

**INTRODUCING 'THE PAUSE' PRACTICE TO THE UNIVERSITY OF COLORADO
HOSPITAL CODE TEAM: A QUALITY IMPROVEMENT PROJECT**

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ABSTRACT

Background

Many organizations are now paying attention to healthcare burnout, and it has become an internationally recognized issue requiring attention within the healthcare industry. In-hospital patient death can pose a serious challenge to healthcare provider resiliency - contributing to burnout, depression, and work dissatisfaction in healthcare.¹ It is theorized that The Pause could be a useful tool in protecting healthcare worker resiliency in a setting where patient deaths are often unavoidable.²

The Pause³ is a simple practice observed by healthcare providers immediately following a patient death. It is a post-resuscitation, 30-60 second moment of silence in the room. This practice is designed with the intention of not only of honoring the patient's life but acknowledging the team's efforts to care for the patient and providing an early opportunity to begin the emotional healing process after the challenging experience of a resuscitation that ended in death.

Methods

We implemented the practice of The Pause with the code team at University of Colorado Hospital. We measured its effect on resiliency by surveying code team members before and after implementing The Pause. Healthcare worker resiliency was measured using the Brief Resiliency Coping Scale (BRS), a validated brief survey that aims to quantify resiliency and coping ability.⁴ This project was granted IRB exemption due to its quality improvement (QI) classification.

Results

The data collected showed a baseline high resiliency level among healthcare workers surveyed. After introducing The Pause, the resiliency as measured by BRS scores showed no significant change.

Conclusion: While The Pause did not significantly improve the BRS ratings, the ratings did remain at “normal resiliency.” It may be possible that The Pause still supports a culture of resiliency that may already exist in the UCH setting. Further research is warranted to investigate the effects of The Pause practice in healthcare settings.

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