

Just Breathe ...

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Just Breathe...

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Background

“Mindfulness can be defined as a form of mental training through a variety of exercises that involve stilling or emptying the mind or intentionally bringing one’s attention to an inner object such as the present moment or the breath.” (Guillaumie, Boiral, & Champagne, 2016)

- Registered nurses scored second lowest in mindfulness and highest in perceived stress (Atanes et al, 2015)
- Evidence supports when individuals are more grounded in the current moment, stress levels decrease (Atanes et al, 2015)
- High patient acuity and increased stress levels on 6T could have been contributive factors leading to an increased staff turnover within a short period of time.

PICO

With day shift registered nurses and technical partners on 6 tower, how does a mindfulness based stress reduction technique, such as deep breathing, compared to no deep breathing, impact physical manifestations of stress at work.

- P:** 6T day shift registered nurses and technical partners
I: mindfulness based stress reduction technique
C: as compared to no intervention (deep breathing)
O: impact stress levels while at the workplace

Evidence

- Mindfulness is a recommended practice in the United Kingdom by the National Health Service and the National Institute for Health and Care Excellence in order to reduce stress (Burton, Burgess, Dean, Koutsopoulou, & Hugh-Jones, 2017).
- Multiple studies have shown that mindfulness based stress reduction increases a health care professional's well being and quality of care given while decreasing professional burnout (Burton, Burgess, Dean, Koutsopoulou, & Hugh-Jones, 2017).
- Research shows that practicing mindfulness techniques improves empathy and compassion for individuals (Guillaumie, Boiral, & Champagne, 2016).
- Being “in the moment” shows a decrease in stress levels (Atanes et al, 2015).
- Physical manifestations of stress and anxiety can be visible like irritability, restlessness, tension, nausea, chills, somatic complications, and decreased focus. Each manifestation is unique to the individual and can be presented in multiple different ways (Halter, 2014).

Implementation Plan

- Initial survey hand delivered to 6T RN’s and TP’s to gain insight on current stress levels and utilization of deep breathing as a means of mindfulness based stress reduction.
- Collaborated with Unit Director to discuss deep breathing exercises at morning huddle to ensure continuity of education.
- Unit Director and nurse resident facilitated an performed 3 minute education of deep breathing exercises at Monday through Friday morning safety huddles for a 2 week period.
- Routine verbal reminders given to staff via Unit Director and nurse resident when encountered under any circumstance on the unit.
- Displayed visual reminders to “Just Breathe” at every nurses station.
- Completed a follow up survey to determine the impact of the implemented breathing techniques at morning safety huddle.



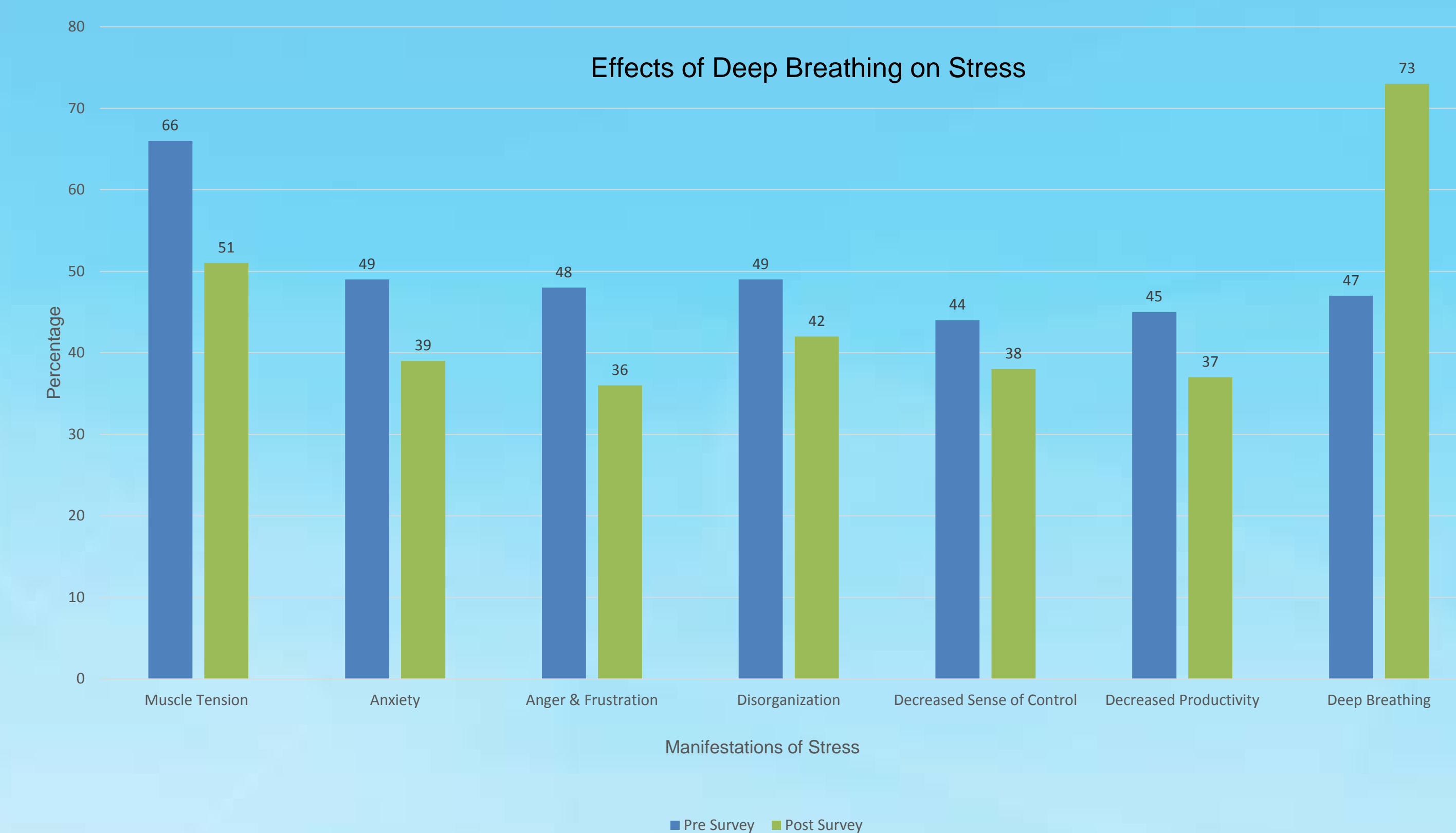
Survey Components

The participating 6T staff were asked to rank their personal opinions or experiences regarding their potential physical manifestations of stress on a numeric 1-5 scale. The following is the list of questions that comprised the survey.

In the past month, have you had the following physical manifestations of stress...

- Have you experienced muscle tension or tightness?
- Have you felt that you are anxious or nervous?
- Have you felt that you had increased bouts of anger or frustration?
- Have you felt disorganized or found yourself forgetting to complete tasks?
- Have you felt a decreased sense of control?
- Have you felt that you have had decreased productivity?
- When you feel overwhelmed at work, ho often do you stop and take a deep breath to decrease stress?

Pre vs. Post Survey Results



Conclusion

- Based on the post survey consensus above, there was an overall decrease in the physical manifestations of stress and a drastic increase in the practice and implementation of the deep breathing exercises.
- 86% out of a possible 100% found the decorative “Just Breathe” reminders around the unit to be helpful in their implementation practice.

Next Steps

Collaborate with Unit Director and Patient Care Specialist to include education for unit leaders to implement deep breathing techniques into standardized night shift practice.

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