The Use of Mindfulness-Based Stress Reduction Techniques to Reduce Occupational Stress Among Nurses

Margaret, Kapindula,
University of Maryland School of Nursing

Background & Significance

- 30% of hospital employees are nurses (Sha et al., 2021)
- Nurses experience increased rates of occupational stress (Shah et al.,2021)
- n the US, 18% of nurses exhibit depressive symptoms (Watanabe et al., 2019)
- 40% of Hospital nurses & 70% of ICU nurses experience clinical burnout (Green & Kinchen, 2021)
- Clinical burnout is a major decline in one's physical, emotional as well as psychological energy that comes from work-related stress (Mudalla et al., 2017)
- Occupational stress among nurses is significantly associated with poorer health outcomes and absenteeism (Hersch et al., 2016)

Purpose

- To present evidence-based findings from research studies that suggest effective ways to reduce occupational stress among nurses and improve the overall mental well-being of nurses

PICOT

- Are mindfulness-based stress reduction techniques effective at reducing occupational stress among hospital nurses?

Acknowledgments

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Evidence synthesis

Study Findings	Level Rating: (Melnyk, 2019	Quality Rating: (JHNEBP)
Hilcove et al. reported significant improvements among healthcare employees who participated in a mindfulness-based yoga intervention. They experienced statistically significant improvements in stress, burnout, sleep quality, and mindfulness ($p<0.01$). (2021)	2	1
Hersch et al reported significant improvements in perceived nurse-related stress among nurses who participated in a web-based stress management program ($t=-2.95$, $p=.03$). Participants also experienced a reduction in stress-related to the death of patients, conflict with physicians, workload, and uncertainty concerning treatments (2016)	2	1
Watanabe et al. reported significant reductions in mean scores for anxiety as well as depression among healthcare workers who participated in a mindfulness-based stress management program (2019)	2	1
Song, Y., & Lindquist reported that nursing students who participated in a mindfulness meditation intervention experienced significant reductions in depression, anxiety, and stress and improved mindfulness. Scores of 10 depression, stress, and anxiety decreased by more than half from 8.3 to 4.1 in the intervention group compared to the control group which had a slight decrease from 8.6 to 8.5 (2016)	2	1
Yang & Zhou reported that the stress and anxiety scores of psychiatric nurses who participated in a mindfulness-based stress reduction therapy decreased significantly post-intervention compared to participants in the controlled group ($p<0.005$) (2018)	2	1

Bibliography

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Implications for Practice

- A healthy working environment allows nurses to positively contribute to improved patient outcomes (Munroe& Hope, 2022)
- The healthcare system's increased demands are usually beyond an individual nurse's control.
- MSBR implementation can lead to improved quality of care as well as improved patient outcomes (Green & Kinchen, 2021)
- Untreated occupational stress can cause anxiety, depression, sleep disorders, and substance use (Ameli et al., 2020)

Summary &Conclusions

- Mindfulness-based stress reduction techniques significantly reduce stress and burnout
- Implementation of MSBR services in healthcare institutions can improve mental-well being of nurses

CNL ROLE

- Identify significant associated with occupational stress among nurses
- Implement appropriate feasible and evidence-based mental wellness interventions to improve the mental well-being of nurses
- Advocate for patients and advocate for nursing staff