



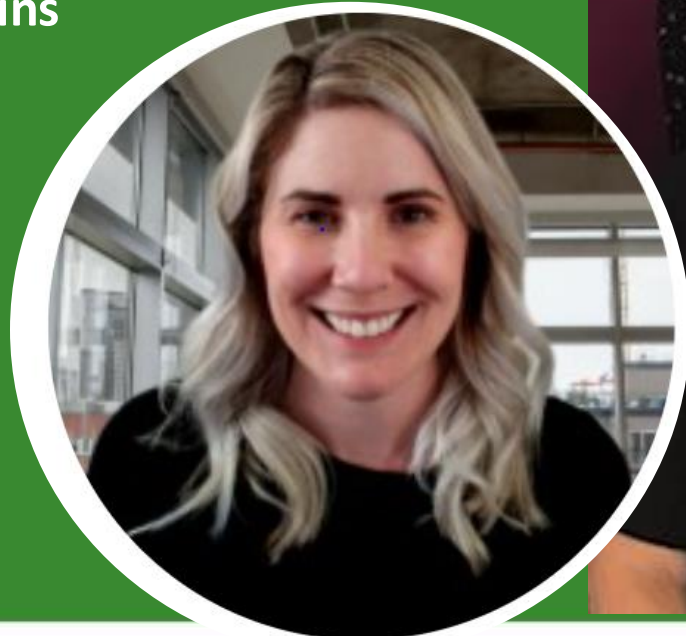
The Mindfulness Minute EBP Project

Rev. Veronica Silva, RN, MA, BSN, PCCN

Acknowledgements

You rarely ever do research/EBP alone: Here is the Mindfulness Minute TEAM!!

- **Mentor: Dr. Trisha Saul, PhD, RN, PMGT-BC**
- **Rev. Paul White, Spiritual Care Manger South Bay**
- **Father Peter and the Chaplains at PLCMT**



Background

- The wellbeing of caregivers in a hospital setting have been challenged over the past two years.
- Research shows that the COVID pandemic has created an unprecedented amount of stress and burnout on caregivers in a hospital setting due to staffing shortages, fear for their families and unprecedented work environments.
- Additionally, research has shown that mindfulness practices have an impact on stress levels by activating the parasympathetic nervous system.
- Given the limited education resources, we felt that addressing the stress levels on the floor--in real time--would be the best approach. The Mindfulness Minute Project will provide a tool for nurses to utilize whenever they are feeling stressed, which interrupts the fight or flight mechanism.

Literature Review

Effects of Mindfulness-Based Interventions on Mental Health in Nurses

- Mi-Jung Kang, et al. 2021
- Meta Analysis
- Location: Hospital Setting
- Mindfulness Interventions had beneficial effects on mental health such as psychological distress and wellbeing in nurses.
- N = 572

Brief Mindfulness Practice Course for Healthcare Providers

- Walker Seidel, Dane, et al 2021
- Pretest/post test design and randomized trial
- Location: Hospital Setting
- Findings support the short term and sustained impact of this brief mindfulness curriculum
- N = 108

The Effects of Mindfulness Meditation of Stress and Burnout in Nurses

- Green, Kinchen 2021
- Literature Review, Peer-Reviewed
- Location: Hospital Setting
- Mindfulness meditation is effective in decreasing stress and burnout in nurses.
- N = 108

The Effect of Mindfulness-Based Training on Stress, Anxiety, Depression and Job Satisfaction Among Hospital Nurses

- Ghawadra, Lim Abdullah, et al 2020
- Randomized Control Trial
- Location: Hospital Setting
- Mindfulness-Based training is effective in improving anxiety and job satisfaction among nurses.
- Intervention Group N = 118
Control Group N=106

