

Stress Reduction with Mindful Breathing Exercises

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Stress Reduction with Mindful Breathing Exercises

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Background

- Nurses in all backgrounds experience stress from the demands of the job, long work hours, death/dying, staffing and emotional demands.
- PICO: Do nurses who work on 7K, 7KS or the in the OR, experience less stress after performing stress reduction breathing techniques, compared to not practicing stress reduction breathing techniques?

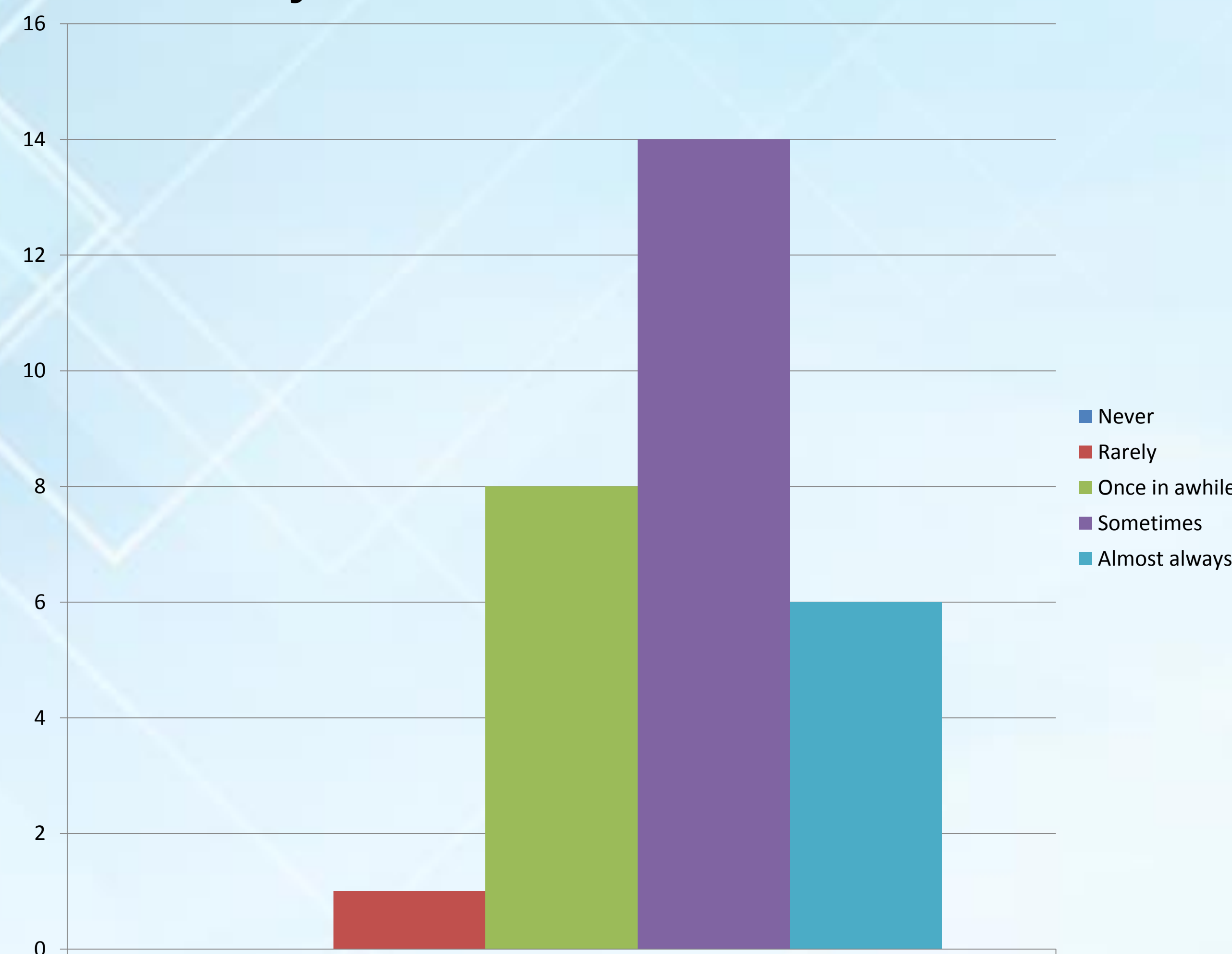
Evidence

- MBSR (mindfulness-based stress reduction) training improved nurses attitudes and stress in the workplace.
- “Dedication to helping others often causes nurses to neglect their own healing and self-care needs” (Crane & Ward, p.389).
- The implementation of stress reduction techniques such as deep breathing exercises, progressive muscle relaxation, guided imagery and meditation in an environment perceived to be calm and safe proved to have positive impacts on enhancing nurse spirit (sense of well-being), mental energy (absence of emotional exhaustion) and increased nurse engagement (commitment to and satisfaction with work).

