



# Effect of Mindfulness Training on NICU Nurses' Professional Quality of Life



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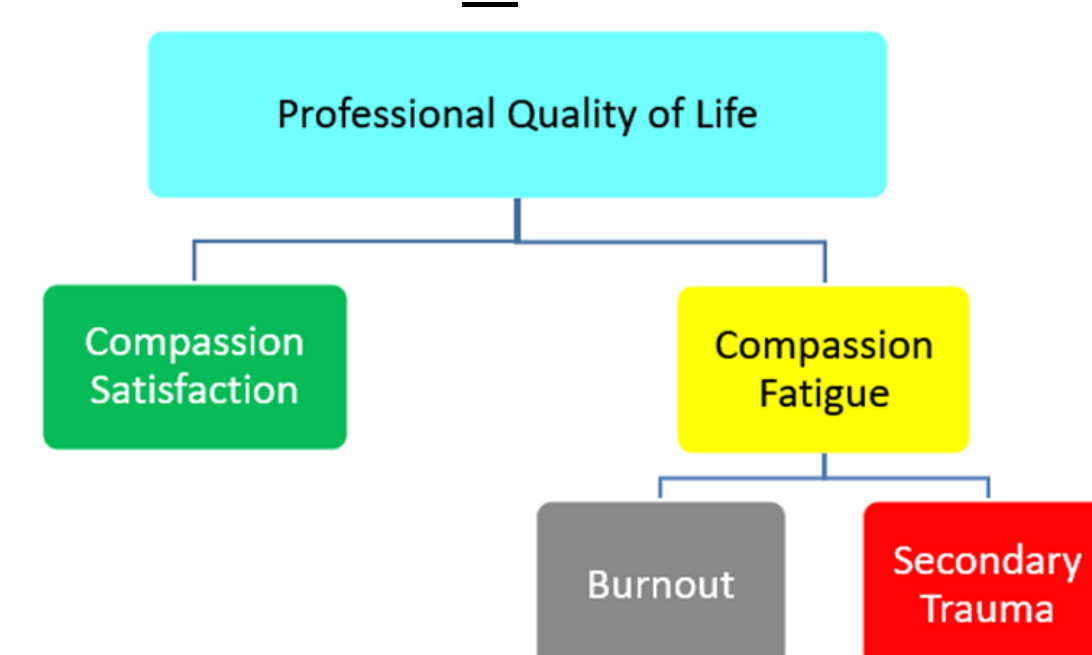
## Background

**PROBLEM:** High stress NICU → compassion fatigue & lower professional quality of life (QOL) → negative outcomes<sup>1-4</sup>

### SOLUTION?

\*No-cost, self-guided mindfulness phone application  
\*Outcomes equivalent for mindfulness apps & resource-intensive, live classes<sup>5-8</sup>

## Framework: Stamm<sup>9(p.8)</sup>



## Purpose

**HYPOTHESIS:** A self-guided mindfulness phone app will improve NICU nurses' professional quality of life

For references and additional information, please use the QR code above to view the electronic poster online.

## Methods

**DESIGN:** pre/post, single group quasi-experiment

**INTERVENTION:** 21 days using Moodfit Premium® app<sup>10</sup> during COVID-19 pandemic height

**SAMPLE/SETTING:** Inclusive of 54 RNs in Level IIIB NICU in 377-bed Magnet® non-profit in SoCal

### INSTRUMENTS (3):

- 1) ProQOL -version 5<sup>9</sup>
- 2) Mindfulness Attention Awareness Scale (MAAS)<sup>11-12</sup>
- 3) Demographic sheet

### PROCEDURES:

- \*IRB exempt
- \*Coded instruments; PI blinded
- \*Multi-mode teaching re app
- \*Analysis: Descriptive & Inferential Wilcoxon signed-rank

## Results

\*Response rate N=22 (41%).  
85%BSN; 41% certified;  
60% over 10 yrs in NICU;  
82% female; 57% white

### \*9 pre/post paired RNs

- ProQOL5 *Compassion satisfaction (CS)* moderate & stable ( $p=.73$ )
- ProQOL5 *Secondary Traumatic Stress (STS)* dropped ( $p=.01$ )\*
- ProQOL5 *Burnout (BO)* low & stable ( $p=.23$ )
- Mindfulness practice increased ( $p=.00015$ )
- MAAS unchanged ( $p<.09$ )

## Discussion

- Hypothesis supported
- Avg app engagement 54min<sup>13</sup>
- Sample is like national NICU RNs, except better educated with longer NICU tenure<sup>14</sup>
- Limitations: Self-reports from convenience sample

## Key Implications

### \*NICU RNs may use:

- 1) Self-guided, mindfulness app to improve professional QOL
- 2) Free, online ProQOL5 to self-monitor CS, STS, & BO

**\*Replication needed** -include app-collected data in protocol

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