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Costas T. Lambrew Research Retreat 2021

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2021

Perceptions of Self-Efficacy and Experiences of Mindfulness on Pain and Anxiety in Patients Undergoing a Colorectal Surgery: A Prospective Mixed Methods Study

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Recommended Citation

Brown, Rebecca; Fitzgibbons, Julie; and Farrington, Rachel, "Perceptions of Self-Efficacy and Experiences of Mindfulness on Pain and Anxiety in Patients Undergoing a Colorectal Surgery: A Prospective Mixed Methods Study" (2021). *Costas T. Lambrew Research Retreat 2021*. 36.
<https://knowledgeconnection.mainehealth.org/lambrew-retreat-2021/36>

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Mindfulness can help to decrease pain and anxiety after certain surgeries. It is accessible, has no side effects, is noninvasive and may have lasting benefits.

Perceptions of Self-Efficacy and Experiences of Mindfulness on Pain and Anxiety in Patients Undergoing a Colorectal Surgery: A Prospective Mixed Methods Study

Rebecca Brown, RN II, CMSRN, CYT, Julie Fitzgibbons, RN II, Rachel Farrington, RN II, BSN, PCCN

Introduction

- Pain and anxiety have a physiological response on the body.
- Increased heart rate, respiratory rate and blood pressure can lead to complications, and thus longer hospitalization along with decreased patient satisfaction.

Methods

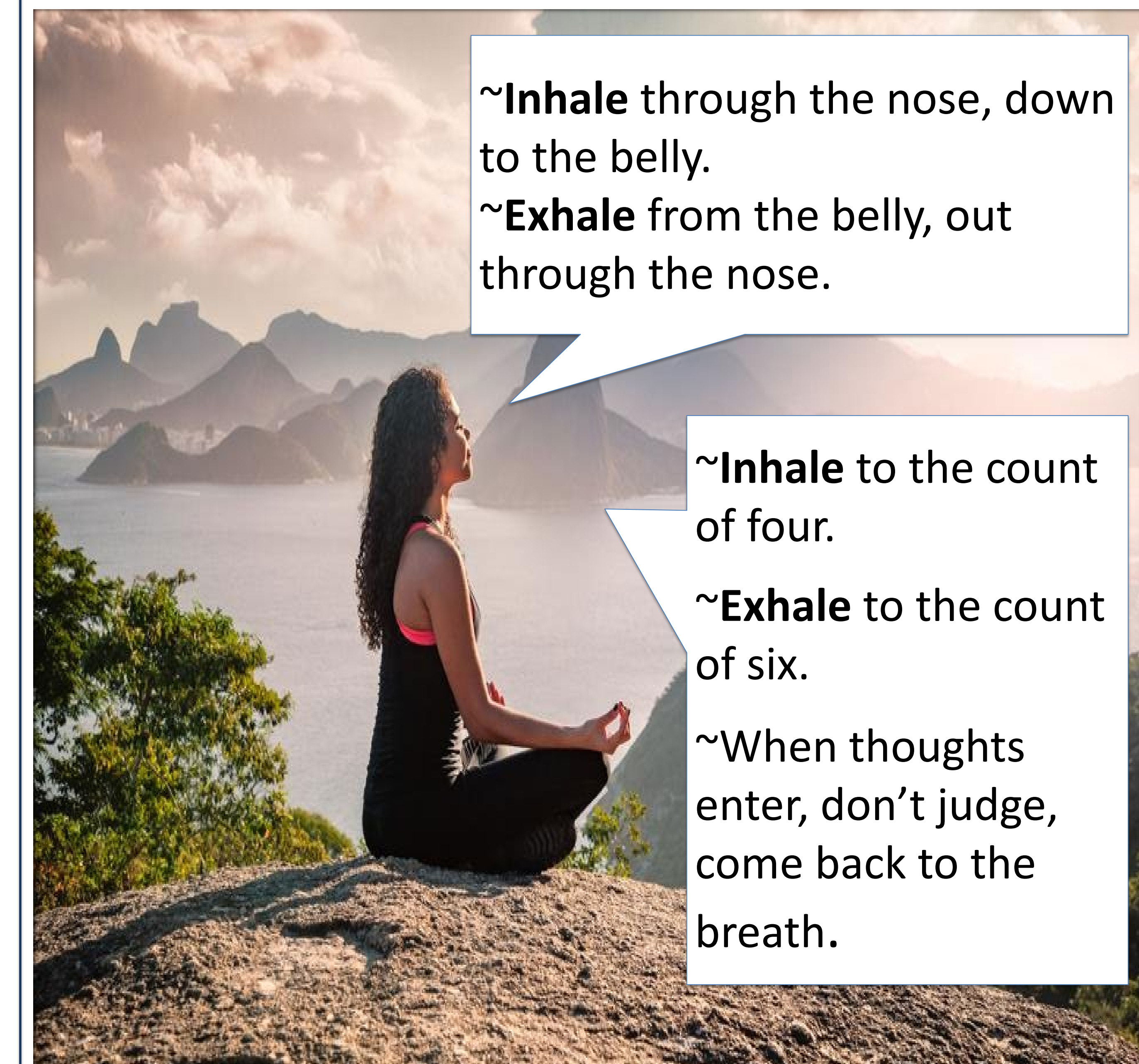
1. 10-minute education on mindfulness and intervention before surgery.
2. Interventions: day of surgery, postoperative day 2 or 3 and discharge day.
3. A research team member will spend 15-20 min. with subject to coach through mindfulness intervention and collect data before and after.
4. A seven-question audio recorded interview at discharge.

Results

- This study is starting to enroll (16) participants. The Principal Investigator screens the potential study subjects and consents them at the Doctor's office prior to surgery.
- One subject has been successfully enrolled. This patient participated in the coached interventions and found them helpful. Study subjects are also expected to practice on their own 30 minutes a day in increments.
- The first subject reported that it was easier to do mindfulness intervention when coached rather than doing it on their own.

Discussion

The findings from this study are expected to inform changes in our current practices.



Mindfulness: "A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique." ~Oxford dictionary

