

Trialing an Evidence-Based Guided Meditation Project to Reduce Perceived Stress in Emergency Department Nurses

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Introduction

- Stress-related illnesses cost businesses \$200 to \$300 billion a year in lost productivity (AIS, 2017)
- Unmanaged work-related stress affects performance and quality issues in nursing causing ineffectiveness, depression, apathy and detachment (Boyle, 2011)
- Sources of occupational stress include high work demands, lack of skills and lack of work support to facilitate effective coping (Ruotsalainen et al., 2015)
- The purpose of this project was to identify the feasibility of using guided meditation to decrease perceived stress among ED RNs.

Project Description

Design: Evidence-based, Donabedian quality improvement trial

Participants: 24 ED RNs, 15/24 (63%) of whom attended at least one session

Intervention: Participation in a brief guided meditation session(s) following a 12 hour shift.

Measures / Instruments:

- Pre- and post-intervention assessment of perceived stress using the Perceived Stress Score (Cohen, 1988; Sandhu et al., 2015)
- Program evaluation – an 8 item evaluation Likert and 3 open ended questions.

Results (n=24)

Descriptive statistics of participants' session attendance and PSS scores percentage of change (n=24)

Session Attendance	N	PSS1	PSS2	% Change
Did not attend any sessions	9	13.66	13.44	1.61 ↓
Attended 1 session	5	12.6	11.4	9.52 ↓
Attended 2 sessions	6	18.33	12.83	25.38 ↓
Attended 3 sessions	3	12.33	7	43.23 ↓
Attended 4 sessions	1	20	17	15 ↓

Mean responses to items 1-9 on Participant Experience Questionnaire, based on a 1-5 n=13

Item	Mean score (SD)
The hours of the sessions made them easy to attend	4.77 (0.60)
There were enough sessions for me to attend.	4.62 (0.77)
I received enough information about how to attend sessions.	4.85 (0.55)
The sessions were the right length of time	4.92 (0.28)
Attending the sessions was a positive experience	4.85 (0.38)
I appreciated having the event offered to me at work	4.85 (0.38)
The space was conducive to meditation.	4.77 (0.60)
If available, I would continue this program.	4.38 (0.87)
I would recommend this program to others.	4.85 (0.38)

- Higher percentage of change between the pre/post PSS scores for the 15/24 (63%) who attended at least one session vs 9/24 (37%) that did not attend any session
- Of those who attended any session 14/15 (97%) reported an overall positive experience, and appreciated the sessions being offered at work
- 13/15 (95%) said they would continue the program if available, and 14/15 (97%) would recommend the program to others
- Inadequately powered sample (N=24) limited analysis to descriptive statistics

Conclusions

- Participating nurses, irrespective of whether they attended a meditation session, reported a reduction in perceived stress
- Those nurses that attended at least one session reported a positive experience, and indicated they would attend future program offerings, and would recommend the program to others
- Small sample precludes generalizing findings outside of the nurses that participated

Discussion

- Findings support feasibility of implementing such a program
- Availability and accessibility of sessions needs to be explored, including virtual sessions
- A limited time frame to complete study and session availability negatively impacted enrollment

References

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