**Feel It!**
Stress Reduction for Nursing Students Using Mindfulness Meditation
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In Collaboration with Kelsey Skaggs

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**Abstract**
A quality improvement project completed by two senior leadership nursing students in collaboration with preceptors (clinical faculty) and course professor applied mindfulness meditation strategies in a clinical setting addressing identified intrapersonal stressors of 200-level nursing students. Learning outcomes of target audience and senior students will be reported.

**Objective 1**
Apply the Neuman Systems Model (NSM) to assess student nurses in their clinical setting to identify mindfulness meditation techniques in order to decrease stress.

**Objective 2**
Identify knowledge, skills, and attitude (KSA) outcomes of a quality improvement project implementing mindfulness meditation strategies to decrease stress in the real-world clinical setting.

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**Neuman Systems Model**
(Neuman & Fawcett, 2011)
Assess student nurse stressors
- Intrapersonal stress related to “fear” of initiating patient conversation
- Performing new skills
- Entering the room of an adult client in the complex and fast-paced environment of the medical/surgical unit
Primary Prevention as intervention
- Evidence based mindfulness meditation

**Mindfulness Meditation Techniques**
Concrete vs. Abstract

- **“Watching”** one’s own breath (Greater Good Science Center, 2016)
- **“Feeling your feet”** in your shoes and on the floor (Dr. Sid Brown, personal communication, February 28, 2016)
- **“What water feels like while washing hands”** (The Greater Good Science Center, 2016)

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**Goals of Mindfulness Meditation**
- Center the student
- Focus on the physical feelings
- Create awareness of present moment

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**Evaluation of Student Outcomes**
Reflections from journals
- Theme one: I didn’t stress out as much and just focused on me and the patient.
- Theme two: I felt that I was more in the moment with my patient
- Coaching and self-report during clinical
- Post conference discussion facilitated with the support of the preceptor

**Analysis of Emotional Intelligence**
(Daniel Goleman explains his theories of emotional intelligence. Published on Apr 23, 2012)
- Self-assessment
- Self-management
- Self-motivation
- Empathy and relationship building
- Social skills (senior leadership students)

**Reflection on senior students growth and development of leadership skills**
- Teacher role
- Additional Outcomes: Confidence
- Change agent
- Pride
- Conflict manager
- Motivation
- Evaluator

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