

Intentional Presence: Incorporating Mindfulness into Nursing Practice



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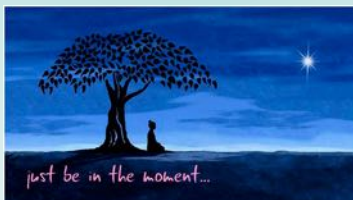
Background

- Competing initiatives to ensure the TMH nursing strategic plan of Nursing Excellence has led to challenges with nursing engagement
- Organization's quality priorities focuses on addressing factors related to clinical burnout and stress to enhance engagement
- Incorporating mindfulness into nursing practice is an essential strategy to support nurse engagement while decreasing burnout
- Need for simple, yet powerful tactics for nurses to increase their attention and focus, to be intentionally present



Purpose

To provide nurses at all levels with strategies related to mindfulness that can be incorporated into daily practice to reduce burnout, while increasing engagement.



Intervention

- Mindfulness program developed
- Adapted into monthly Nursing Orientation classes, Newly Licensed Nurse Residency Program, Preceptor Workshops, and monthly Nursing Leadership meetings
- Curriculum: didactic and interactive

Didactic Module.

This module focuses on definition and benefits of mindfulness.



Interactive Module.

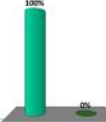
This module involves nurses participating in mindful exercises.

Mindful Practices

- Mindful breathing
 - 5 minutes
- The Three-Step Breathing Space
 - 3 minutes
- STOP Practice
 - 1 minute
- Two Feet, One Breath
 - 30 seconds

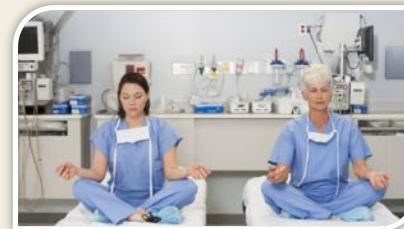
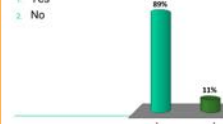
I am preoccupied with more than one project/task/thought.

- Yes
- No



My mind is running a mile a minute.

- Yes
- No



Nurses share their feedback:

'Engaging in the mindful breathing exercise allowed to me take a few minutes and clear my thoughts. I felt relaxed after and will definitely use this at work and home.'

'The 5 minute mindfulness activity was extremely helpful! I was truly able to clear my mind off all the extra stressors and focus on the current tasks at hand.'

'I loved the mindful vs mind full picture that was used in the mindfulness presentation. It was a great visual to understand what mindfulness really means.'

Implications

When mindfulness is adopted into practice, nurses:

- experience decreased stress and decreased burnout
- have enhanced clinical performance, with less errors
- provide compassionate care
- have better patient outcomes

Patients report increased feelings of safety, trust, and being cared for.

- Empowers nurses to pause and reset their thoughts to become intentionally present and deliver exceptional health with care and compassion
- Minimizing feelings of burnout reduces turnover and ensures nursing excellence



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