



## Nurse Wellbeing During the Pandemic: NurseGrid Survey of 12,000+ Nurses Reveals Self-Care Being Sacrificed

September 28, 2020

Results of “*Nurse Wellbeing at Risk: A National Survey*” are available for download at [www.nursewellbeingweek.com](http://www.nursewellbeingweek.com) as part of Nurse Wellbeing Week activities

NASHVILLE, Tenn.--(BUSINESS WIRE)--Sep. 28, 2020-- HealthStream (Nasdaq: HSTM) today announced that its business, NurseGrid, which represents America’s largest network of nurses around its #1-rated app for nurses, released results of its nationwide survey about nurse wellbeing. Over 12,000 nurses reported measures about their wellbeing and related behaviors in the NurseGrid app between September 4–11, 2020. Results suggest that while nurses remain highly committed to providing care for others, they may be sacrificing self-care in the process.

Representing about a third of the hospital-based workforce, nurses are deeply engaged in their work and dedicated to delivering the best possible care to patients. Approximately 80 percent of nurses surveyed reported *strong agreement* that their work is meaningful to them. Concurrently, however, 85 percent of nurses reported that they were struggling to manage burnout on at least some level.

An increasingly demanding work environment, staff shortages, long work hours, and high patient acuity are contributing to nurses’ workplace stress—which are magnified by the current pandemic. Given this environment, their personal habits of self-care may be particularly consequential for their wellbeing.

“It’s clear that the nation’s nurses are providing patient care in a heroic manner in the face of COVID-19; however, our survey results show that for many nurses, it is coming at a personal cost to them,” said Robert A. Frist, Jr., chief executive officer, HealthStream. “Less than one-fourth of nurses strongly agreed that they have a healthy diet, exercise regularly, have healthy sleep habits, and are able to effectively decompress after work. Improving nurses’ wellbeing and resilience should be a focal point in our national dialogue on supporting the healthcare workforce.”

Results of the *Nurse Wellbeing at Risk: A National Survey* make one thing clear: the more that nurses participate in self-care behaviors, the more likely that their overall sense of wellbeing will improve. Younger nurses reported relatively fewer self-care behaviors, making them more vulnerable to the symptoms of burnout than their longer-tenured colleagues. In the current environment of COVID-19, this pattern may be particularly enlightening as hospitals work to better mentor, support, and retain their younger nursing staff.

Results of *Nurse Wellbeing at Risk: A National Survey* are available for download beginning September 28<sup>th</sup> as a part of the Nurse Wellbeing Week activities at [www.nursewellbeingweek.com](http://www.nursewellbeingweek.com). Nurse Wellbeing Week, a free virtual conference focused on helping nurses thrive in their careers, is presented by NurseGrid, HealthStream, and Keener.

### About HealthStream

HealthStream (Nasdaq: HSTM) is dedicated to improving patient outcomes through the development of healthcare organizations’ greatest asset: their people. Our unified suite of solutions is contracted by healthcare organizations across the U.S. for workforce development, training & learning management, talent management, credentialing, privileging, provider enrollment, performance assessment, and managing simulation-based education programs. Based in Nashville, Tennessee, HealthStream has additional offices in Jericho, New York; Boulder, Colorado; Denver, Colorado; San Diego, California; Chicago, Illinois; and Portland, Oregon. For more information, visit <http://www.healthstream.com> or call 800-521-0574.

### About NurseGrid

NurseGrid, a business owned by HealthStream (Nasdaq: HSTM), is founded on the belief that those who do the most important work deserve the best technology. We develop solutions to enhance the nursing environment that positively impacts patients and lower healthcare costs. NurseGrid remains dedicated to providing smart staffing technology for every nurse, manager, and staffing department in the U.S. For more information, visit [nursegrid.com](http://nursegrid.com).

*This press release includes certain forward-looking statements (statements other than solely with respect to historical fact) that involve risks and uncertainties regarding HealthStream. These statements are based upon management’s beliefs, as well as assumptions made by and data currently available to management. This information has been, or in the future may be, included in reliance on the “safe harbor” provisions of the Private Securities Litigation Reform Act of 1995. The Company cautions that forward-looking statements involve known and unknown risks, uncertainties, and other factors that may cause the actual results, performance, or achievements to be materially different from future results, performance, or achievements expressed or implied by the forward-looking statements, including the market price of the Company’s common stock, the nature of other capital or investment opportunities presented to HealthStream, cash flow and liquidity considerations, and compliance with the Company’s covenants under its credit agreement, as well as the result of risks referenced in the Company’s Annual Report on Form 10-K for the year ended December 31, 2019, filed on February 26, 2020, and in the Company’s other filings with the Securities and Exchange Commission from time to time. Consequently, such forward-looking information should not be regarded as a representation or warranty or statement by the Company that such projections will be realized. Many of the factors that will determine the Company’s future results are beyond the ability of the Company to control or predict. Readers should not place undue reliance on forward-looking statements, which reflect management’s views only as of the date hereof. The Company undertakes no obligation to update or revise any such forward-looking statements.*

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