

Introduction

- Implement an evidence-based mindfulness intervention to help nurses in graduate school manage their perceived stress.
- Graduate nursing students are exposed to continuous stress in school, work, environment, and life.
- This stress could be reduced through the practice of Mindfulness-Based Stress Reduction (MBSR)

Clinical Question:

- “Will 8 weeks of a Mindfulness Intervention reduce symptoms of perceived stress in DNP students”?

Significance

- DNP students are nurses pursuing: higher degree, while juggling families and other responsibilities.
- In 2011, approximately 33% of nurses working in U.S. hospitals and 37% working in nursing homes reported experiencing burnout
- Similarly, 69% of healthcare respondents reported increased stress in their current work and 17% reported being highly stressed

Objectives

- Implement an 8-week Web-Based Mindfulness Module (WBMM) training program for DNP students.
- Determine whether there was a difference in stress reduction and mindfulness awareness between pre-training and post-training

Methods

- This study used a quasi-experimental design, with a pre/posttest

Entirely online:

Recruitment
Surveys (The Perceived Stress Scale PSS , The Mindful Attention Awareness Scale (MAAS), demographic
Study Interventions

Results

- Compared pre and post PSS, MAAS, and demographics assessment.
- Survey results communicated a snapshot of DNP students (pre-test mean PSS-4.9, MAAS-1.4) (Post-test mean PSS-1.3, MAAS-5.8)
- Literature analysis about the impact of MBSR showed:
 - Reduction in Perceived stress.
 - Increase mindfulness awareness
 - Increased in empathy
 - Enhance professional development and wellness.

Practice Implications

- Stress continues to impact DNP students in many ways especially given the current pandemic we face.
- The results of the research will enable nursing programs to be aware of the increase stress among DNP students.
- Therefore, nursing programs and DNP students should have MBSR as a coping intervention to help manage the stress levels.



Conclusion

- The use of MBSR to reduce perceived stress is fundamental for DNP students who are subjected to highly stressful and demanding responsibilities on a regular basis.

Reference

Available upon request.

