

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



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## 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 preand post-intervention. All three studies showed positive trends exhibiting decreased burnout among the participants post-intervention.

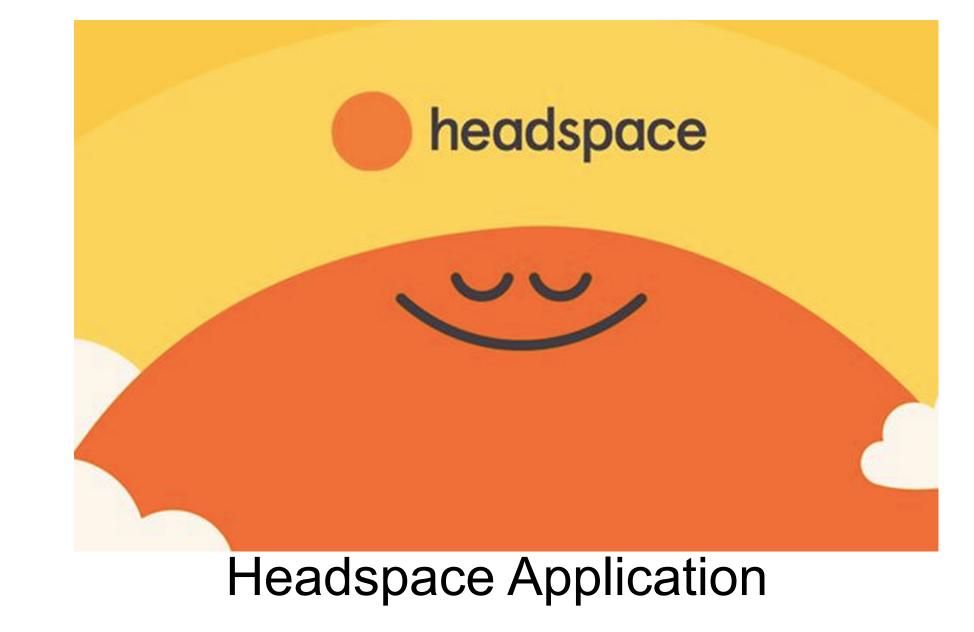
Common themes found from qualitative studies included:

- 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





### 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

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