Purpose/Aim

Purpose

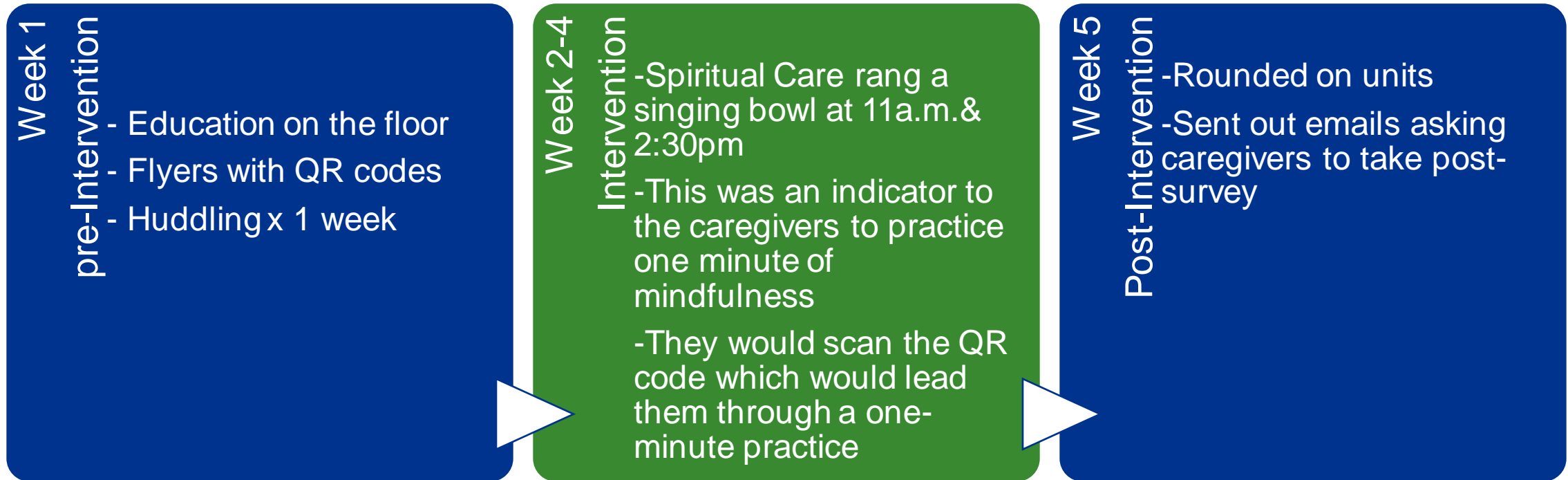
- The purpose of the EBP project is to create a unit culture where mindfulness can be part of daily practice during an employee's shift.

Aims

- Aim 1: To test the feasibility of an evidence-based mindfulness minute intervention
- Aim 2: Decrease stress and burnout, and increase well-being by implementing a mindfulness minute

Methods/Approach

- **Design:** Evidence Based Project, Pre-Post Intervention
- **Sample:** Members of the “Nursing Team” (nurses, nursing assistants and Patient Service Technicians) on four medical, surgical, and telemetry units.



Methods/Approach

Flier distributed to units:

THE MINDFULNESS MINUTE PROJECT

MARCH 7TH- APRIL 1ST

Bell Rings @ 11:00 am and 2:30pm

Evidence has shown that a mindfulness practice can reduce the stress experienced by caregivers in a hospital setting. Please join us as we take one minute, twice a day to interrupt the fight or flight response and reconnect with our wellbeing.

