MINDFULNESS PROGRAM FOR NURSING STUDENTS

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“The speakers have no conflicts of interest to disclose”

Today We Will Cover:

WHAT IS MINDFULNESS?

SITTING MEDITATION PRACTICE

UNDERGRADUATE NURSING PROGRAM IMPLEMENTATION

DEFINITION & HISTORY OF MINDFULNESS

Mindfulness is the practice of observing the present moment without any judgment
LET'S PRACTICE...

COMPASSION --WEEKLY READING...

Mindfulness Attention Awareness Scale (MAAS)

<table>
<thead>
<tr>
<th>Almost never</th>
<th>Almost never</th>
<th>Very frequently</th>
<th>Very infrequently</th>
<th>Very frequently</th>
<th>Almost always</th>
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<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
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1. I could be experiencing some emotion but not be conscious of it until sometime later.
2. I break or spill things because of carelessness, not paying attention, or thinking of something else.
3. I find it difficult to stay focused on what's happening in the present.
4. I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.
5. I tend not to notice feelings of physical tension or discomfort until they really grab my attention.
6. I forget a person's name almost as soon as I've been told it for the first time.
7. I am "running on automatic" without much awareness of what I'm doing.
8. I rush through activities without being really attentive to them.
9. I get so focused on the goal I want to achieve that I lose touch with what I am doing right now to get there.
10. I do jobs or tasks automatically, without being aware of what I'm doing.
11. I find myself programs to someone with one ear, doing something else at the same time.
12. I do things or "automatically pilot" and then wonder why I went there.
13. I find myself preoccupied with the future or the past.
15. I snack without being aware that I'm eating.

I break or spill things because of carelessness, not paying attention, or thinking of something else.
It seems I am “running on automatic” without much awareness of what I’m doing.

I find myself listening to someone with one ear, doing something else at the same time.

I find myself preoccupied with the future or the past.
I find it difficult to stay focused on what’s happening in the present.

I tend not to notice feelings of physical tension or discomfort until they really grab my attention.

I tend to walk quickly to get where I’m going without paying attention to what I experience along the way.
I forget a person's name almost as soon as I've been told it for the first time.

I rush through activities without being really attentive to them.
I do jobs or tasks automatically, without being aware of what I'm doing
I find myself doing things without paying attention.
I drive places on “automatic pilot” and then wonder why I went there.

I snack without being aware that I’m eating.
I could be experiencing some emotion and not be conscious of it until some time later.
I get so focused on the goal I want to achieve that I lose touch with what I am doing right now to get there.
PERSONAL & PROFESSIONAL CONNECTIONS

MINDFULNESS IN NURSING EDUCATION

QSEN’s MINDFULNESS MODULE

Overall…
Mindfulness has implications for safety, self-care and empathy
Opens the possibility of healthier attitudes/behaviors
QSEN MINDFULNESS MODULE

SPECIFICALLY, MINDFULNESS IMPROVES:

- Family/work relationships
- Focus, Ability To Observe/Interpret
- Empathy, Openness, Acceptance
- Curiosity, Emotional Intelligence
- Multiple medical/psychological problems
- Communication, Listening
- Culture Of Safety

QSEN MINDFULNESS MODULE

NURSING ERRORS ARE CAUSED BY:

- Divided Attention
- Autopilot
- Poor Communication

QSEN MINDFULNESS MODULE

MINDFULNESS DECREASES:

- Errors At Shift Change
- Medication Errors
- Safety Errors
- Burnout
QSEN COMPETENCIES
- Patient-centered Care
- Teamwork & Collaboration
- Evidence Based Practice
- Quality Improvement
  - Safety
  - Informatics

7 Attitudes According to Jon Kabat-Zin
- Non-judging
- Patience
- Beginner’s mind
- Trust
- Non-striving
- Acceptance
- Letting Go

OUR PROGRAM: 8 TOPICS
- Orientation
- Being Fully Present
- Responding Mindfully Without Judgment
- Teamwork
- Compassion
- Communication
- Balanced Life
- Closure
**OUR PROGRAM: TOOLS**

- Guided Mindfulness Meditation Practice CD
- Mindfulness Attention Awareness Scale
- Weekly Topic-Based Readings

**YOUR PROGRAM**

- Lecture
- Clinical
- Simulation Lab
- Where In The Curriculum
- Homework
- All Students
- Training The Faculty
- Faculty Meetings
- Research

**References**


