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A Mindful Moment: Using Mindfulness to Combat Burnout

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Background

- Bedside nurses have been reported to have ongoing distress even after the pandemic.
- With the recent pandemic, organizations are looking for many ways to enhance well-being and self-care of healthcare workers.
- Mindfulness as a tool for self-care can give nurses a better capacity for awareness (Kabat-Zinn, 2015).
- At work, mindfulness can decrease stress, burnout and anxiety among staff (Lin et al., 2019).
- In one study, the use of a mindfulness app at work was perceived as easy, valuable and enhanced a positive work environment. Staff also used the app at home to improve self-care and enhance sleep (Fordham & Sorensen, 2023).
- Mindfulness-based interventions can reduce psychological symptoms such as stress and burnout and enhance well-being (Ramachandran, et al. 2023; Duarte & Pinto-Gouveia, 2016).

Purpose

- The purpose of this project is to provide nurses and support staff with an easy-to-use and effective tool to enhance mindfulness, self-care and self-awareness.

Goals/Objectives

1) Increase Awareness and Familiarity with Mindfulness Techniques

- Measure pre-intervention staff awareness and understanding of mindfulness.
- Distribute brochure detailing mindfulness techniques and QR code to “Insight Timer App” to all staff.
- Train staff on how to access the app.

2) Enhance Mindfulness Practice and Self-Regulation Among Staff

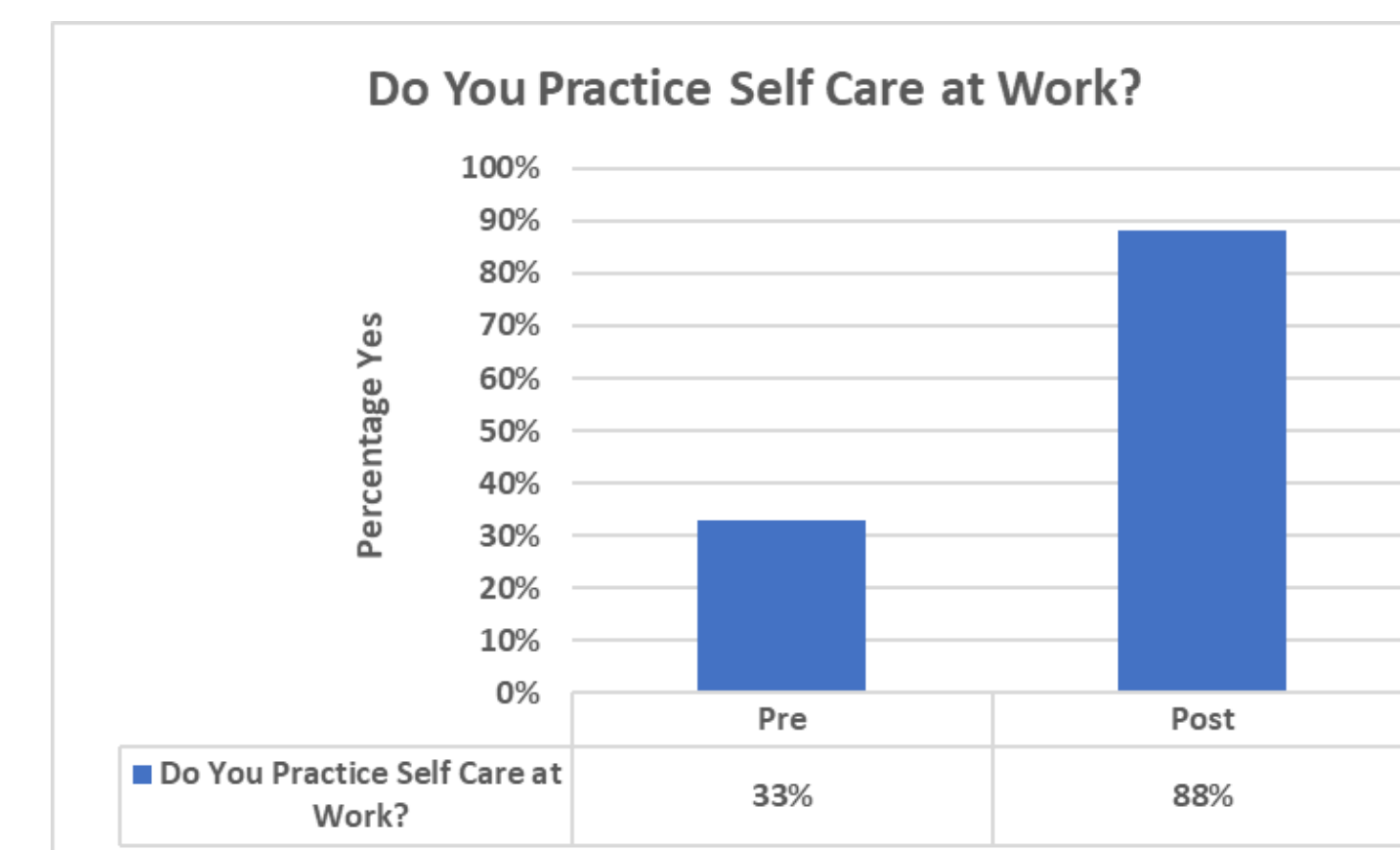
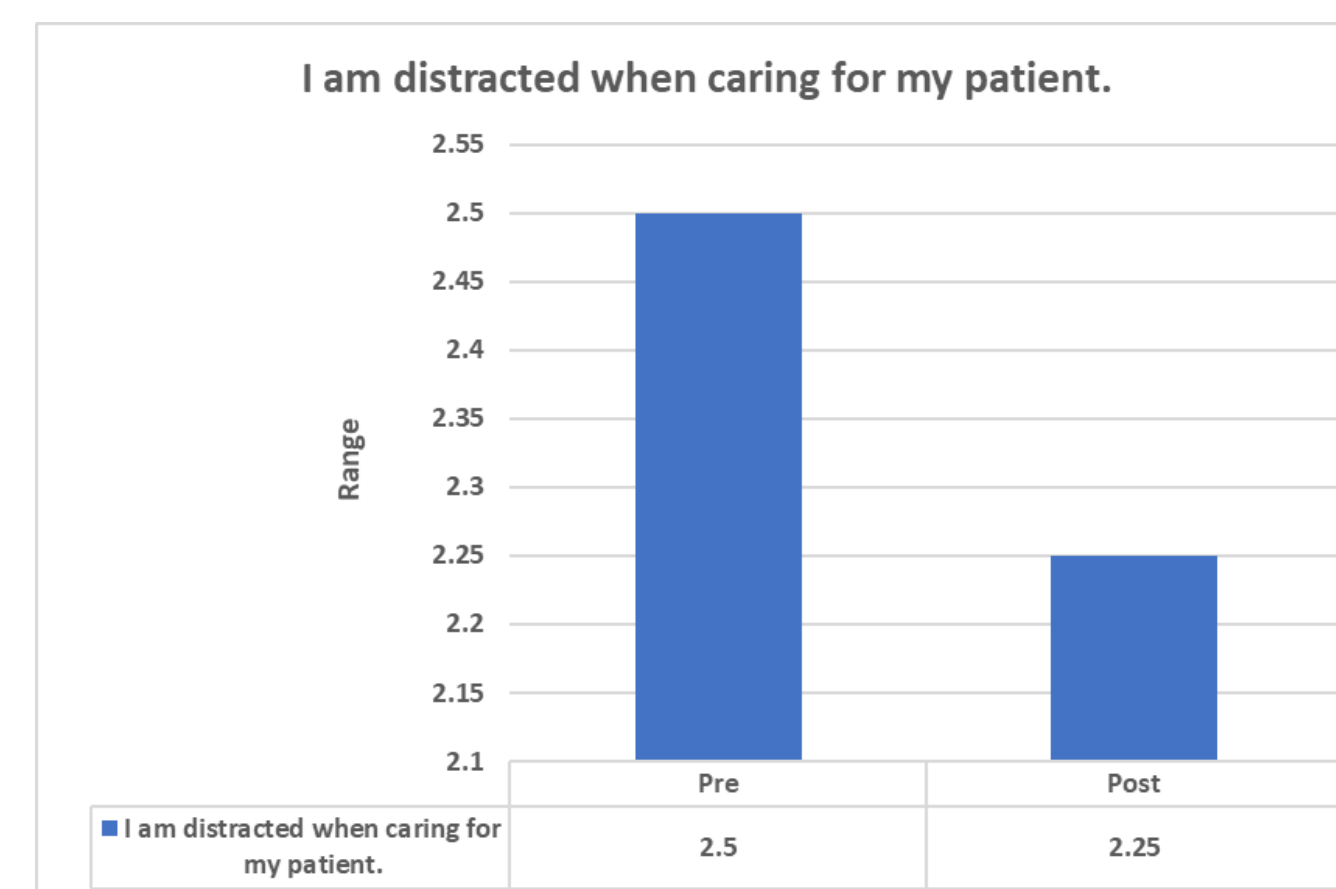
- Encourage staff to incorporate short mindfulness exercises during their break times.
- Measure post-intervention staff awareness and use of mindfulness as a source of self-care.

Methodology

- An email was distributed to staff on February 20, 2024, introducing the project to the CARE unit & asking them to complete the pre-intervention survey.
- During the week of February 26, staff were given 1:1 instruction on using the brochure and QR codes to the Insight Timer App. Demonstration on how to download the app was also provided.
- The project was implemented during the weeks of March 1-15, 2024.
- Post-survey was distributed via email March 19, 2024.
- Survey Questions included:
 - “*I am completely present in the moment when caring for my patients.*”
 - “*I am distracted when caring for my patient.*”
 - “*I am very familiar with mindfulness as a source of self-care.*”
 - “*How likely are you to use a mindfulness app during your workday?*”
- Descriptive statistics were used to analyze the data.

Outcomes

- Distraction while caring for patients dropped from 2.5 to 2.25 post-intervention.
- Staff practicing self-care at work increase from 33% to 88% post-intervention.



Conclusions

Pre- and post-intervention data show a decrease in distraction while taking care of patients, and an increase in the use of self-care strategies at work.

Participant feedback was positive overall:

- A coworker reported having a bad day, and another coworker responded that it looked like they needed “a mindful moment” and gave them the brochure to scan the app.
- Staff reported using the app at home with their children.
- Staff stated they had a hard time using the app during work hours but used it during their drive into work and/or on the shuttle bus.
- Staff started adopting the phrase “I am going to have a mindful day.”

Considerations for the Future:

- Do a larger pilot with a bigger sample size.
- Submit this project as a quality improvement initiative and disseminate findings.

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