**Intro:
What is the Mindfulness
Minute?**



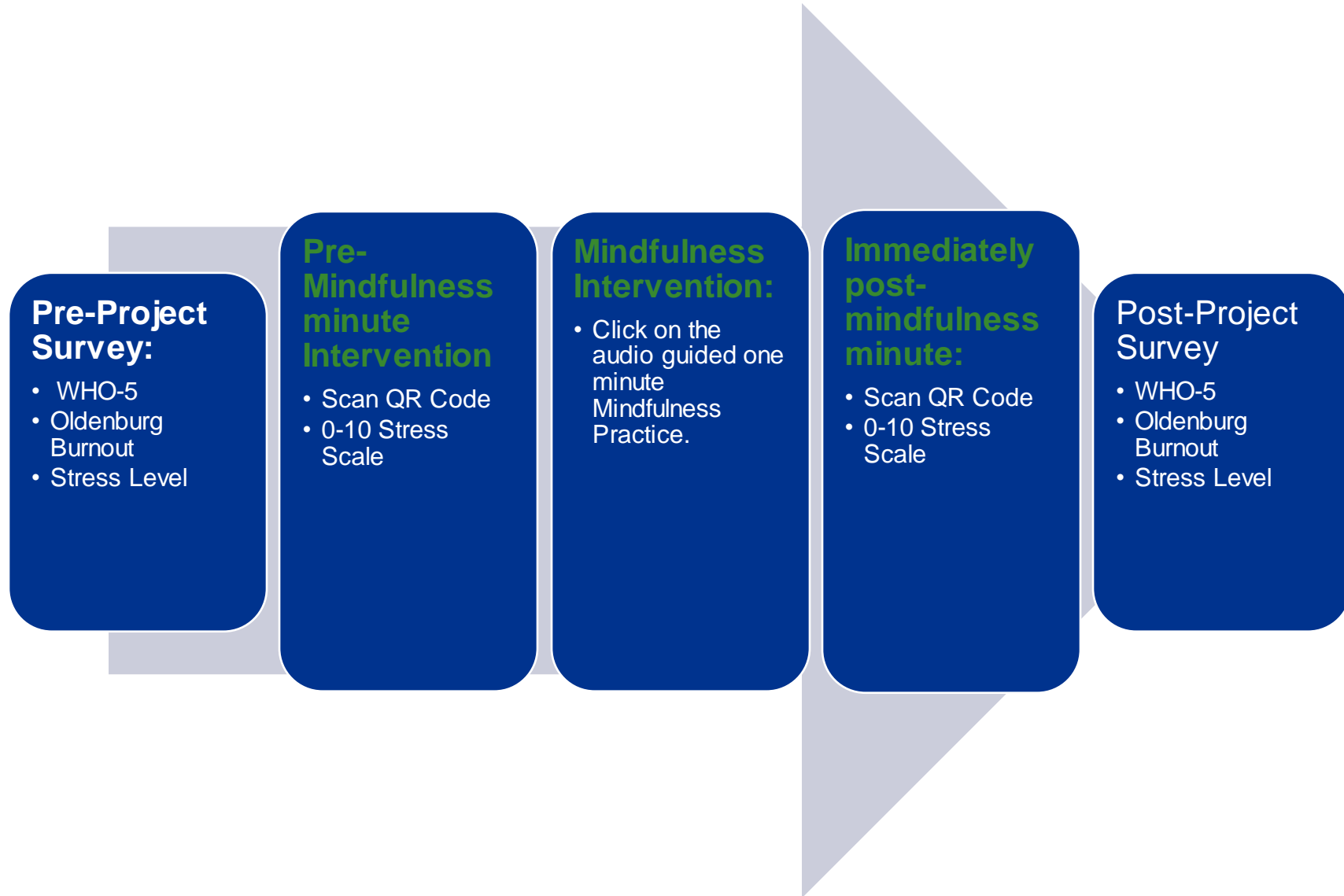
**Practice:
Mindfulness Minute**

**QR Code
Launching
March 7th**

**Education and rounding
Begins March 2nd**

Questions: veronica.silva@providence.org

Methods/Approach continued: Intervention & Surveys



Methods/Approach continued:

Data was collected in three ways:

