

**Mindfulness based Interventions to Reduce Burnout and PTSD Symptoms in Critical Care
Nursing**

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Abstract

Within the medical field, nursing is a career that can be very taxing on both one's physical and mental wellbeing, especially in regards to critical care. The life-threatening situations and strenuous work that critical care nurses are met with everyday make them especially susceptible to struggling with burnout, compassion fatigue, and PTSD-like symptoms. This not only puts their own safety at risk, but the safety of their patients as well. This raises the question: In critical care nursing, does the utilization of mindfulness based interventions, compared to no intervention, aid in the reduction of nursing burnout and PTSD symptoms? In an effort to combat this, there are new mindfulness based interventions being explored to reduce the prevalence of these experiences. To explore this question, a literature search was conducted on CINAHL and PubMed using the following search terms: *burnout, nurs*, critical care nurs*, intensive care, compassion fatigue, mindfulness based stress reduction, mindfulness based intervention, trauma, post-traumatic stress disorder*. 13 articles met the inclusion criteria and were utilized. The literature goes into detail how the prevalence of burnout and stress has increased over the years, especially in the wake of the COVID-19 pandemic. Research also suggests that mindfulness-based interventions are effective in improving the mental and physical wellbeing of critical care nurses and decreasing the effects of occupational trauma and burnout. Further research should be conducted to emphasize the importance of creating ways to help nurses cope with the difficult and emotional nature of the job.

Keywords: burnout, nurs*, critical care nurs*, intensive care, compassion fatigue, mindfulness based stress reduction, mindfulness based intervention, trauma post-traumatic stress disorder

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