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## Mindfulness-Based Educational Module for Nurses Caring for Pediatric Mental Health Patients

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# Mindfulness-Based Educational Module for Nurses Caring for Pediatric Mental Health Patients

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## PURPOSE

For pediatric emergency room nurses to participate in a computer-based educational program that teaches implementing mindfulness-based interventions in a pediatric setting.

## BACKGROUND

- 17.4% of children ages 2 to 8 years have been diagnosed with a mental, behavioral, or developmental disorder.
- Mindfulness-based interventions have been shown to alleviate pediatric patients' anxiety, depression, and stress.
- Increasing length of stay in emergency departments nationwide is due to the lack of inpatient pediatric psychiatric beds.
- Compared to 2019, the current proportion of mental health-related visits increased for children aged 5 to 11 (24%) and 12 to 17 (31%) years (CDC).

## LOCAL PROBLEM

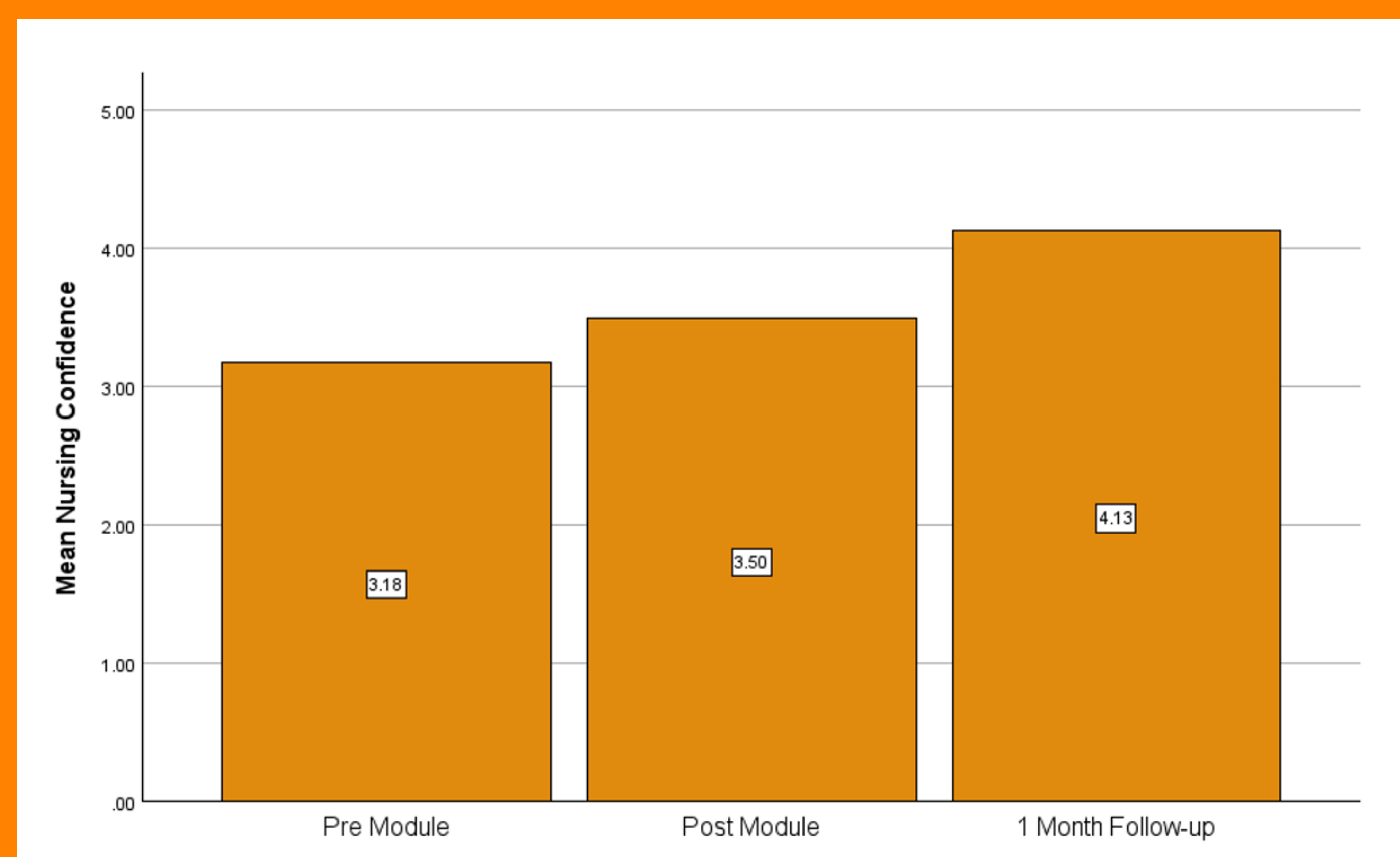
- There is a significant lack of supply for an issue in very high demand as there are only six behavioral health beds in the East Tennessee Children's Hospital (ETCH) Emergency Department.
- There is a lack of educational programs that teach nurses how to help their patients practice mindfulness.

## METHODS

- Literature research and critical appraisal demonstrated good and consistent evidence supporting a mindfulness-based educational module.
- Supported by Lewin's Change Theory.

## RESULTS

Nurses' self-reports showed an increase in nursing confidence after the implementation of a mindfulness-based educational module.



Self-report nursing confidence scores increased from mean confidence of 3.18 to 4.13 (pre-module compared to the 1-month follow-up evaluation).



## INTERVENTIONS

- Participants were asked to answer basic demographic information (age, gender, nursing experience, psychiatric care experience, etc.)
- The educational module offered guided imagery and deep breathing tools for nurses to utilize in practice.
- Participants completed the C-Scale Confidence Tool at three different collection points.

### C-Scale Confidence Tool

**Directions:** Circle the number that best describes how you think or feel regarding your current ability to perform a physical assessment on a patient. Make sure that the circle encloses just one number.

1. I am certain that my performance is correct:
  1. Not at all certain.
  2. Certain for only a few steps.
  3. Fairly certain for a good number of steps.
  4. Certain for almost all steps.
  5. Absolutely certain for all steps.

Items without sample responses:

2. I feel that I perform the task without hesitation.
3. My performance would convince the observer(s) that I'm competent.
4. I feel sure of myself as I perform the task.
5. I feel satisfied with my performance.

From "The Confidence Scale: Development and Psychometric Characteristics" by Susan E. Grundy, 1993, *Nurse Educator*, 18(1), p. 6-9. (<https://doi.org/10.1097/00006223-199301000-00004>). Copyright 2020 by the American Psychological Association.

## CONCLUSIONS

- Use of a mindfulness-based educational module resulted in a significant increase in nursing confidence when caring for pediatric mental health patients.
- This educational module has the potential to remain part of the hospital's educational modules for future employees to benefit from and may be edited in the future to better serve the needs of patients.