Promoting Wellness and Mindfulness for Nurses

Deborah A. Raines, PhD, EdS, RN, ANEF
University at Buffalo

Diane Ceravolo, MSN, RN
Sisters of Charity Hospital
Why...
Mindfulness and Wellness
“safety announcement”
Goal

To provide the knowledge, skills and attitude to re-energize, re-focus and re-center and to have the energy, caring compassion and a person-centered focus when providing patient care as well as when working with other member of health care team.
Who... is the target audience?

- Administration
- Directors
- Managers
- Charge Nurses
- Experienced Nurses
- New Nurses
Our facilitator

Mindfulness Meditation Teacher
The program

I: Intros, Overview of Mindfulness Training, Centering
II: Accessing compassionate presence
III: Creating Sacred Space atmosphere
IV: Metta Meditation, Loving Kindness and Compassion training
V: Understanding Suffering and Mindfulness in the body: Simple Conscious Embodiment for on the Job.
VI: Contemplative Communication
VII: Walking Meditation
VIII: Mindfulness practice and Closing Ceremony
Environment
The Raisin
Process

- Beginning of workshop sessions
- End of workshop sessions
- 3 months after completion
- 6 months after completion

Qualitative

Quantitative
Outcomes

Reason for participating?
Outcomes

What do you know?

What do you want to learn?

What did you learn?
Outcomes

What do you know?

What do you want to learn?

What did you learn?
Outcomes

“Mind Full”

“Mindful”
Professional Practice Model: Sisters of Charity Hospital

Relationship Based Care:

- Aroma Therapy
- Reflection Rounds
- Sacred Sixty
Namaste