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The Mindfulness Minute For Caregiver Wellbeing

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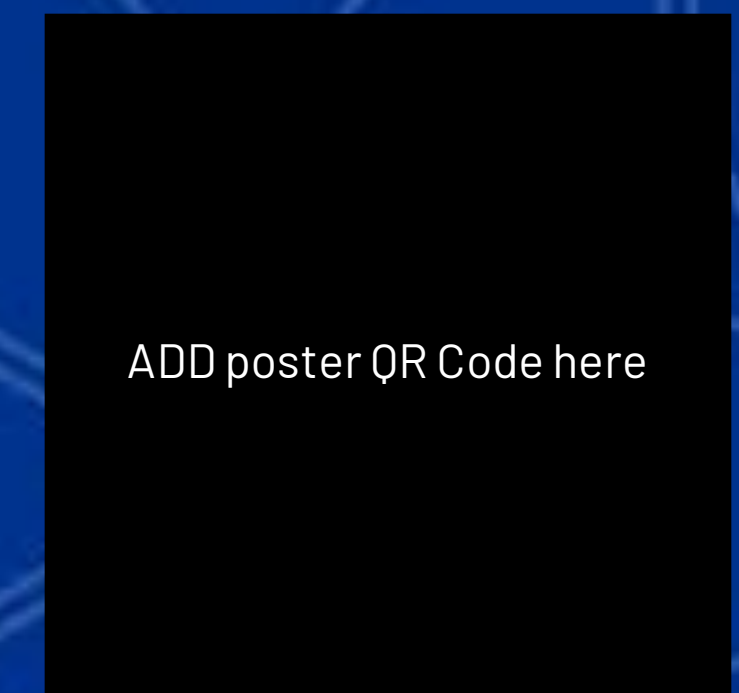
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The Mindfulness Minute

For Caregiver Wellbeing



Reverend Veronica Silva, RN, MA, BSN, PCCN & Trisha Saul, Ph.D., RN, PMGT-BC

Purpose

- Would implementing a 1-minute mindfulness intervention, on 4 med-surg units, decrease nursing staff stress and burnout over a 3-week period?

Relevance

- Nurse well-being, specifically burnout, are a well-known issues that have received national attention.^{1,2,3}
- Stress has been directly correlated with nurse burnout and a nursing exodus.¹
- A systematic review & meta-analysis of 14 studies supports mindfulness interventions in effectively reducing stress and burnout in the acute care nurse population.⁴

Intervention

- The Mindfulness Minute intervention was an interprofessional effort composed of nurse champions and the spiritual care team rounding twice a day for 3 weeks.

Week 1 (Pre-Intervention)

- Education on the floor
- Flyers with QR codes with information on mindfulness & it's implications on well-being.
- Frequent huddling and rounding

Week 2-4 (Intervention)

- Spiritual Care rang a singing bowl at 11:00 am & 2:30pm
- This was an indicator to the caregivers to practice one minute of mindfulness
- They would scan the QR code which would lead them through a one-minute practice

Week 5 (Post-Intervention)

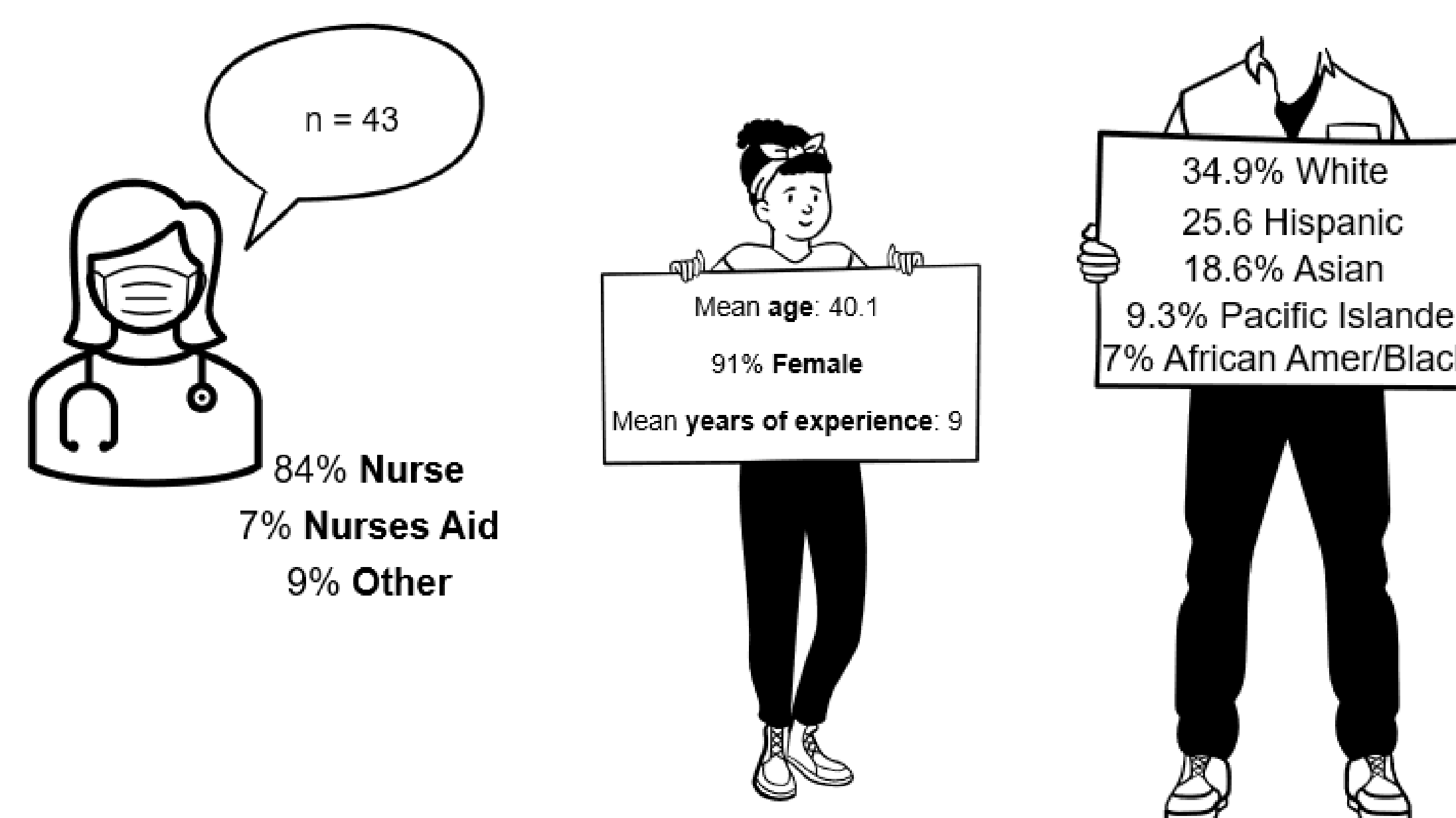
- Rounded on units
- Sent out emails asking caregivers to take post-survey



