Serenity Lounge Pre-Visit Survey

Please complete the survey below.

Thank you!

1) Unit name

- 3 NSY
- 3N Shortstay (General Acute Care)
- 3N-UNIV
- 3-SE
- 3SPT
- 3S-UNIV
- 3-SW
- 4N-CICU
- 4-NE
- 4-NICU
- 4-NW
- 4SCCT- PICU
- 4-SE
- 4SMON
- 4-SW
- 5-NE
- 5N-SICU
- 5-NW
- 5-SE
- 5S-SICU
- 5-SW
- 6ICU
- 6N-CSICU
- 6-NE
- 6-NW
- 6S-CSICU
- 6-SE/6-SW
- 7-NE
- 7N-MICU
- 7-NW
- 7-SE
- 7S-RICU
- 7SWM
- 8- NW
- 8-NE
- 8N-NSICU
- 8-SE
- 8S-NSICU
- 8-SW
- Dialysis
- Emergency Department
- Labor and Delivery
- MFCU
- OR
- Other

2) Do you currently provide nursing care for patients diagnosed with COVID-19?

- Yes
- No
Current Level of Burnout

(For the following statements, please answer how you feel currently.)

<table>
<thead>
<tr>
<th></th>
<th>To a very low degree</th>
<th>To a low degree</th>
<th>Somewhat</th>
<th>To a high degree</th>
<th>To a very high degree</th>
</tr>
</thead>
<tbody>
<tr>
<td>3) I am emotionally exhausted.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>4) I feel burnt out.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>5) I feel frustrated.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>6) I feel worn out.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

Current Level of Stress

7) Stress refers to a situation where a person feels tense, restless, nervous, or anxious. Do you feel that kind of stress right now?

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>Only a little</th>
<th>To some extent</th>
<th>A lot</th>
<th>Extremely</th>
</tr>
</thead>
<tbody>
<tr>
<td>7) Stress refers to a situation where a person feels tense, restless, nervous, or anxious. Do you feel that kind of stress right now?</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

Current Level of Anxiety

8) Please check how anxious you feel at the moment.

<table>
<thead>
<tr>
<th></th>
<th>Not at all anxious</th>
<th>A little anxious</th>
<th>Moderately anxious</th>
<th>Very anxious</th>
<th>Extremely anxious</th>
</tr>
</thead>
<tbody>
<tr>
<td>8) Please check how anxious you feel at the moment.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
</tbody>
</table>

9) Please enter your email below

(Your answers to the survey will remain anonymous. Email address will only be used to automatically email you the post-survey.)

(A post visit survey will be sent to this email)
Serenity Lounge Post Visit Survey

Please complete the survey below AFTER your visit to the serenity lounge.

Thank you!

### Current Level of Burnout:
*(For the following statements, please answer how you feel currently.)*

<table>
<thead>
<tr>
<th></th>
<th>To a very low degree</th>
<th>To a low degree</th>
<th>Somewhat</th>
<th>To a high degree</th>
<th>To a very high degree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am emotionally exhausted.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I feel burnt out.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I feel frustrated.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I feel worn out.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Current Level of Stress

Stress refers to a situation where a person feels tense, restless, nervous, or anxious. Do you feel that kind of stress right now?

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<th>Extremely</th>
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</table>

### Current Level of Anxiety

Please check how anxious you feel at the moment.

<table>
<thead>
<tr>
<th></th>
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<th>A little anxious</th>
<th>Moderately anxious</th>
<th>Very anxious</th>
<th>Extremely anxious</th>
</tr>
</thead>
</table>

### Massage Chair Use

Did you use the massage chair during this visit?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

If you used the massage chair, how long did you use it for?

<table>
<thead>
<tr>
<th></th>
<th>&lt; 10 minutes</th>
<th>10-20 minutes</th>
<th>&gt;20 minutes</th>
<th>I do not remember</th>
</tr>
</thead>
</table>

### Other Zen Resources

How helpful were the eye covers in helping you feel relaxed?

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>Only a little</th>
<th>To some extent</th>
<th>A lot</th>
<th>Extremely</th>
<th>N/A</th>
</tr>
</thead>
</table>

How helpful were the essential oil vials in helping you feel relaxed/energized?

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>Only a little</th>
<th>To some extent</th>
<th>A lot</th>
<th>Extremely</th>
<th>N/A</th>
</tr>
</thead>
</table>
How helpful were the immunity/energy boost supplement in helping you feel relaxed/energized?

How helpful were the power/energy bars in helping you feel relaxed/energized?

### Survey Participation

<table>
<thead>
<tr>
<th>Did you participate in a post-serenity lounge experience survey before?</th>
<th>Yes</th>
<th>No</th>
<th>I don't remember</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>