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# Prayer versus CAM Therapies in Mitigating COVID- 19-associated Challenges and Enhancing Adaptive Resilience

Center for Nursing Scholarship

# Authors

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# Background



- Advent of COVID-19 – capricious, unprecedented
- Altered life as we knew it
- Interdependence of economic and social systems impacted
- Led to anxiety and disconnectedness among healthcare providers and patients

# Significance

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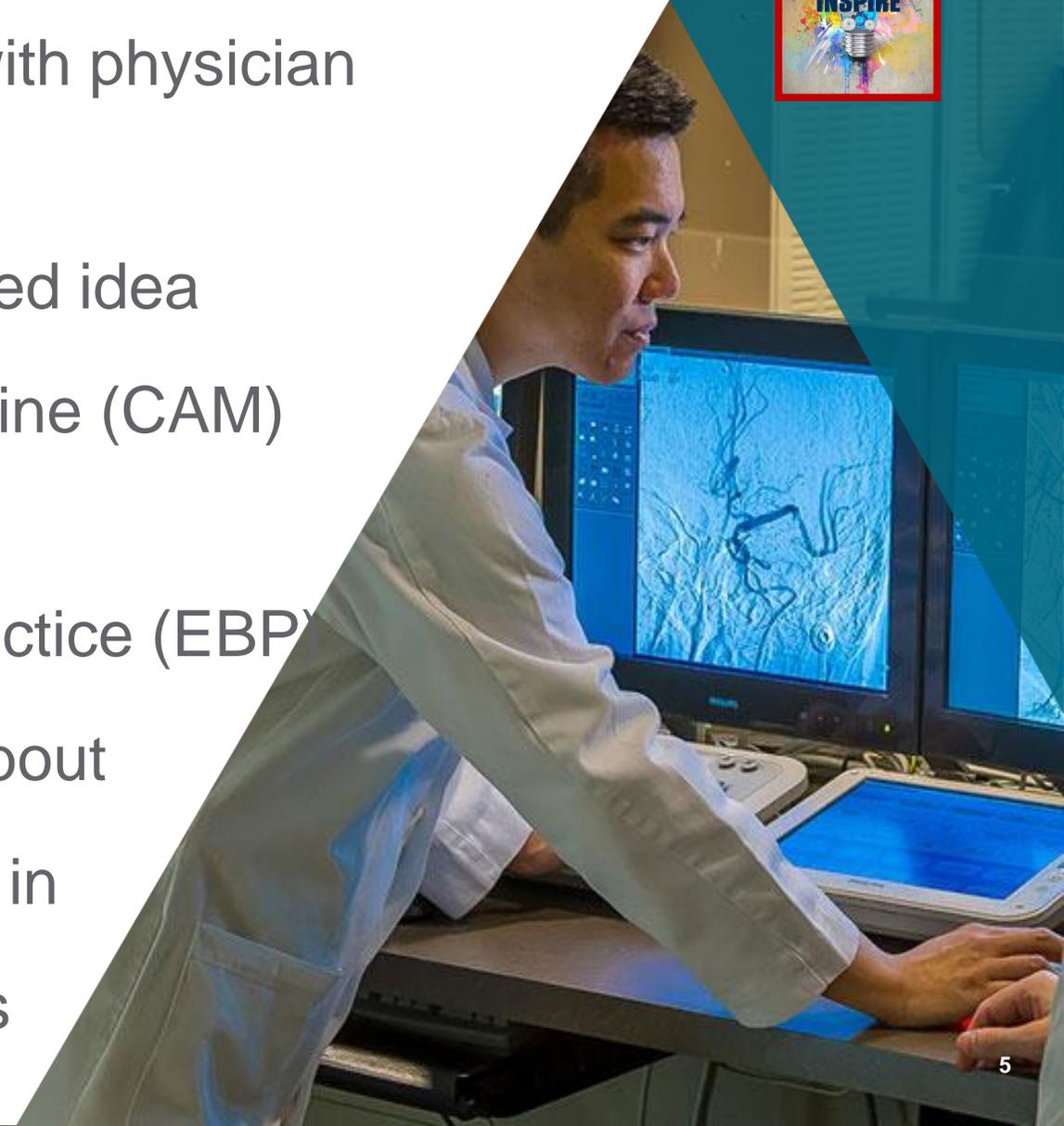


- Role of prayer in promoting patients' health and well-being
- Risks associated with provider-patient discourse
- Reluctance to engage in dialogue
- Providers may engage in prayer; however, there is little research published that demonstrates the influence associated with prayer upon providers' well-being



# Methods

- Incorporating prayer into daily huddles with physician colleagues
- Nurses working at point-of-care introduced idea
- Use of complementary/alternative medicine (CAM) therapies to manage stress
- Launched nurse-led evidence-based practice (EBP) project to discern published discourse about efficacy of prayer versus CAM therapies in easing COVID-19-associated challenges





# PICO Question

- Among healthcare professionals working in patient-facing areas in an acute care setting (P), is the incorporation of nurse-led prayer during shift huddles (I) or other CAM therapies (e.g., mindfulness, guided imagery) (C) more effective in enhancing adaptive resilience and mitigating challenges (e.g., debilitating emotional trauma, disconnectedness) exacerbated by the COVID-19 pandemic (O)?





# Results

- 142 articles
- Nursing Reference Center Plus, PubMed, CINAHL
- 19 articles met specific inclusion criteria
- Appraised using the Johns Hopkins criteria
  - 2 Members/article
  - Discrepancies resolved by group consensus



# Appraisal Ratings

- Level 1 – two experimental
- Level 2 – one quasi-experimental
- Level 3 – five non-experimental;  
two qualitative
- Level 4 – three systematic  
reviews; one CPG
- Level 5 – one case study, two QI,  
two literature reviews





# Conclusions

- Mindfulness – moderating effect
- Nurses' religiosity and work environment
- Prayer & mindfulness
- Resilience
- Nurse-led prayer huddles and CAM therapies; impact on adaptive resilience & mitigating COVID-19-associated challenges



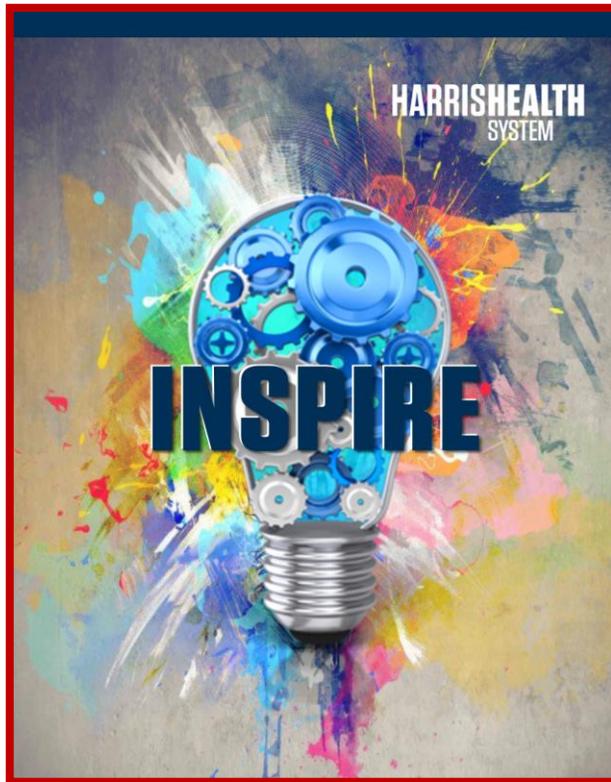


# Selected References

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# Thank you!



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