

Self-Care for Nurse Leaders in Acute Care Environment Reduces Perceived Stress: A Pilot Study

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Background

- Nurse leaders need to possess stress management skills to support their effective and successful management of their patient service units.
- Meditation is frequently cited within the literature as an option for a number of workforces to cultivate being present, and recognizing and reducing stress.



Literature Review

- Stress can change cognitive, behavioral and emotional function that can compromise professional caring, curtail leadership decisions, and impact patient outcomes and patient satisfaction.
- Meditation is a "mind-body method" that can include many techniques in which one learns to focus their attention.
- Meditation has been shown to reduce blood pressure, symptoms of Irritable Bowel Syndrome, Ulcerative Colitis, anxiety, depression, insomnia and lowering incidence, duration and severity of acute respiratory illnesses (such as influenza).

References

National Center for Complementary and Integrative Health. (2014). *Meditation: What you need to know*. U.S. Department of Health and Human Services, National Institutes of Health.

Schmidt, Barbra. (2014), *The Practice*. HCI. Deerfield Beach, FL.

Findings

Sample Demographics	N=22	
Gender	3	19
	Male	Female
Age in years	27-64	48
	Range	Mean
Staff # oversight	0-300	70
	Range	Mean

Instruments	λ/F	p	η^2
Mindfulness and Awareness	2	0.161	0.167
Perceived Stress	6.08	0.009* *	0.378
Self-Esteem ^a	3.45	0.052	0.257
Locus of Control	2.02	0.157	0.155

Note. ^a is a curvilinear relationship, * $p < .05$, ** $p < .01$

Focus Groups	Qualitative Themes	From Nurse Leaders
Baseline	Acknowledging Stress. Frustration, overwhelmed	Thriving on Challenges
		Enjoyment, Pride
6 weeks	Identifying self-care outcomes Awareness	Incorporating <i>The Practice</i> into professional routine. Situational utilization
		Noncommitting to use self-care as vital tool. Uncertainty of future, accountability.
12 weeks	Appreciating Stress. Management Support. Intention, anticipating need, tool.	

Purpose

The purpose of this study is to examine the impact of a personal systematic meditation practice for nurse leaders on their reported stress, mindfulness, sense of control and self-esteem over a 12 week period.

Method

This is an integrated mixed method's study that employed repeated measures at baseline, 6 weeks and 12 weeks, followed by a focus group at each time point. A repeated measure ANOVA analyzed qualitative data from 22 participants across two sites. Followed by a content analysis of focus group data.

Data Collection:

- Focus Group Interviews
- Four Valid Instruments
 - Mindfulness and Awareness Scale
 - Perceived Stress Scale
 - Rosenberg Self-Esteem Scale
 - Locus of Control Scale

Intervention



Waking up
• Meditation

- Living present
- Sacred Mantra
 - Focused Attention
 - Reading for Inspiration

Letting Go
• Reflecting

The future depends on what we do in the present.

- Mahatma Gandhi

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