Problem-Solving Therapy

Client Information

Name: Sarah Rodriguez Age: 38

Identify the Problem

Sarah, a nurse in a busy hospital, is grappling with chronic fatigue and burnout due to demanding work hours, staff shortages, and an increased patient load.

Explore Feelings

Sarah expresses various emotions, including exhaustion, frustration, and helplessness. She is also experiencing strained relationships with colleagues and is concerned about the impact on patient care.

Generate Solutions

Brainstormed solutions involve reorganizing shift schedules, seeking temporary staffing support, and implementing stress management techniques for the healthcare team.

Pros and Cons

Pros of reorganizing schedules include potential workload balance; cons involve resistance to change. Temporary staffing support could alleviate immediate stress but might be logistically challenging.

Select a Solution

Sarah opts to initiate a conversation with the hospital administration about possibly reorganizing shift schedules to improve overall staff well-being.

Create Action Steps

Request a meeting with the hospital administrator.

Prepare a comprehensive proposal outlining the benefits of schedule adjustments and potential positive outcomes for staff and patient care.

Implementation Plan

The meeting is scheduled for the end of the month. Sarah will collaborate with colleagues to present a united front and emphasize this change's importance for staff and patient satisfaction.

Review and Adjust

Schedule a follow-up six weeks after the implementation date to assess the impact on staff well-being and patient care.

Reflection

Encourage Sarah to reflect on the process, the challenges faced, and the outcomes achieved personally and for the team.

Additional Notes

Acknowledge the systemic issues contributing to burnout.

Support Sarah in maintaining a healthy work-life balance during this process.