Implementation



Results: Demographics



Outcome: Burnout & Well-being

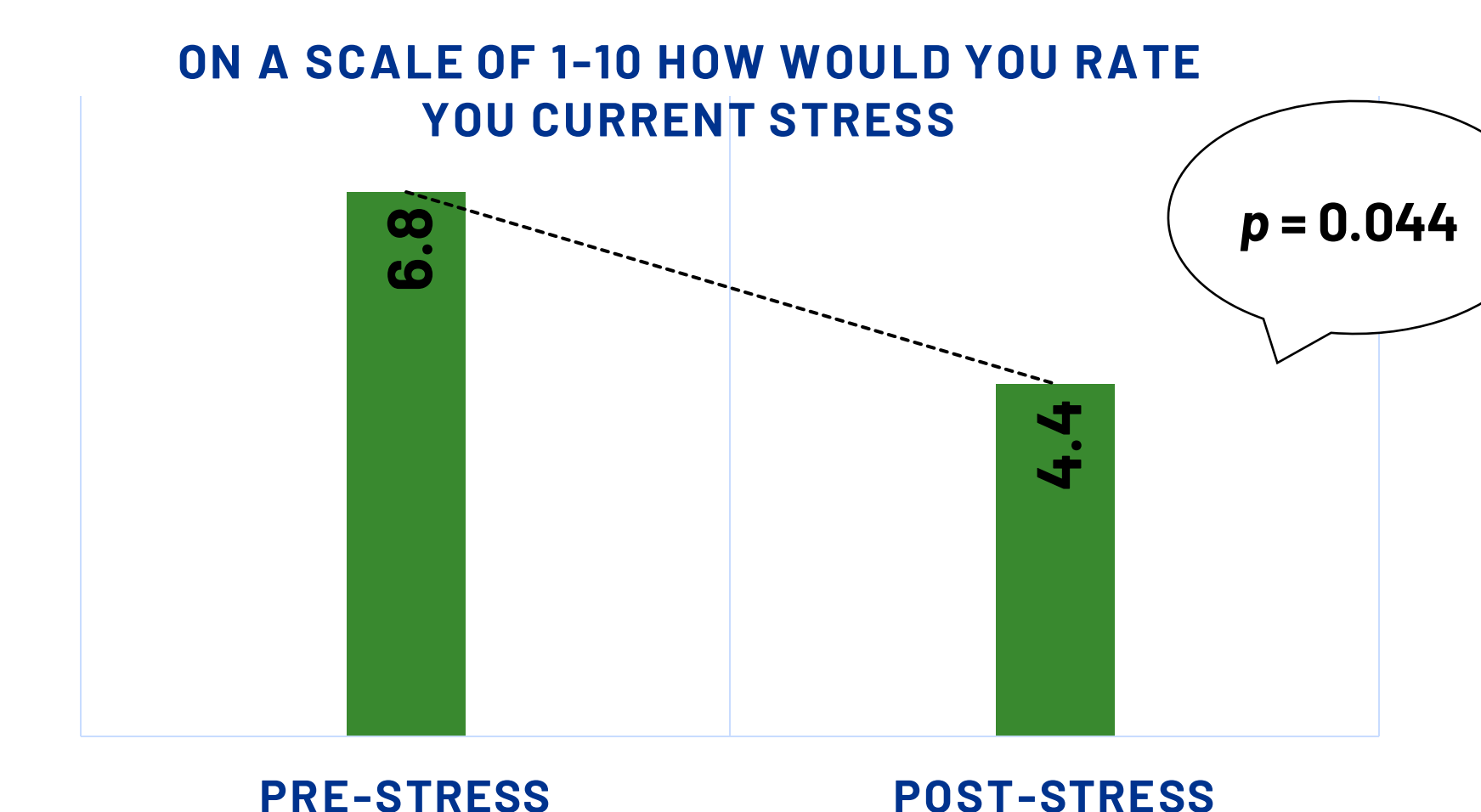
Oldenburg Burnout Inventory (OLBI)

- **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)

Outcome: Stress



Evaluation & Implications

- We did not find differences in burnout scores despite research supporting mindfulness practices. This could be due to inconsistent practices of participants throughout the 3 weeks. Anecdotally it was noted that it wasn't culturally acceptable to pause and take a moment. Future work should focus on how to get nurses to invest in practices that support their own well-being.

Acknowledgments

- Paul White, the Spiritual Care Team, & nurse champions.

For the poster, references and additional information, please use the QR code above.