

MINDFULNESS: A JOURNEY TO RESILIENCE

An intervention for compassion fatigue and burnout



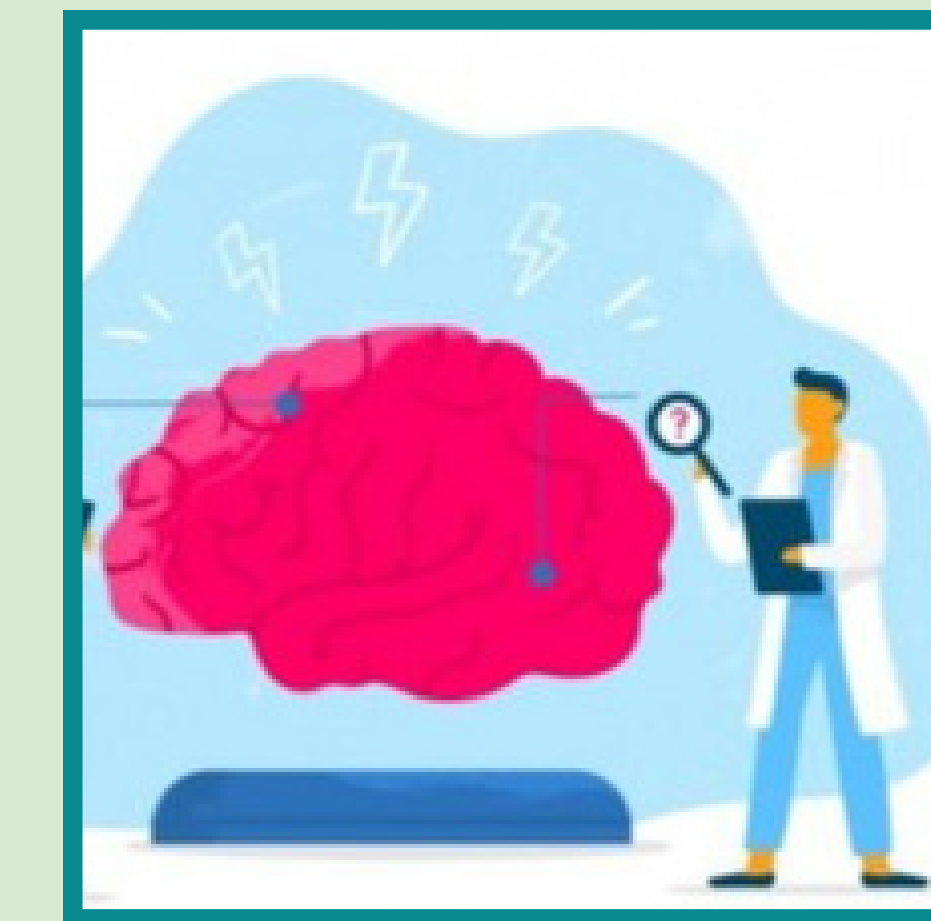
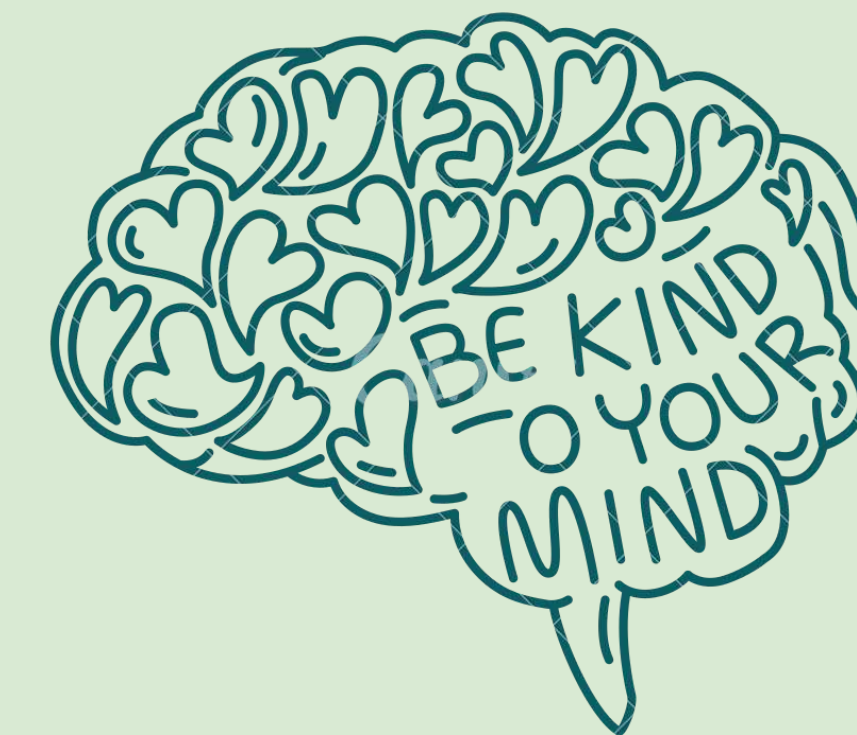
BACKGROUND

- 62% of nurses under the age of 25 years have experienced burnout (ANA, 2024).
- Burnout and compassion fatigue have a direct effect on the nurse and their ability to adequately sustain the perpetual exposure to emotionally and psychologically draining circumstances (Pérez et al, 2022).
- Burnout can lead to a decrease in job satisfaction which in turn leads to a high number of nurses leaving the field.
- Mindfulness techniques are one of the experimental interventions being implemented to address this issue.

