

Promoting Wellness and Mindfulness for Nurses

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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

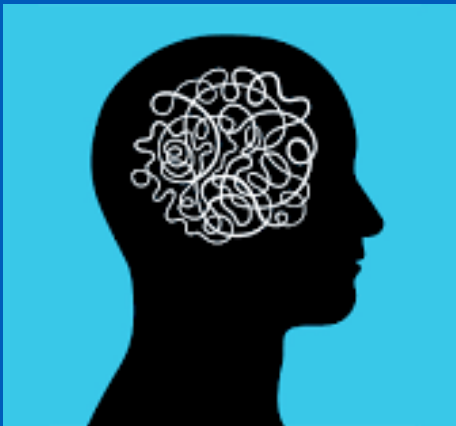
What do you know?

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

