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How are health, burnout, and satisfactory levels affected by the use of mindfulness therapies among the nursing population?

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Abstract

Question: How are health, burnout, and satisfactory levels affected by the use of mindfulness therapies among the nursing population? *Background:* Burnout has increased significantly in the United States and around the world since the COVID-19 pandemic, and it is even more pronounced among healthcare professionals. *Significance:* The percentage of burnout increased from 20%-40% to over 60% in healthcare professionals, the spring of 2021. This can lead to unsafe practices: human errors, low satisfaction rates, and a negative environment. *Purpose:* This project will see if mindfulness approaches combat poor health, burnout, and low satisfactory rates in nurses, leading to the overall improvement of the nursing field. *Literature review:* Numerous practices that help to calm the body and mind are incorporated into the exercise of yoga. Yoga has been demonstrated to reduce stress and anxiety, which in turn decreases burnout. Additionally, several studies showed mindfulness meditation can improve resilience while lowering stress, anxiety, and burnout. *Methods:* Within 6 months, 60 nurses will take part in this study. Randomly, 20 nurses will be placed in a control group that receives no interventions, the other 20 nurses will be placed in the group that receives yoga as an intervention, and lastly, the last 20 will be placed in the mindfulness meditation group. Their progress will be measured in bi-monthly intervals. *Evaluation:* The use of surveys, questionnaires, and scales will be used to determine the effectiveness of methods pre- and post- intervention. The use of graphs will also help analyze the interventions and which is more effective.

Keywords: Anxiety, Burnout, Healthcare, Mindfulness, Nursing, Stress, and Yoga