Process

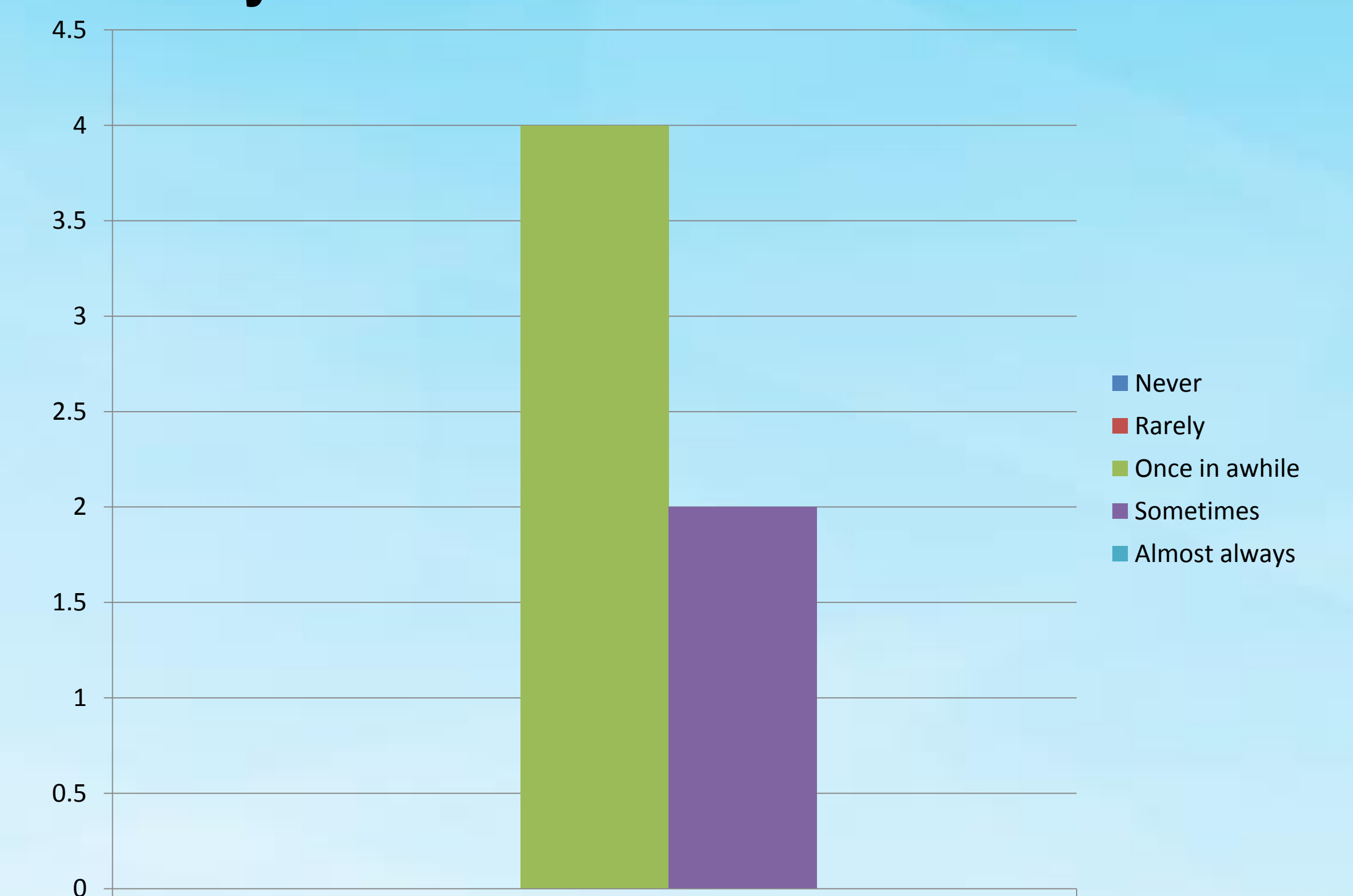
- Pre-survey
 - 28 surveys completed
- Implementation
 - Online learning to educate deep breathing strategies
 - Assigned to 32 RN
 - 13 RNs completed
 - Review of deep breathing strategies done in small groups
- Post-survey
 - 6 surveys completed

Pre-Survey Data: Do You Feel Physically and Emotionally Drained From Your Job?



Outcomes

- All 6 respondents from the post-survey completed the deep breathing exercises and reported this technique helped to manage stress levels
- **Post-Survey Data: Do You Feel Physically and Emotionally Drained From Your Job?**



Lessons Learned

- Some respondents who completed the pre-survey no longer work on the units, so post-survey data collection was limited. A larger sample size should have been used if replicating the study.

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