

The Effect of Mindfulness-Based Interventions on the Stress Experienced by Emergency Department Nurses

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Background

- Emergency room (ER) nurses experience high levels of stress. This is becoming an increasingly prevalent issue that needs to be addressed (Xu et al., 2020).
- The high level of stress leads to nurse burnout and high turnover rates (de Oliveira et al., 2019).
- Interventions to reduce stress in ER nurses are divided into 2 main groups which are organizational-directed interventions and individual-focused interventions. Individual focused interventions are further divided into mindfulness-based interventions and educational interventions (Xu et al., 2020).

PICOT Question

In ER nurses (P), what is the effect of mindfulness-based interventions(I) on nurses' ability to cope with stress (O) compared with no intervention (C)?

Literature Search

- **Database:** PubMed, EBSCO, Google Scholar, CINAHL
- **Key Terms:** ER nurses, stress management and burnout, interventions, mindfulness.
- **Inclusion Criteria:** English, full text available, published in the last 5 years (specific to MBSR)
- **Exclusion Criteria:** Articles greater than 6 years
- **Numbers of articles:** 8
- **Levels of Evidence:** Level I- 1 article, Level IV- 5 articles, Level VI- 2 articles.

Synthesis of Findings

- The implementation of mindfulness training workshops can increase the nurse's ability to cope with stress and decrease anxiety thus reducing the likelihood of burnout and ultimately turnover rate (Ghawadra et al., 2019, Sarazine et al., 2020, Westphal et al., 2021, Woo et al., 2020).
- Mindfulness interventions may be beneficial at both individual and institutional levels by improving mental health and facilitating supportive relationships at work (Westphal et al., 2021).
- Three out of four studies, reported a statistically significant reduction in stress levels after mindfulness intervention but only one study reported a reduction in burnout scores (Wexler & Schellinger, 2022, Xu et al., 2020).
- MBIs (mindfulness-based interventions) can assist ED staff in developing attention and awareness, improving mental well-being and capacity to cope with stress (Xu et al., 2020).

Decision to Change

Emergency department nurses, overall, have higher rates of stress leading to an increased rate of burnout. Implementing MBSR (Mindfulness-Based Stress Reduction) could help increase the nurse's ability to cope by decreasing overall stress and burnout.

- Hospital will provide MBSR training workshops that are led by a certified MBSR instructor.
- Emergency room nurses will be required to attend an hour-long workshop, once a week for four weeks during their shift. Nurses may attend up to eight sessions for free (Ghawadra et al., 2019).



Evaluation

By the end of the three-month implementation period, the MBSR training workshops will increase the emergency department nurse's ability to cope and decrease in overall stress. This will be evaluated using multiple tools including:

- Five Facet Mindfulness Questionnaire (FFMQ) which is a 39-item questionnaire of daily living traits including observation, description, aware actions, non-judgmental inner experience and non-reactivity.
- Perceived Stress Scale (PSS) is a self reported tool that measures psychological stress and how the individual appraises situations.
- Maslach Burnout Inventory (MBI) assesses an individual's exhaustion, feelings of negativity and reduced professional efficacy (Ghawadra et al., 2019, Salvarani et al., 2019).

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