

# Using Maslow's Pyramid and the National Database of Nursing Quality Indicators™ to Attain a Healthier Work Environment

Figure and Table

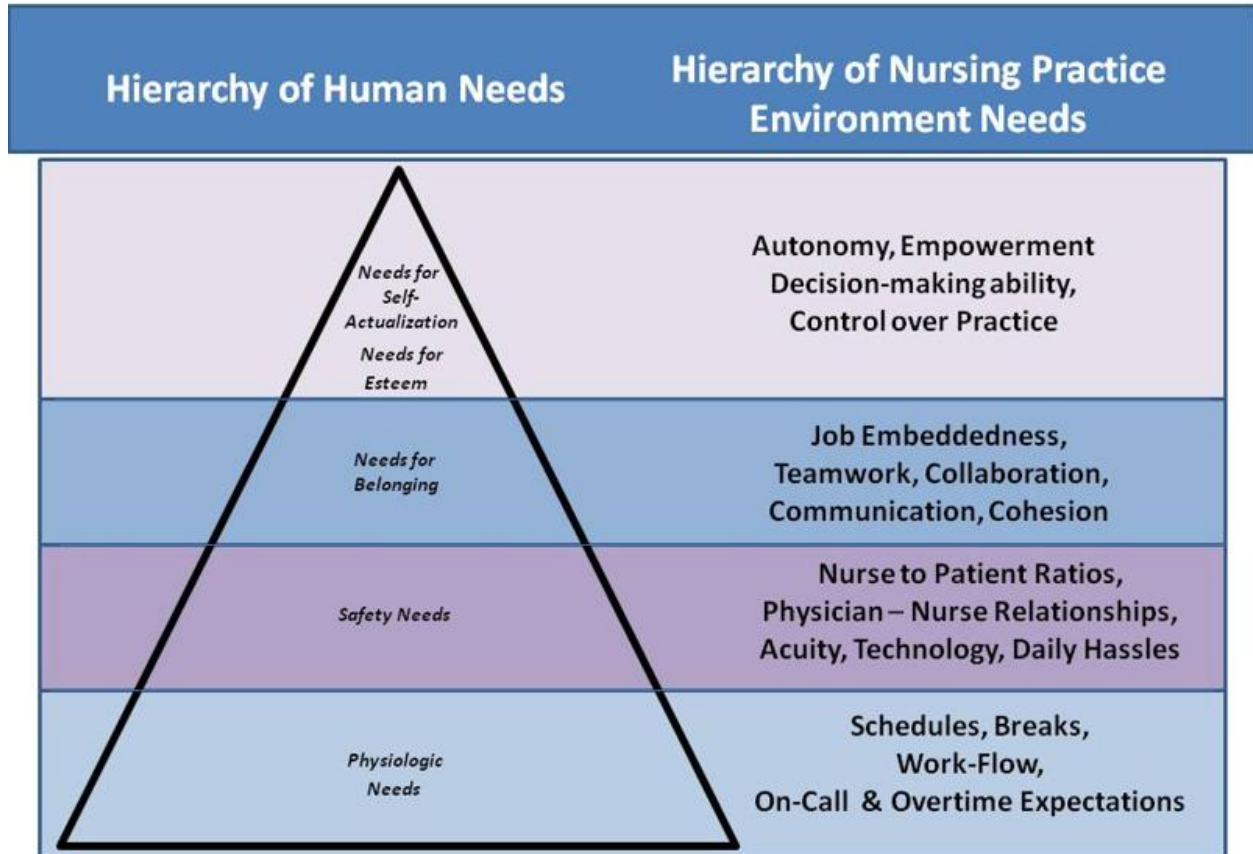


Figure: Strategy Tool

Adapted from Maslow. (1943)

Table: Percentages Describing Nurses' Breaktime Status: Pre- and Post- Intervention

	Pre-Intervention	Post-Intervention	Performance	
Meal Breaks	Nurses who received no meal break	25%	22%	Improved
	Nurses who received a meal break less than 30 minutes	46%	39%	Improved
	Nurses who received a meal break 30 minutes or greater	29%	39%	Improved
	Nurses able to sit down free of patients for meal break	0%	26%	Improved
	Nurses able to sit down for meal break, but not free of patients	95%	56%	Improved
Non-Meal Breaks	Nurses who received no non-meal break	64%	57%	Improved
	Nurses who received a non-meal break less than 20 minutes	32%	35%	Did not Improve
	Nurses who received a non-meal break 20 minutes or greater	4%	9%	Improved
	Nurses able to sit down free of patients for non-meal break	0%	13%	Improved
	Nurses able to sit down, not free of patients for non-meal break	60%	44%	Improved

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