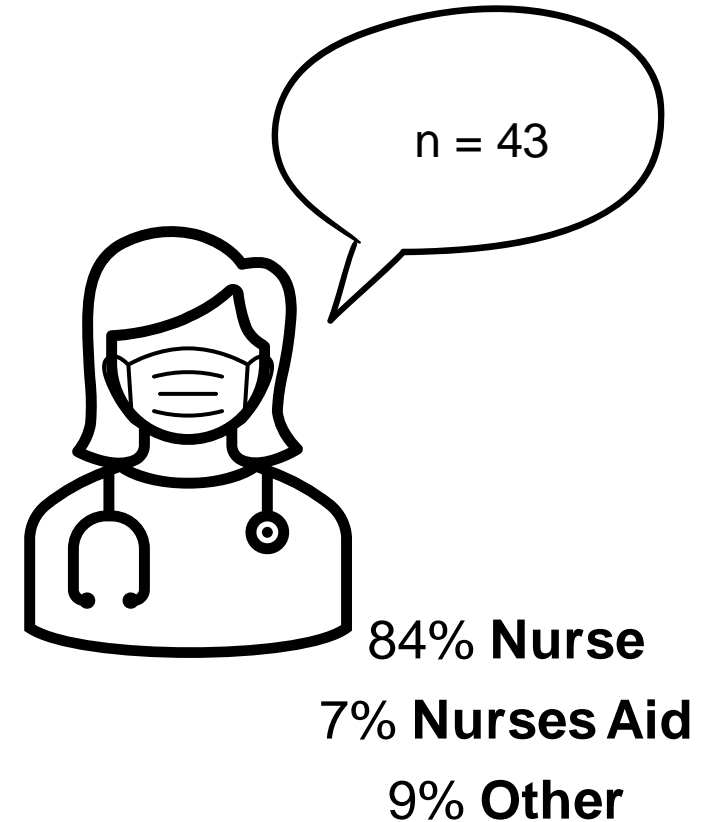
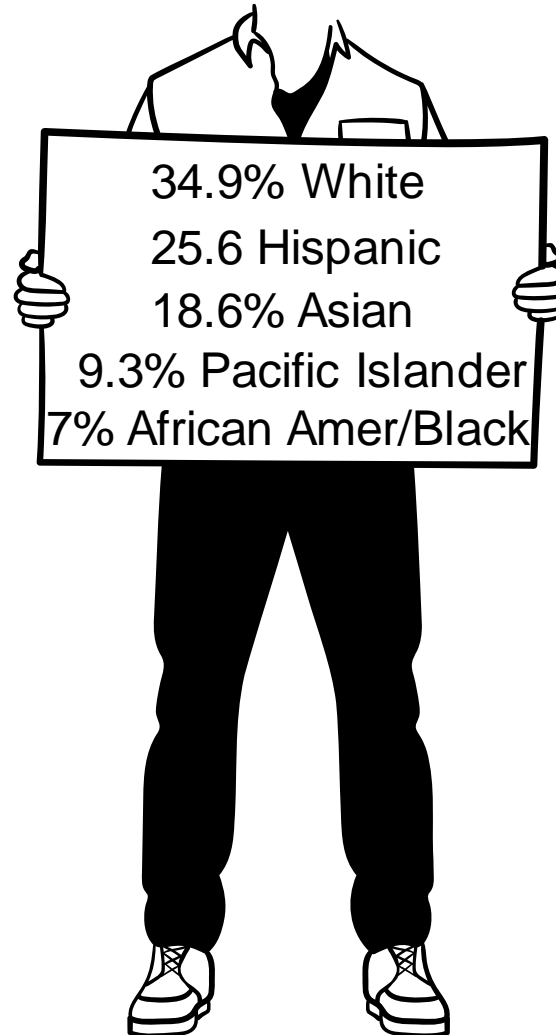
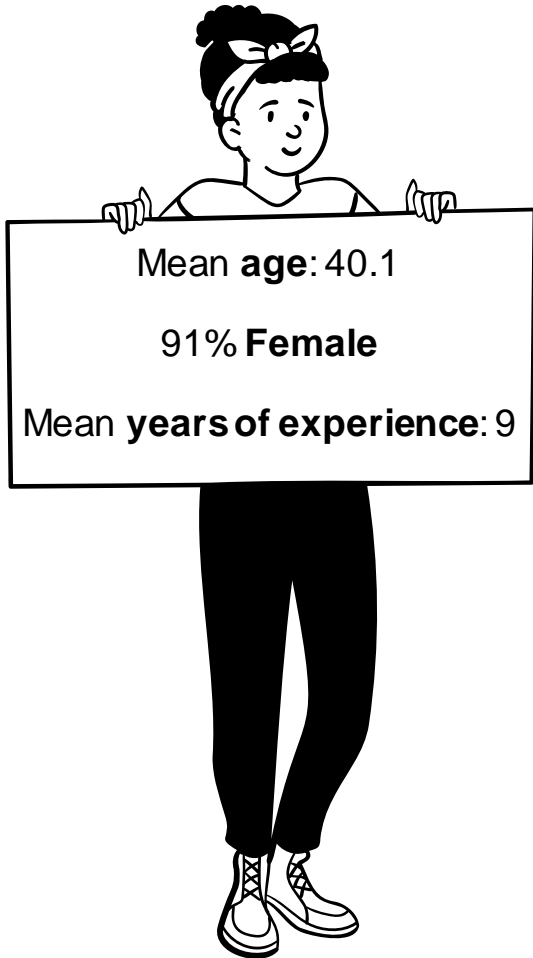
Who-5 Wellbeing
Survey

Oldenburg Burnout
Survey

Stress Level 0-10



Results: Demographics



Results: Pre & Post Intervention Long Survey Results

Oldenburg Burnout Inventory (OLBI)