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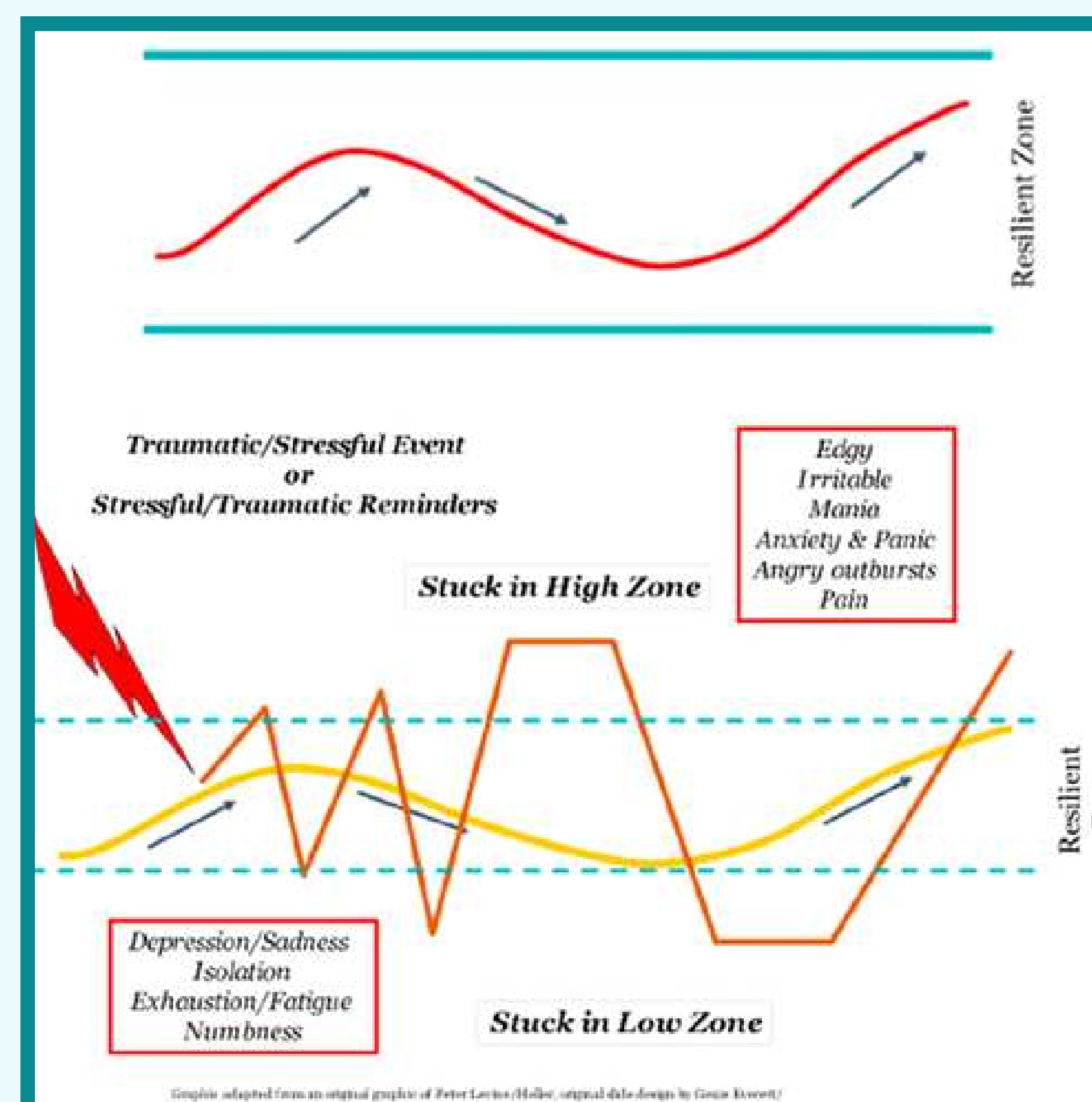
PICOT:

Can practicing mindfulness reduce compassion fatigue and burnout in registered nurses providing direct patient care?

RECOMMENDATION

- Participation in yoga
- Utilize the Community Resilience Model (CRM) in the workplace
- Advocate for the use of mindfulness techniques in patient care settings
- Education on the resiliency zone and how to widen it
- Intergrate mindfulness practices into resilience trainings

THE RESILIENCY ZONE



SYNTHESIS OF EVIDENCE

- Article #1** - The online mindfulness training program for geriatric nurses showed a significant improvement in the reduction of compassion fatigue and burnout (Pérez et al., 2022).
- Article #2** - Surgical trauma nurses participated in brief mindfulness-based interventions which decreased burnout by 9.35% (Tripathi & Mulkey, 2023).
- Article #3** - Mindfulness-based stress management program was taught to junior nurses to reduce burnout however there is no confirmed additive value in mental state and work efficiency (Watanabe et. al., 2019).
- Article #4** - A 3-hour Community Resiliency Model (CRM) training demonstrated improvement in resiliency, burnout, and physical symptoms related to compassion fatigue (Grabbe et. al., 2020).
- Article #5** - Mindfulness-based yoga has positive effects on nurses and healthcare professionals who experience burnout (Hilcove, et al. 2021).
- Article #6** - Nurses who participated in laughter yoga during the COVID-19 pandemic reduce stress and improve life satisfaction (Çelika & Kılınç, 2022).

NURSING APPLICATION

- The PICOT question proved that mindfulness techniques are effective in reducing compassion fatigue and improving life satisfaction in the nursing population.
- This topic is important to nursing because it addresses a highly prevalent issue leading to nurse shortages and clinical performance.
- This EBP paper offered key findings to support a potential change in nursing practice. With this evidence there is confidence that a change may be necessary.

LIMITATIONS

A limitation in this review was that many nurses involved volunteered to participate. This means that the only population represented are those nurses interested/willing to be in a study, or who were particularly interested in each individual mindfulness technique.



SCAN ME!