PURPOSE
The purpose of this concept analysis is to present the term mindfulness and a definition that can be operationalized in the context of perioperative nursing, bringing awareness and empowerment to registered nurses in this specialty area of nursing.

BACKGROUND
The perioperative arena is one of the most complex work environments in health care. Errors due to stress, distraction and lack of awareness, can have devastating outcomes for a patient. Healthcare organizations that implement mindfulness meditation training noticed increased retention, reduced turnover and increased patient satisfaction. The term mindfulness has also been used in the context of high reliability organizations and organizations that have achieved impressive safety records despite difficult environments. As this one word has different meanings depending upon the context with which it is used in diverse areas of healthcare, it was believed that a concept analysis would provide clarity when used in the context of perioperative nursing.

ANTECEDENTS
Burnout, Chaos, Distraction, Habit, Mindlessness, Unconsciousness

ATTRIBUTES
Awareness, Consciousness, Focus, Intention, Purpose, Thoughtfulness

CONSEQUENCES
Accountability, Appropriate response, Balance, Empowerment, Reliability, Safety

EXEMPLAR CASE
The exemplar case illustrated the operational definition by presenting a case study in which the surgical team had to communicate effectively regarding a missing instrument, minimize distractions, and focus on the safety of the patient at all times. The RN showed accountability and reliability by performing the surgical counts correctly, and was empowered to inform the rest of the team about the missing item. The surgeon had the appropriate response by stopping the procedure and assisting in the search for the instrument. The item was found, the procedure continued, and the patient had a good outcome. The possibility of an error was reduced with the mindfulness practices of the surgical team.

CONCLUSION AND DEFINITION
The conceptual meaning evolved throughout the study resulting in an operational definition of the term mindfulness provided for use in the specialty area of perioperative nursing. Mindfulness to the perioperative registered nurse means: Being aware of what is happening around you at any given moment and empowered to react appropriately in a safe manner.

REFERENCES

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