Implementation of a Brief Guided Mindfulness to Decrease Stress among Registered Nurses during the COVID-19 Pandemic

Clinical Question

Will the implementation of a brief guided mindfulness over a period of 4 weeks reduce perceived stress among registered nurses during the COVID-19 pandemic?

Results

<table>
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<th>Table 1 Descriptive Statistics</th>
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<td>Pre-Intervention Test</td>
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<td>Post-Intervention Test</td>
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Wilcoxon signed-ranks test was reported using the Z statistic. Test results show that the intervention did not elicit a statistically significant change in perceived stress post-intervention (Z = -1.625, P = 0.104), although the median score showed a slight decrease. Results demonstrated a slight decrease in perceived stress when comparing pre- and post-intervention tests, though not statistically significant.

Additional comparisons

In this section, pre- and post-intervention results were correlated with gender, age, schooling, and family obligations. To carry out these tests, the Mann-Whitney test was used to compare the two independent groups.

When comparing the differences among genders, males had a higher mean pre- and post-intervention (5.50) compared to females pre- and post-intervention (2.50) results. Males showed a higher perceived stress compared to females, but both genders had a slight decrease in stress post-intervention. Further analysis determined there was no significant difference between male and females (U = 0.000, P = 0.133).

The following data analysis was performed among participants who were in school at the time of the study, and those who were not in school. From the total participants, 3 attended school and 3 did not. Those who were in school had a higher mean rank (5.00) compared to those who were not in school (2.00). Individuals who did not attend school had a greater decrease in perceived stress compared to those who did attend school. There was no statistically significant difference among individuals who did and did not attend school (U = 0.000, P = 0.046).

Furthermore, participants who did and did not have family responsibilities were reviewed for comparison. Among the 3 participants who had family responsibilities, 2 of them had children and were attending school, and 3 participants did not have any family responsibilities. Among the participants who did have family responsibilities the results showed a higher mean rank pre-and post-intervention (5.00) compared to those who did not have family responsibilities (2.00). There was no statistical significance among individuals who did and did not have family responsibilities (U = 0.000, P = 0.100).

Discussion

Evidence supports the practice of mindfulness via an app as a stress reducing technique. It aids in controlling thoughts and reducing stress levels.

Evidence indicates individuals may experience extensive benefits even after one session from a 5-minute mindfulness such as reducing stress, anxiety, depression, and others.

Mindfulness creates a mental quiet space, and its focus is on the present moment. Nurses who practice mindfulness have reported reduced stress, improved care for their patients, a more patient-centered focus, and listening.

Results demonstrate the effectiveness of mindfulness via the use of an app to decrease stress after 4 weeks.

Conclusion

The nursing field is well known as a strenuous occupation, and while it may affect the health of a nurse, it can also influence patient outcomes and safety. The use of a brief mindfulness can decrease stress and in turn, provide better care, and increase patient outcomes.

References