

INTRODUCTION

- The COVID-19 pandemic created a mental health crisis for healthcare workers (HCWs) (APA,2021)
- Mindful meditation is an effective stress-reducing intervention (Morrison Wylde et al., 2017).

BACKGROUND AND SIGNIFICANCE

- Stress negatively affects HCWS and healthcare organizations.
- Negatively impairs one's health (O'Connor et al., 2021).
 - Contributes to HCW's burnout and resignation (Prasad et al., 2021).
 - Healthcare Organizations experience increased staffing costs due to employees resigning (American Hospital Association,2021)
 - Mobile Mindful Meditation is an evidence-based intervention proven to reduce stress (Morrison Wylde et al., 2017).
 - There is a gap in knowledge regarding the impact of mobile mindful meditation applications on HCWS during a pandemic.**

CLINICAL QUESTION

Does mindful meditation have an impact on stress reduction among HCWs during the COVID-19 Pandemic?

AIMS & OBJECTIVES

This project aimed to reduce HCWs' levels of stress with a mobile mindful meditation application.

Objectives

- Obtain a baseline understanding of HCW's perceived stress at a large organization during a pandemic.
- Of the HCWs, Identify if there is a gender difference in perceived stress during a pandemic
- Does the age or role of the HCW impact the perceived stress during a pandemic?



METHODOLOGY

- Study Design:** Quasi-experimental design with a pre and post-test.
- Setting:** A large multispecialty medical group.
- Participants:** HCWs
- Sample Size:** (N=106) completed the pretest. (N=100) completed the posttest.
- Recruitment:** Electronic and paper flyers.
- Tool:** Perceived Stress Scale (PSS-10) prior to the intervention and post-intervention.
- Intervention:** HCWs completed 20-30 minutes of mobile mindful meditation daily for 30 days using a mobile application.

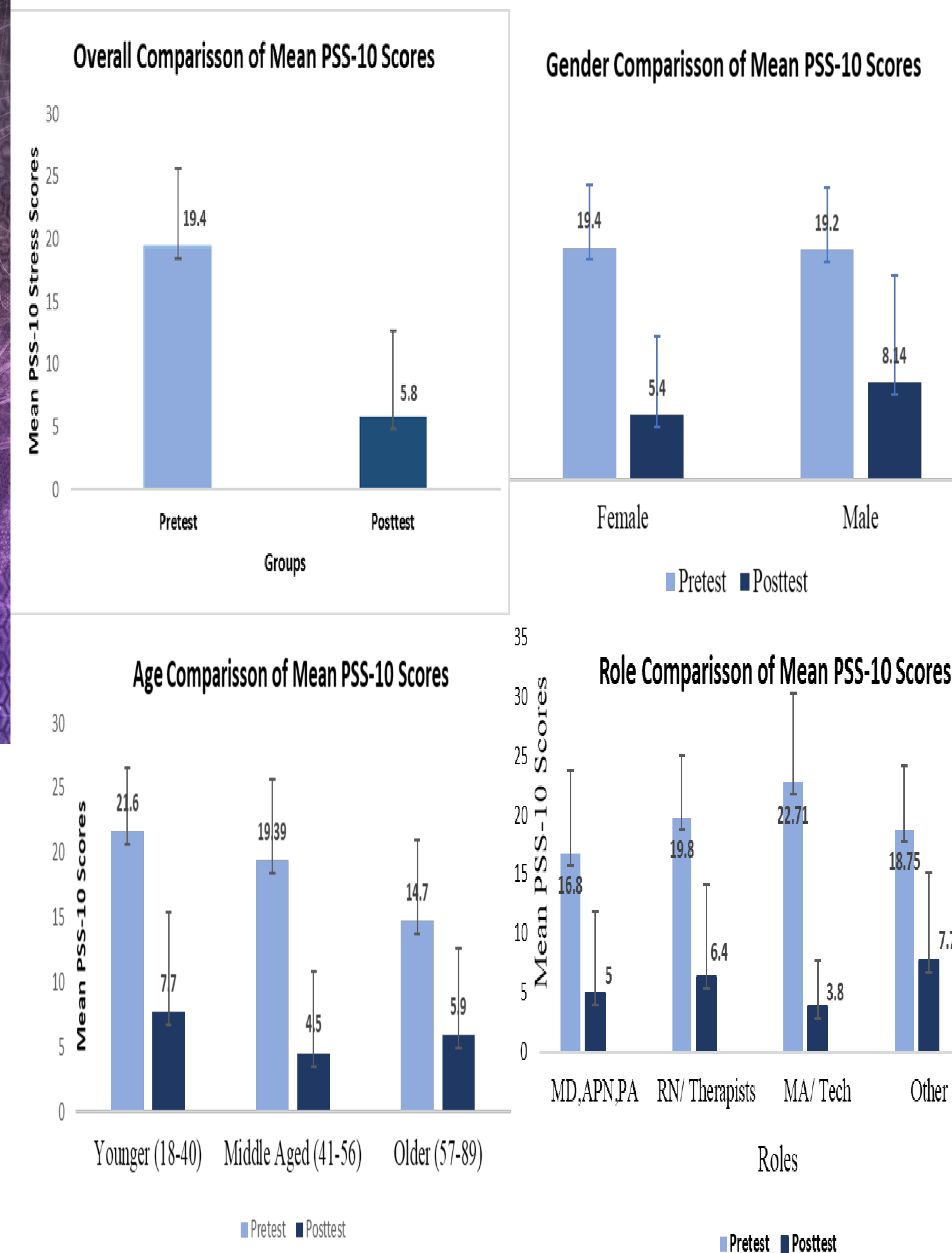
VIEW THE
PSS-10
SCALE



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RESULTS/DISCUSSION



IMPLICATIONS

CLINICAL PRACTICE

- Mobile Mindful Meditation Applications should be offered to all HCWs.

HEALTHCARE POLICY

- Due to COVID- 19, federal policies have enabled increased access to mental health resources (ASPA,2022)

- Funding should support Mobile Mindful Meditation Applications.

QUALITY AND SAFETY

- Lower stress levels contributes to HCW's optimal health (CDC,2021). Healthy HCWs lead to safer clinical practice.

EDUCATION

- Increase HCW's knowledge regarding the impact of mobile mindful meditation applications on stress reduction.

ECONOMIC

- Less stressed HCWs = increased productivity, increasing revenue.

CONCLUSION

This study showed a statistically significant reduction of perceived stress with the use of mobile mindful meditation applications in the population of HCWs.

When comparing the pretest and post-test PSS-10 scores there was a statistically significant difference found, $p < 0.050$ in the overall, gender, role, and age groups

- There was a reduction in the mean PSS-10 score comparing pre-intervention to post-intervention for all groups.
- Female PSS-10 scores were reduced slightly more than males.
- MA and Technologists had the highest PSS-10 scores initially.
- The Youngest age group had the highest PSS-10 scores initially and the greatest reduction.
- Older participants had the lowest PSS-10 scores initially.

REFERENCE LIST

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