

Burnt Out: Addressing Nursing Documentation in a Time of Crisis

Marshall K. Muehlbauer, BSN, RN, PHN

School of Nursing, University of Minnesota
Minneapolis, MN

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About Me

- BSN from Mount Mercy University in Cedar Rapids, IA
- PhD Student at University of Minnesota in Minneapolis, MN
- Research Focusing on Informatics, Thinking, and Independent Health Management
- Clinical Experience in Transitional and Long-term Care Nursing



Objectives

- Describe documentation burden in post-pandemic nursing practice
- Discuss implications for modern nursing practice



What is documentation burden?

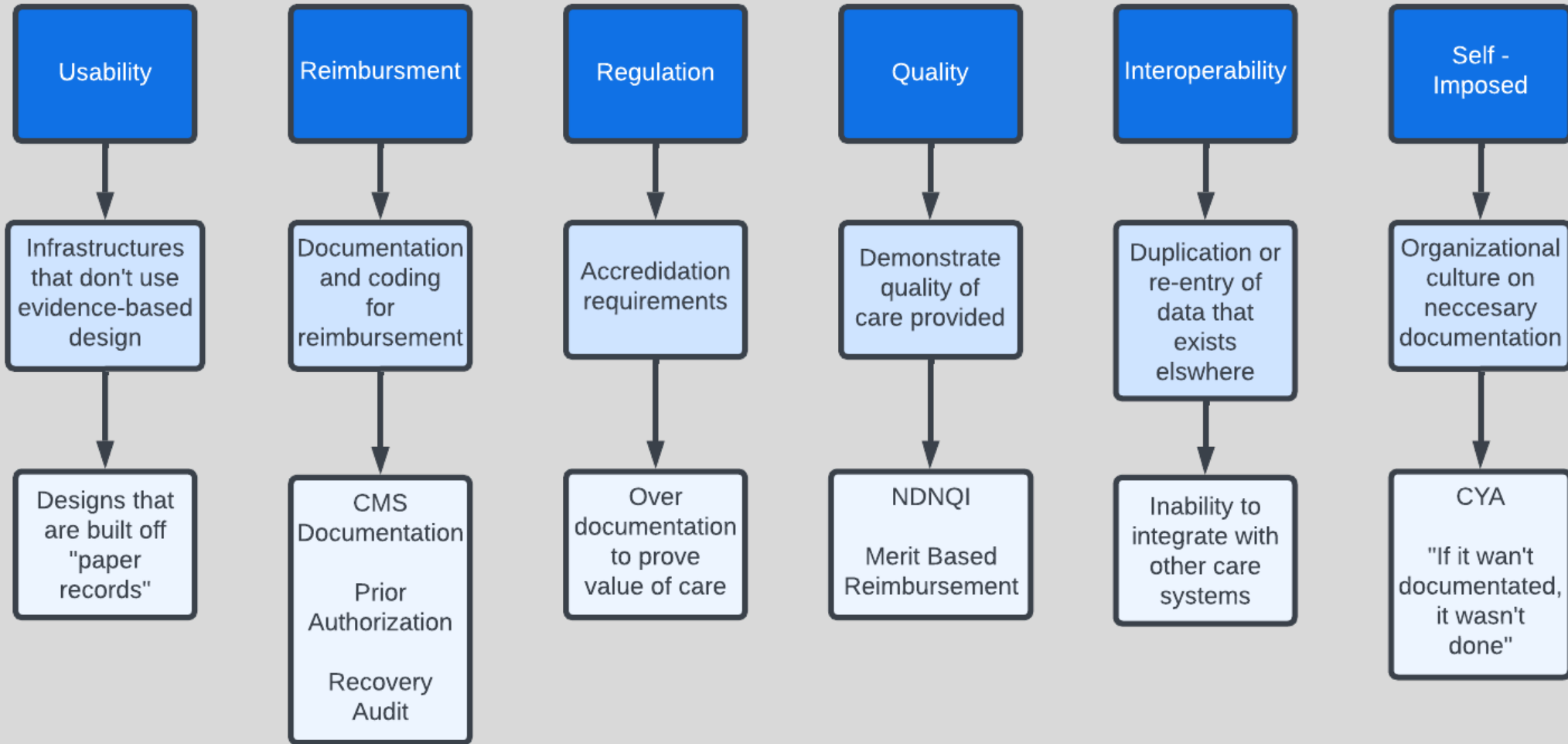
- Too much documentation
- The need for completion of unnecessary documentation in an electronic health record ¹
- Redundant documentation and regulatory requirements contribute to this burden ^{2, 3}
- Six interrelated domains of causative factors of documentation burden ⁴
- Both systems related and cultural ⁴



Cultural Consequences

- “CYA”⁴
 - Nurses document to absolve them from legal liability, documenting interventions performed to mitigate lawsuit
- “If it’s not documented, it isn’t done”⁴
 - Perpetuates a litigious society
 - Further inquiry into the minimum legal necessities for nurse documentation of care

The Six Domains of Burden: A Conceptual Framework



Note: Six Domains of Burden. Adapted from *The Six Domains of Burden: A Conceptual Framework to Address the Burden of Documentation in the Electronic Health Record*, by P. P. Sengstack, B. Adrian, D. L. Boyd, A. Davis, M. Hook, S. L. Hulett, E. Karp, R. Kennedy, L. Heermann, T. A., Niblett.

