

MINDFULNESS PRACTICES USED WITH NURSES IN WORK SETTINGS: INTEGRATIVE REVIEW

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Background: Stress and burnouts are common among nurses. Managing occupational stress for nurses is important because stress can adversely affect attitudes, staff morale, job satisfaction, turnover rates, communication, emotional and physical health, quality of life, and most importantly, quality of care. Mindfulness is non-judgmental-present moment awareness and has become a core construct in certain stress-reduction programs.

Purpose: The purpose of this integrative review is to critically appraise the current literature on mindfulness practice used with nurses at work. The specific aims are to 1) explore the types of mindfulness practices, 2) evaluate the effectiveness of mindfulness practices, 3) examine the feasibility of mindful practices.

Methods: Integrative review methodology by Whittemore and Knafl was used. PubMed, PsychInfo, ProQuest, Web of Science, and Cumulative Index of Nursing and Allied Health Literature were used for a comprehensive search. The inclusion criteria were primary intervention studies examining mindfulness practice used with nurses at work. Review papers, white paper, or opinions were excluded.

Findings: Twelve articles were included in the review. The majority of mindfulness practices used were guided meditation in group settings at work or individually at home (n=10). In addition, one study explored the use of the online program, and another study examined the use of a combination of the interventions. The duration of interventions ranged from 4-week to 8-week. Regardless of the type, duration, or the sample of the interventions, the mindfulness practices all resulted in improvement in the participants' well-being (n= 4), stress level (n= 8), burnout (n= 3), anxiety level (n=4), cognition (n=2), empathy (n=1), resilience (n=2), and general health (n= 4). The interventions for mindfulness practice also did not require extensive training or time for nurses to reap the benefits.

Conclusions: Nurses deal with a great deal of stress in their lives and at work. An integrative review of the use of mindfulness practice holds promise for increasing individual well-being, workplace resilience, empathy, and decreasing stress.

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- Paper 2** Incivility, Rumination, and Insomnia: Examination of Crossover Effects in Dual-Earner Couples
- Brittne Shepherd, Doctoral Candidate, Portland State University, Portland, Oregon; Charlotte Fritz, PhD; YoungAh Park, PhD

- Paper 3** The Effect of Being On-Call on Sleep: An Experimental Field Study
- Carla M. Ziebertz, MSc, Radboud University, Nijmegen, The Netherlands; Debby Beckers, PhD; Madelon van Hooff, PhD; Michiel Kompier, PhD; Sabine Geurts, PhD



Bullying and Violence and Environmental Hazards in Healthcare Settings (Paper Panel Session)

Marquette IX

Chair: Lois Tetrick, PhD, George Mason University, Fairfax, VA

- Paper 1** Prevalence, Power and Perpetrators: Workplace Bullying Experienced by Nursing and Healthcare Professionals
- Helen De Cieri, PhD, Monash University, Caulfield East, Victoria, Australia; Cathy Sheehan, PhD; Ross Donohue, PhD; Tracey Shea, PhD; Brian Cooper, PhD

- Paper 2** A Mixed Methods Study of Stress, Mental Health, and the Work Environment in EMS Responders in the United States
- Jennifer A. Taylor, PhD, Drexel University, Philadelphia, PA; Regan Murray, MPH(c); TJ Risoli, MPH(c); Andrea L. Davis, MPH; Shannon Widman, MPH; Lauren Shepler, MPH

- Paper 3** Predictors of Assault and Aggression Among Patients Admitted to Adult Inpatient Medical Units
- Della J. Derscheid, PhD, Mayo Clinic, Rochester, MN

- Paper 4** Workplace Violent Events in the Inpatient Medical Setting
- Della J. Derscheid, PhD, Mayo Clinic, Rochester, MN; Jay Mandrekar, PhD; Christopher J. Meyer, MA; Christine M. Lohse, MS

Individual Differences in Stress and Recovery (Paper Panel Session)

Conrad A

Chair: Julian Barling, PhD, Queens University, Kingston, ON, Canada

- Paper 1** Workplace Intrusions in Open Office Work Environments: The Interactive Effects of Extraversion and Neuroticism on Employee Strain
- Arielle P. Rogers, MA, Northern Illinois University, DeKalb, IL; Stacy M. Wilkes, MA; Larissa K. Barber, PhD



- Paper 2** Relations Among Telepressure, Five-Factor Personality Traits, and Employee Strain in a Sample of University Employees

- Arielle P. Rogers, MA, Northern Illinois University, DeKalb, IL; Larissa K. Barber, PhD; Stacy M. Wilkes, MA

- Paper 3** Socializing to Recover From Work Stress: The Benefits of Acting Extraverted
- Christopher J. L. Cunningham, PhD, University of Tennessee at Chattanooga; Robert W. Harste, MS

- Paper 4** The Valence of Work Experiences and Choice of Recovery Strategy
- Christopher J. L. Cunningham, PhD, University of Tennessee at Chattanooga; Ashley Keating, MS

Changing Psychosocial Health Through Policy (Paper Panel Session)

Conrad B

Chair: Carrie Bulger, PhD, Quinnipiac University, Hamden, CT

- Paper 1** Workplace Mental Health: Co-Production of an Action Plan for Australia
- Kristy A. Sanderson, PhD, University of Tasmania, Hobart, Tasmania, Australia; Angela J. Martin, PhD; Emma Warnecke, FRACGP; Sarah Dawkins, PhD; Daryl Peebles, PhD; Larissa Bartlett, BMedSc (Hons); Joseph Crawford, BBus (Hons); Kate Memish, BSc (Hons Psychology); Toby Newstead, BA (Prof Comm); Anthony D. LaMontagne, ScD

- Paper 2** Losing Sleep Over Education Reform? The Association Between State Education Policies and Teachers' Sleep Duration
- Kaori Fujishiro, PhD, NIOSH, Cincinnati, OH; Amy N. Farley, PhD; Christopher M. Swoboda, PhD

- Paper 3** National Policies and Strategies of the Labour Inspectorate on Psychosocial Risks in European Countries
- Michael Ertel, DiplSoz, Federal Institute for Occupational Safety and Health, Berlin, Germany; Dr. Hanna Janetzke

Mindfulness (Paper Panel Session)

Rochester

Chair: David DeJoy, PhD, University of Georgia, Athens, GA

- Paper 1** The Intervention Study on the Mindfulness of Chinese Service Employees in Workplaces
- Heng Guo, MS, Beijing Normal University, China

