Effectiveness of Using an App to Teach Mindfulness Meditation to Nurse Residents

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INTRODUCTION

Transition to practice can be an exciting yet stressful time for newly licensed registered nurses. To help facilitate a successful transition, nurse residency programs have been developed.

Features of Nurse Residency Programs:
- structured orientation
- competency based curriculum
- preceptor and mentorship
- educational and supportive activities
- longer than other new employee orientations, from 6-months to a year

Potential positive benefits of mindfulness to Nurse Residents and organizations:
- reduced stress
- improved communication
- less errors
- increased patient safety
- increased retention
- increased satisfaction

The Nurse Residency Program at Fox Chase Cancer Center

Started in 2001, two cohorts per year at first then went to one per year. In 2018, two cohorts per year started again.

Following a preceptorship and mentorship plus mindfulness mediation, Nurse Residents provided with the app itself not the particular meditation practice that will be optional.

Some challenges with the meditation practice: "The recording made me feel more anxious" “Since the meditation was adapted to work it did not relax me much, made me think about work” “I could not quiet my mind” “I got bored” “I plan to try something more active – yoga, dance, running, walking”

CONCLUSIONS

- Nurse Residents (NRs) are willing and interested in using an app for mindfulness meditation
- NRs were not very compliant with using a particular assigned mindfulness meditation practice (guided full body relaxation meditation)
- NRs not compliant with journaling in the paper journal provided
- Modification to the study for future cohorts shifts the focus to the use of the app itself not the particular mindfulness practice

REFERENCES


OBJECTIVES

Study purpose: To evaluate feasibility and acceptability of using a mindfulness meditation app as part of a nurse residency program.

Primary aims:
1. To examine feasibility of using a meditation app as assessed by overall participation rate in this research study on mindfulness meditation.
2. To examine acceptability of this meditation program over two months, based on number of days per week that participant reported at least one meditation session.

METHODS

Design: Mixed-methods design incorporating quantitative research instruments and qualitative journals and focus groups.

Setting: An NCI-designated comprehensive cancer center licensed for 1014 patient beds

Sample: Newly licensed registered nurses hired into the Nurse Residency program

Study Instruments:
- Demographic questionnaire
- Perceived Stress Scale (PSS)
- Mindful Attention Awareness Scale (MAAS)
- Mindfulness-Awareness Scale (MAAS)
- Self-reported Age
- Self-reported Gender

Initial session with Nurse Residents in Month 1:
- Informed consent
- Study instruments, class on mindfulness meditation, downloading of free app onto personal mobile device, practice with app-guided meditation, nurse residents given a journal and instructions.

Month 1 – 3: Nurse Residents added to practice mindfulness meditation a minimum of 3 times per week and journal about their practice.

Session 2 in Month 2: Participants, nurse residents, PSS and MAAS completed by the Nurse Residents, focus group discussion held on their use and experiences with the meditation app.

Data Analysis:
- assessing enrollment and meditation days per week
- descriptive statistics from the two research instruments
- qualitative analysis (content and thematic) of the journals and focus group interviews

INTERIM RESULTS

Two cohorts of Nurse Residents have participated in the study to date.

Cohort Characteristics – includes all 11 participants that enrolled

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INTERIM RESULTS

QUALITATIVE DATA FROM FOCUS GROUPS

Some challenges with the meditation practice:
- The recording made me feel more anxious
- Since the meditation was adapted to work it did not relax me much, made me think about work
- I could not quiet my mind
- I got bored
- I plan to try something more active – yoga, dance, running, walking

The research study on mindful meditation is among healthcare providers, International Journal of Psychiatry in Medicine, 43(2), 118-128.
