

Creating Healthy Work Environments VIRTUAL 2021

Brief Mindfulness Meditation to Reduce Stress Among Nurses: Evidence-Based Practice

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Purpose: Hospital nurses may undergo high amounts of workplace stress and, in turn, they experience decreased job satisfaction and an intention to leave their job (Lo et al., 2017). Brief mindfulness meditation has been found to be an effective method in reducing stress and burnout among acute care nurses. However, it is unknown how often this recommendation is utilized in the clinical setting. The articles included in this literature review explore the following population, intervention, comparison, outcome, and time frame (PICOT) question: Among acute care nurses, does brief mindfulness meditation during beginning-of-shift huddle, compared to no mindfulness intervention, result in reduction of workplace stress and burnout after eight weeks of the intervention as evidenced by the Maslach Burnout Inventory (MBI)?

Methods: A review of literature was conducted using MEDLINE, PubMed, EBCOhost, and CINAHL with keywords brief mindfulness meditation to reduce stress in nurses, meditation for burnout reduction in nurses, stress reduction among nurses. Seven articles were utilized and graded levels I, II, and III on the hierarchy of evidence.

Results: Brief mindfulness meditation provided a decrease in burnout and stress in hospital nurses (Gauthier et al., 2015; Gilmartin et al., 2017; Montanari et al., 2018; Penque, 2019). Common themes found from qualitative studies were feelings of decreased stress, increased teamwork, and motivation to continue mindfulness meditation practice after the studies were finished (Duggan & Julliard, 2018; Resnicoff & Julliard, 2018).

Conclusion: Self-care is an important tool that is recommended for nurses to decrease burnout and provide higher quality patient care (Crane & Ward, 2016). Brief mindfulness meditation is an effective, inexpensive, and time efficient intervention to reduce stress and burnout among acute care nurses. Key findings suggest the need to implement a change in nursing practice to reduce stress and burnout in bedside nurses. The implementation of a three to five-minute mindfulness meditation during every beginning-of-shift huddle for acute care nurses is strongly encouraged.

Title:

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Keywords:

Brief Mindfulness Meditation, Meditation to Decrease Stress and Burnout and Stress Reduction in Acute Care Nurses

Abstract Summary:

Brief mindfulness meditation can play a key role in creating healthier work environments in the hospital setting. A daily brief intervention is an effective, inexpensive, and time efficient method to reduce stress and burnout among acute care nurses.

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Author Summary: Michelle Dukhovny is a Registered Nurse in an Intensive Care Unit and sees first-hand how stressful the occupation can be. She was introduced to brief

mindfulness meditation during her senior preceptorship in nursing school and has since used it as a way to decrease her own stress levels. She is now sharing previous research to encourage clinical leaders to utilize daily brief mindfulness meditation to reduce stress among their nursing staff.