnover
- Better staff retention rates
- Higher job satisfaction
- Improved retention rates
- Increased evidence-based practice
- Reduced turnover
- Better staff retention rates
- Higher job satisfaction
- Effective staff communication
- Increased evidence-based practice
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- Better staff retention rates
- Higher job satisfaction
- Effective staff communication
- Increased evidence-based practice
- Reduced turnover
- Better staff retention rates
- Higher job satisfaction
- Effective staff communication
Nursing staff stories on group clinical supervision

“..the sessions are very helpful”

“..always useful for reflective practice”

“..gives staff a chance for staff to express their feelings and work ethics”

“..always useful and opportunities to validate & improve clinical skills”

“..find it helpful to discuss some of the issues that arise”
Conclusion

Trained supervisors for specialist area

Organizational & managerial support is essential

Regular availability of CS for staff
Future direction for our drug health nurses
Reference List:


