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Wellness Through Progressive Muscle Relaxation for Healthcare Workers

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Wellness Through Progressive Muscle Relaxation for Healthcare Workers

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Introduction

Baystate Health nurses enrolled in the BirchTree Center for Healthcare Transformation wanted to implement a quick and simple method for staff to promote self- care and resiliency at work and at home. Progressive Muscle Relaxation (PMR) is a relaxation technique involving the tightening and relaxation of muscle groups, one at a time, in a specific order. PMR promotes multiple benefits of both psychological and physiological states of relaxation. Evidence has demonstrated that using PMR supports:
* Mindfulness
* Pain Control
* Reduces Stress & Anxiety
* Improves Quality of Sleep
* Improves Mood
.

Methodology

The project involved nurses developing a group learning session for a multi-disciplinary team of individuals that support an Adult Partial Hospitalization Program at Baystate Medical Center. Participants were invited to a training via ZOOM. The training was conducted by one of the study leaders. Participants were encouraged to complete a pre and post survey of a Likert Scale format that focused on their knowledge base of PMR, their likelihood of participating in the project and their end-goals for the training.

Participants were given a QR Code with a link to view a 7-minute training video with audio on the PMR method and invited to attend a group ZOOM PMR session. Participants also received written materials and a live demonstration of the PMR techniques.

Findings

The participants pre-survey end-goals identified were stress & anxiety reduction and improved sleep.

The post-survey identified the ease of using the training video, the personal experience of learning the PMR methods and the impact of the decreasing stress & anxiety as well as an improvement in sleep quality.

PMR Pre-Survey Results

Post-PMR Survey Results
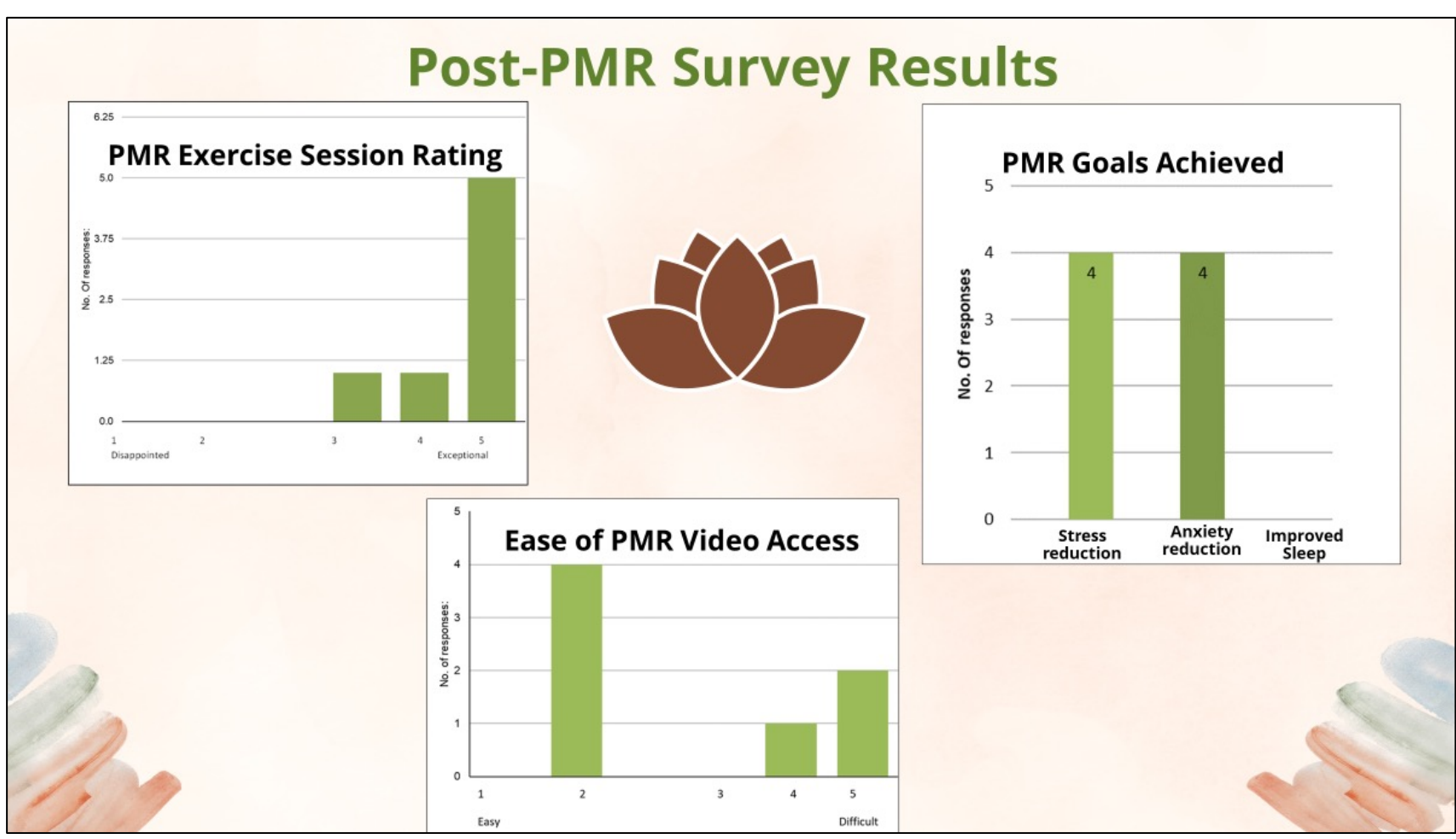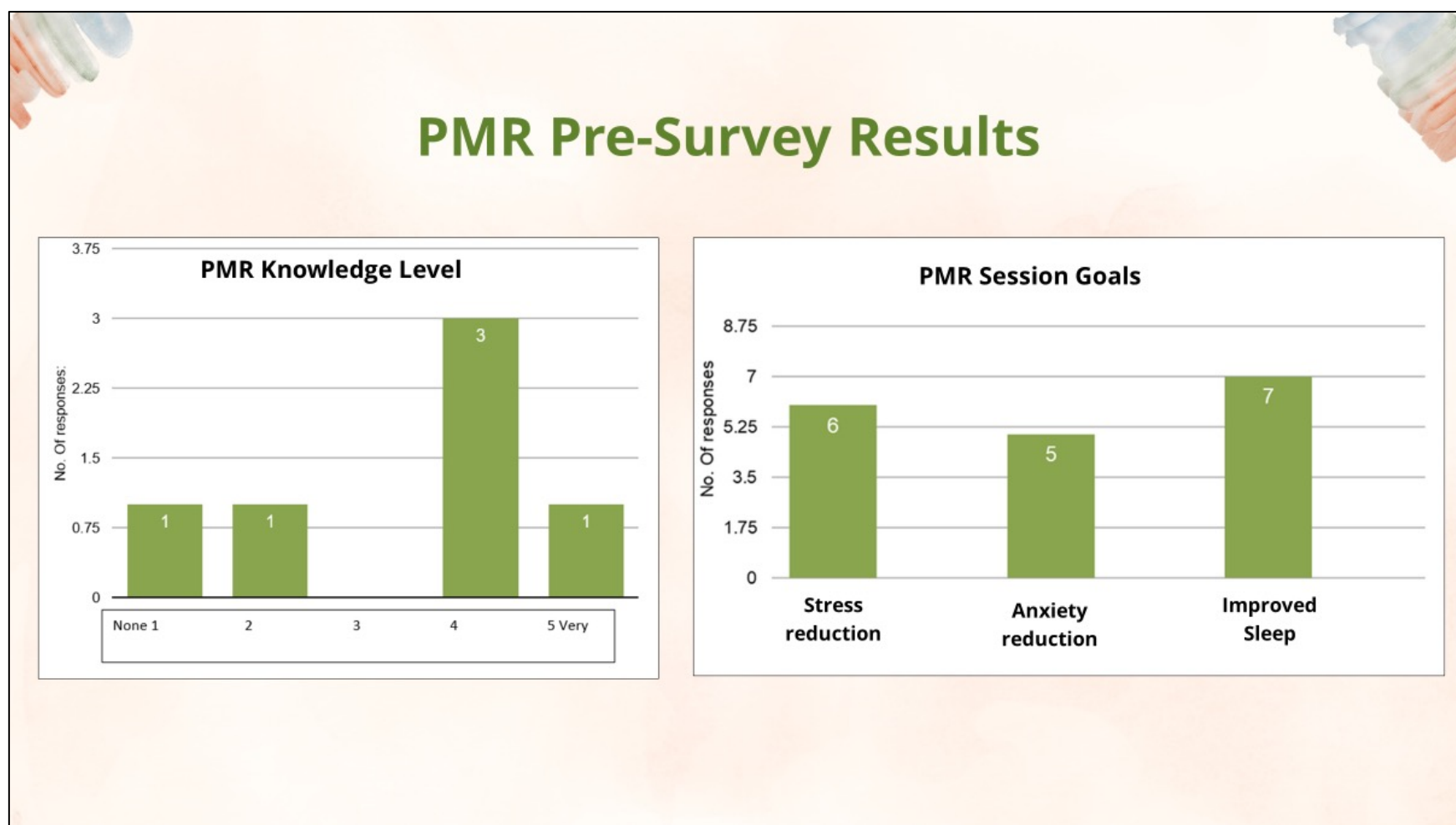
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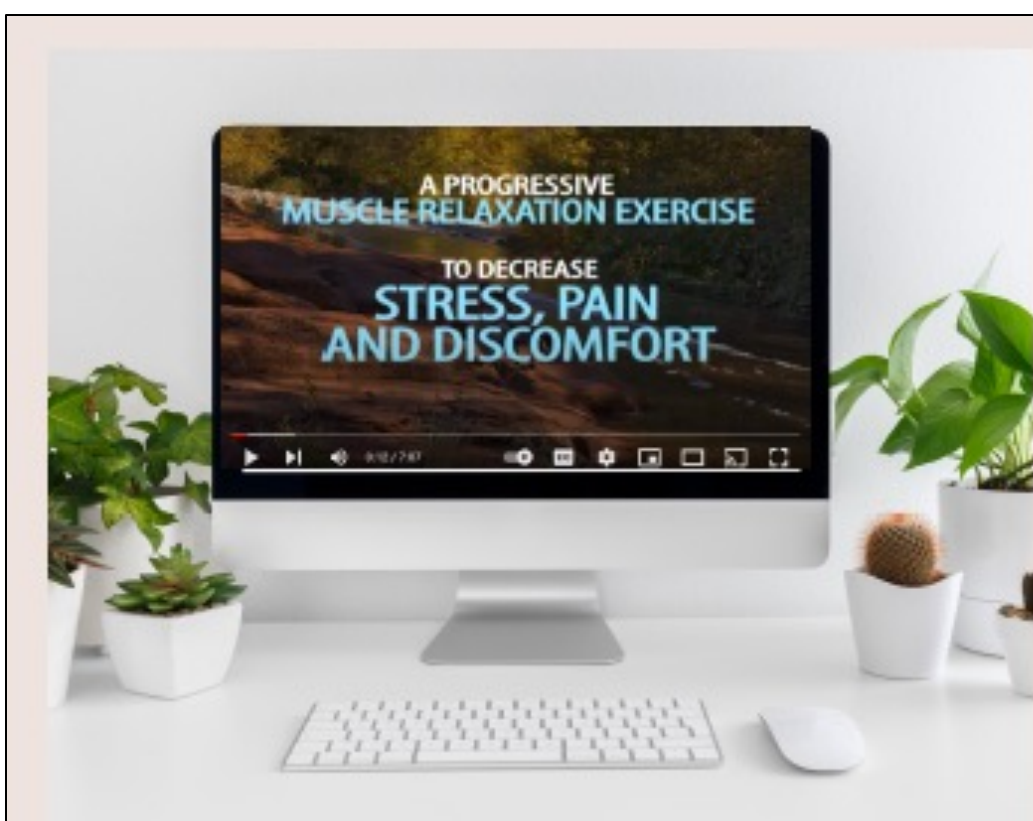
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Conclusions

The PMR Project concluded that participants:

* Appreciated the short easy-to-understand training exercises
* Discovered the flexibility of the virtual learning platform helpful
* Implemented new ways of incorporating stress relief into their day at work or at home
* Identified that stress related to staffing is an on-going issue for all healthcare providers

QR Code link to 7-minute Progressive Muscle Relaxation Video

Video Link
7 Minute Progressive Muscle Relaxation - YouTube

Progressive Muscle Relaxation (PMR)

What is PMR?
PMR is a relaxation technique involving the tightening and relaxation of muscle groups, one at a time, in a specific order.

How can I benefit from PMR?
PMR has been reported to encourage mindfulness, which may help manage pain, stress and anxiety or improve sleep and mood.

Can anyone utilize PMR?
PMR is appropriate for everyone despite physical limitations. People with history of muscle spasms or ongoing pain related to an injury should consult their Medical Doctor before starting PMR therapy.