

One-day workshop ups stress recovery for cancer care workers

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(HealthDay)—For cancer care workers, a one-day interventional workshop can improve recovery from job stress, according to a study published online June 10 in the *Journal of Medical Imaging and Radiation Oncology*.

Anne A. Poulsen, Ph.D., from the University of Queensland in Brisbane, Australia, and colleagues examined the effects of a one-day workshop plus educational material versus written educational material alone among 70 cancer care workers. The authors assessed recovery experiences, satisfaction with recovery-related self-care practices, and perceived [sleep quality](#).

The researchers found that there were greater mean changes in total

recovery experiences ($P = 0.008$), self-care satisfaction ($P = 0.005$), and perceived sleep quality ($P = 0.003$) at six weeks after the workshop for workshop participants. Over the six-week period there was a decrease in the scores of the control group for all measures. Workshop participants did not experience this decline but exhibited increased mean scores versus controls, with a significant main effect six weeks after the workshop ($P = 0.008$).

"A one-day intervention workshop improved recovery skills, [satisfaction](#) with self-care practices, and perceived sleep quality of oncology nurses and radiation therapists," the authors write. "This intervention has the potential to enhance resilience and prevent burnout at different points in a cancer worker's career."

Poulsen is the director of Work Life Balance Solutions.

More information: [Abstract](#)
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