

## Creating Healthy Work Environments VIRTUAL 2021

### Self-Care of Clinical Staff: Benefits of Meditation and Stretching

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#### **Purpose:**

Healthcare can be a demanding job and working on a rehabilitation unit can be both physically and emotionally challenging, often causing nurses to feel stressed and burnt out at times. Stress and burnout have been reported by numerous clinical staff and is linked to poorer patient outcomes, lower patient satisfaction levels, job injuries and high staff turnover rates. The purpose of our study is to compare two different interventions and see how it can decrease the perceived level of stress while working on an acute inpatient rehabilitation unit. This topic is worthy of researching because decreased levels of stress at work can lead to positive workplace morale and increased job satisfaction ultimately leading to a positive patient experience. This study focuses on evaluating guided meditation versus a stretching routine for stress reduction in the workplace.

#### **Methods:**

A mixed methods approach utilizing pre/post surveys will be used to evaluate clinical staff on a 24 bed inpatient rehabilitation unit for a 12 week intervention program. Clinical staff (Registered Nurses, Nursing Assistants, Physical Therapists, Occupational Therapists, Nursing Unit Coordinators) will be divided into 2 interventional groups: stretching and meditation. The stretching group are educated on 10 stretching exercises targeting a variety of muscles. The meditation group are given options on an iPad for practicing timed guided meditation. Each group is expected to perform the intervention during the work day with the hopes of continued sustainability after the research project is completed.

#### **Results:**

The outcome measured is perceived level of stress via pre and post survey. Data collected will be analyzed using an independent t-test and a possible *p* value will be generated. Results will be presented in table and graph forms to support it.

#### **Conclusion:**

The study is expected to benefit the staff by decreasing levels of stress, rejuvenating positive energy and in turn increasing morale in the workplace. Only by caring for ourselves, will we be able to care for others.

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#### **Title:**

Self-Care of Clinical Staff: Benefits of Meditation and Stretching

**Keywords:**

Clinical team, Nursing well-being and Self-care benefits

**Abstract Summary:**

Healthcare can be a demanding job and working on a rehabilitation unit can be both physically and emotionally challenging. Often, it is common among nurses to feel stressed and burnt out at times. The study's aim focuses on decreasing perceived levels of stress utilizing meditation and stretching as interventions.

**References:**

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**Author Summary:** Sadhana Subramanian is a Registered Nurse on a rehabilitation in-patient unit. Sadhana works with nurses and other interdisciplinary healthcare professionals in an acute care setting. Subramanian supports patients and their families throughout their hospitalization.

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**Author Summary:** Carmella Pistone-Halpern is the Director of an in-patient rehabilitation nursing unit who works with nurses and other interdisciplinary healthcare professionals in an acute care setting. Pistone-Halpern received certification from the American Nurses Credentialing Center as a Nurse Executive Advanced and is committed to bringing about exemplary outcomes for patients and their families.

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**Author Summary:** Mrs. Ebony Samuel-Bakpessi has been a nurse for over 14 years with backgrounds in medical-surgical nursing, neonatal intensive care nursing and nursing education. Ebony has extensively taught new nurses and offered continuous support to assist in their transition to practice. Sensitive to global healthcare needs Ebony participates in humanitarian efforts in Africa and the Caribbean. Ebony looks forward to future innovative experiences that will continue to support the art and future of nursing.

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