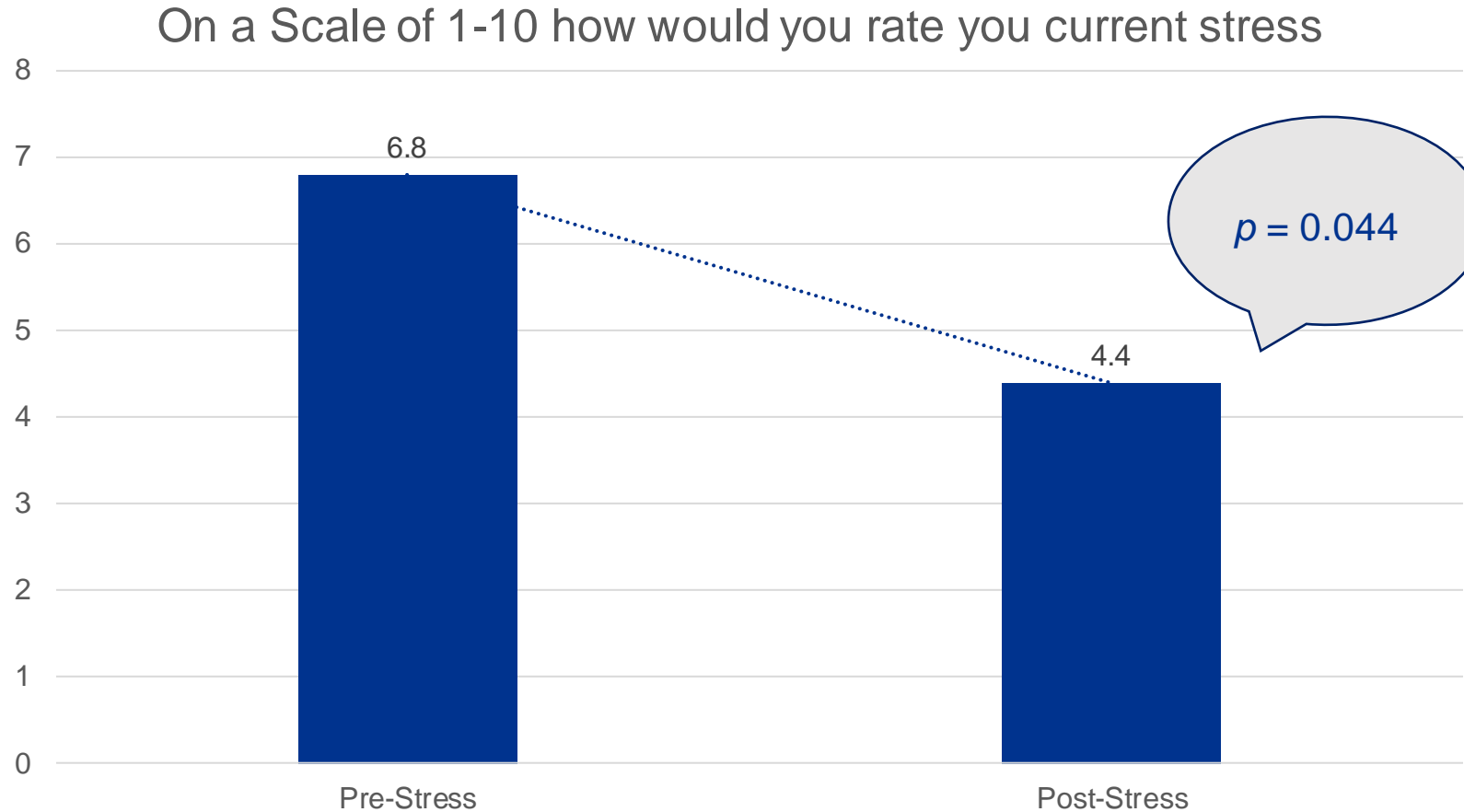
Disengagement Subscale: No statistical difference found in disengagement items.

Exhaustion Subscale: “I can tolerate the pressure of my work very well.” (p= 0.011)

WHO-5-Wellbeing Index

“I have felt calm and relaxed” (p = 0.034)

Results: Immediate Pre/Post Intervention Stress Scale



Conclusion

Conclusion:

Based on the research studies, implementing a mindfulness practice seemed to be an effective strategy to reduce stress and burnout in our caregivers.

Although the short survey 0-10 Stress Survey did show statistical significance in pre and post stress scores which shows short term stress reduction, the long surveys did not show a post intervention statistically significant change in stress or burnout levels.

This was mainly due to the lack of consistent practice of the intervention on a continuous basis. Caregivers only reported practicing a few times over the three week period.



Implication for practice

- I noticed that many caregivers did not have time to take one minute for themselves. They are so busy on the floor with its many demands. It didn't seem feasible to stop and breath for one minute out of the 720 minutes an average floor caregiver works. This is the culture of our floor caregivers

How can we make ourselves important enough to stop the fight or flight...the very physiological process that causes stress and all of the diseases associated with stress...how can we make ourselves important enough to take a mindfulness minute, improve our wellbeing and “give care” to ourselves, one minute at a time.



This is the bigger question.



The Practice:



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Center for Functional Diseases, Mental Health Center, Copenhagen Multidisciplinary Pain Center, Rigshospitalet, Copenhagen, Denmark.

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PMID: 34041456

Questions?

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