Nursing Documentation and the Nurse

- Approximately 50% of a nurse's productive time is devoted to documentation of care ^{3, 4}
- Nurse documentation has the potential to be reflexive, and effective historical and pedagogical tools to evaluate and teach nursing care ⁵
- However, places undue burden on nurses and clinicians due to its volume ¹⁻⁶
- Documentation practices are mediated by effective informatics and nurse leadership, environmental, and personal (nurse specific) factors ^{5, 6}



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Between a Rock and Hard Place

- Current problem: defining what documentation is **nice to have** and what is **needed to have** to promote continuity of care, accurate billing, and demonstrate safe, legal, and quality nursing practice



Next Steps

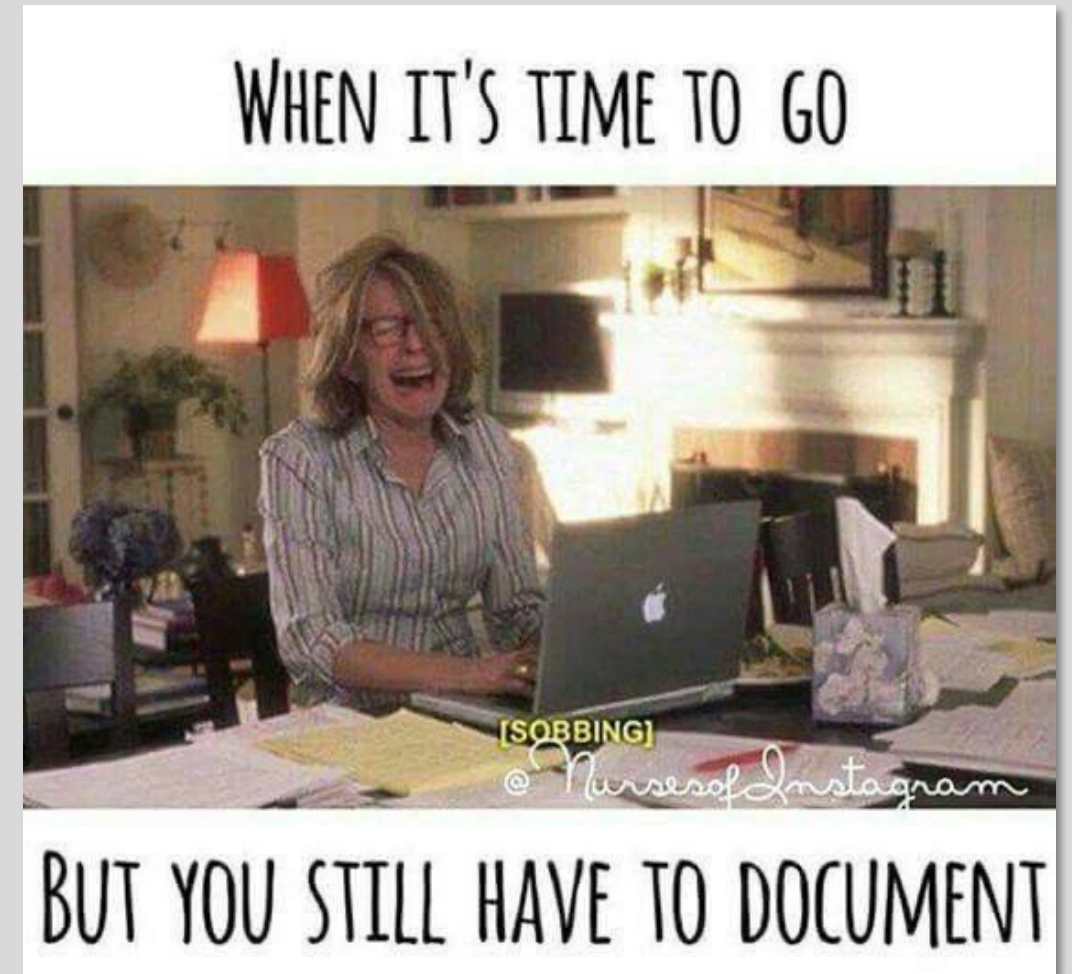
- Work to refine the Minimum Data Set (MDS) to include only the most necessary components to reduce documentation time and workload ^{4, 7}
- Work to establish evidence-based practices to build electronic health information (EHR) infrastructures ^{4, 8}
- Investigate personal, professional, and environmental factors that contribute to documentation burden and burn out ⁴⁻⁶
- Engage in collaborative and interdisciplinary work groups to inform nursing documentation standards ⁸

Want to learn more?



Discussion

- How have you experienced documentation burden in your nurse practice?
- What parts of your documentation are helpful to your practice?
- What parts of your documentation would you like to see go away?



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Marshall Muehlbauer, BSN, RN, PHN

PhD Student

University of Minnesota, School of Nursing

Minneapolis, MN

muehl091@umn.edu

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