



Brief Mindfulness Meditation to Reduce Stress Among Nurses: Evidence-Based Practice

Michelle Dukhovny BSN, RN
Sigma Theta Tau International – Iota Sigma Chapter



Background

Hospital nurses undergo high amounts of workplace stress and may experience decreased job satisfaction and inclination toward leaving their occupation. Brief mindfulness meditation has been found to be an effective method in reducing stress and burnout among acute care nurses. However, it is unknown how often this recommendation is utilized in the clinical setting.

Purpose

The aim of this project is to explore the effect of brief mindfulness meditation on stress and burnout among nurses and share interventions for the implementation of mindfulness in the clinical setting.

PICOT Question

Among acute care nurses, does brief mindfulness meditation during beginning-of-shift huddle, compared to no mindfulness intervention, result in reduction of workplace stress and burnout after eight weeks of the intervention as evidenced by the Maslach Burnout Inventory (MBI)?

Design & Methods

A review of literature was conducted using MEDLINE, PubMed, EBCOhost, and CINAHL databases with keywords brief mindfulness meditation to reduce stress in nurses, meditation for burnout reduction in nurses, stress reduction among nurses. Seven articles were utilized and graded levels I, II, and III on the hierarchy of evidence.

Findings

Brief mindfulness meditation provided a decrease in burnout and stress in hospital nurses.

Three of seven nursing articles utilized the Maslach Burnout Inventory (MBI) tool to measure burnout among healthcare professionals pre- and post-intervention. All three studies showed positive trends exhibiting decreased burnout among the participants post-intervention.

Common themes found from qualitative studies included:

- Feelings of decreased stress
- Increased teamwork
- Motivation to continue mindfulness meditation practice after the studies were finished.

Implementation Plan

The Mindfulness Meditation Method (MMM) program focuses on the implementation of a three to five-minute mindfulness meditation session during every beginning-of-shift huddle for acute care nurses. Charge nurses will be educated on how to lead mindfulness meditation exercises and will receive resources (see below for examples) on where to find and utilize scripts for the intervention. The charge nurse for the previous shift who leads huddle will implement a brief mindfulness meditation at the end of huddle, before the oncoming staff begins their shift.

Mindfulness Meditation Resources



Headspace Application



www.mindfulnessesercises.com

Conclusion

Brief mindfulness meditation is an effective, inexpensive, and time efficient intervention to reduce stress and burnout among acute care nurses. Key findings suggest the need to implement a change in nursing practice to reduce stress and burnout in bedside nurses.

Nursing Significance

Self-care is an important tool that is recommended for nurses to decrease burnout and provide higher quality patient care. Brief mindfulness meditation is a method of self-care that can be implemented by unit leaders to increase teamwork and production while decreasing stress among staff.

References

1. Crane, P. J., & Ward, S. F. (2016). Self-healing and self-care for nurses. *AORN Journal*, 104(5), 386-400. <http://doi.org/10.1016/j.aorn.2016.09.007>
2. Duggan, K., & Julliard, K. (2018). Implementation of a mindfulness moment initiative for healthcare professionals: Perceptions of facilitators. *Explore*, 14(1), 44-58. <http://doi.org/10.1016/j.explore.2017.09.009>
3. Gauthier, T., Meyer, R. M., Greife, D., & Gold, J. I. (2015). An on-the-job mindfulness-based intervention for pediatric ICU nurses: A pilot. *Journal of Pediatric Nursing*, 30(2), 402-409. <http://doi.org/10.1016/j.pedn.2014.10.005>
4. Gilmartin, H., Goyal, A., Hamati, M. C., Mann, J., Saint, S., & Chopra, V. (2017). Brief mindfulness practices for healthcare providers: A systematic literature review. *The American Journal of Medicine*, 130(10), 1219.e1-1219.e17. <http://doi.org/10.1016/j.amjmed.2017.05.041>
5. Hevezi, J. A. (2016). Evaluation of a meditation intervention to reduce the effects of stressors associated with compassion fatigue among nurses. *Journal of Holistic Nursing*, 34(4), 343-350. <http://doi.org/10.1177/0898010115615981>
6. Lo, W., Chien, L., Hwang, F., Huang, N., & Chiou, S. (2017). From job stress to intention to leave among hospital nurses: A structural equation modelling approach. *Journal of Advanced Nursing*, 74(3), 677-688. <http://doi.org/10.1111/jan.13481>
7. Montanari, K. M., Bowe, C. L., Chesak, S. S., & Cutshall, S. M. (2018). Mindfulness: Assessing the feasibility of a pilot intervention to reduce stress and burnout. *Journal of Holistic Nursing*, 37(2), 175-188. <http://doi.org/10.1177/0898010118793465>
8. Penque, S. (2019). Mindfulness to promote nurses' well-being. *Nursing Management*, 50(5), 38-44. <http://doi.org/10.1097/01.numa.0000557621.42684.c4>
9. Resnicoff, M., & Julliard, K. (2018). Brief mindfulness meditation with night nursing unit staff. *Holistic Nursing Practice*, 32(6), 307-315. <http://doi.org/10.1097/hnp.0000000000000293>