



A STUDY TO ASSESS THE EFFECTIVENESS OF MINDFULNESS PROGRAM ON REDUCING STRESS AND BURNOUT AMONG STAFF NURSES WORKING IN A SELECTED TERTIARY CARE HOSPITAL, LUDHIANA, PUNJAB.

Psychiatry

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KEYWORDS

Mindfulness program, Stress, Burnout, Staff nurses

INTRODUCTION:

Nurses are the “backbone” of any human services framework and their work is varied and extremely complicated. When carrying out their jobs, nurses face extraordinary stress in their working environment. The stressful scenario of nursing profession especially in covid-19 pandemic situation led to increase in stress and burnout among staff nurses. This mindfulness program is the most effective intervention to reduce stress and burnout among staff nurses.

AIM:

To assess the effectiveness of mindfulness program on reducing stress and burnout among staff nurses.

METHODS & MATERIAL:

The study title “A study to assess the effectiveness of mindfulness program on reducing stress and burnout among staff nurses working in a selected tertiary care hospital, Ludhiana, Punjab” was conducted using quantitative approach and pre-experimental pre-test post-test design on 35 staff nurses working in critical care units. Sample was selected by using non probability purposive sampling technique.

Four sessions of mindfulness program were provided to the staff nurses as an intervention with four practice sessions on each alternative day. Quantitative data of pre-test, post-test-I and post-test-II was collected by administering Perceived Stress Scale-10 (Cohen S, Kamarck T, & Mermelstein R.A, 1983) and Copenhagen Burnout Inventory (Kristensen T.S, 2005). Data was tabulated and analysed by using descriptive and inferential statistics.

INTERVENTION (Mindfulness program):

Mindfulness program was the brief version of Mindfulness Based Stress Reduction (MBSR) program developed by Kabat-Zinn. MBSR consists of eight weekly group sessions lasting for 2.5 hours and 45 minutes of home-based practice daily, whereas mindfulness program had 4 sessions with 4 practice sessions on each alternative day of actual sessions.

Each session was of 1 hour. The practice session was of 25-30 minutes. This program was lasted for 16 days. Mindfulness program mainly emphasized on three basic mindful exercises i.e., Mindful Breathing, Mindful Eating (Raisin exercise) and Mindfulness Meditation (Body scan).

RESULTS:

The findings revealed a highly statistically significant difference in pre-test (20.37 ± 3.14), post-test-I (16.57 ± 3.84) and post-test-II (15.52 ± 2.62) mean stress scores was found at $p=0.000$. Similarly, highly statistically significant difference in pre-test (57.45 ± 11.1), post-test-I (49.08 ± 9.75) and post-test-II (50.08 ± 6.66) mean burnout scores was found at $p=0.000$. These findings indicated the effectiveness of mindfulness program on reducing stress and burnout among staff nurses.

Socio-demographic Variable	f (%)
Age (in years)	
22-24	19 (54.28)
25-27	15 (42.87)
28-30	1 (2.85)
Religion	
Sikh	28(80)
Hindu	7 (20)
Marital status	
Unmarried	35 (100)
Professional Qualification	
Post-basic B.sc (N)	4 (11.43)
B.Sc. Nursing	31 (88.57)
Any training/workshop/CNE attended related to mindfulness program	
Yes	3 (8.57)
No	32 (91.43)
Name of the program (n=3)	
Reiki Healing	1(33.33)
VIHASA	1 (33.34)
Art of living	1 (33.33)
Total work experience in hospital.	
< 1 year	6 (17.15)
1-3 years	25 (71.42)
3-6 years	3 (8.57)
>6 years	1 (2.86)
Work experience in ICUs	
< 1 year	6 (17.15)
1-3 years	28 (80)
>3 years	1 (2.85)
Present working area	
Medical ICU	8 (22.85)
Surgery ICU	4 (11.42)
Neonatal ICU	5 (14.28)
Gastro ICU	5 (14.28)
Stroke ICU	2 (5.73)
Pulmonary ICU	6 (17.14)
Paediatrics ICU	1 (2.86)
Trauma ICU	2 (5.72)
Emergency ICU	1 (2.86)
Burn ICU	1 (2.86)
Socioeconomic Status	
Upper middle	10 (28.57)
Lower middle	22 (62.86)
Upper lower	3 (8.57)

Mean age $\pm$ SD = 24.28 ± 1.46

Table 1: Frequency and percentage distribution of staff nurses as per their socio-demographic variables. N=35

Table 2: Frequency, percentage distribution and mean stress score according to level of stress among staff nurses: N=35

Levels of Stress	Score	Pre-test		Post-Test-I		Post-Test-II	
		f (%)	Mean ± SD	f (%)	Mean ± SD	f (%)	Mean ± SD
Low	0-13	1(2.86)	12±0.00	10 (28.57)	11.8±1.39	9 (25.72)	12.33±1.11
Moderate	14-26	33(94.28)	20.39±2.54	25 (71.43)	18.48±2.63	26 (74.28)	16.61±2.02
High	27-40	1(2.86)	28±0.00	0 (0)	0.00	0 (0)	0.00

Minimum score: 0
Maximum score: 40

Table 3: Frequency, percentage distribution and mean burnout score according to level of burnout among staff nurses: N=35

Levels of burnout	Score	Pre-test		Post-Test-I		Post-Test-II	
		f (%)	Mean ± SD	f (%)	Mean ± SD	f (%)	Mean ± SD
Low	19-44	4 (11.43)	38.0±5.47	11 (31.43)	37.7±5.27	4 (11.43)	38.00±3.46
Moderate	45-70	26 (74.28)	57.46±7.57	24 (68.57)	54.29±6.21	31 (88.57)	51.64±5.20
High	≥ 71	5 (14.29)	73.00±1.87	0 (0)	0.00	0 (0)	0.00

Minimum score: 19
Maximum score: 95

Table 4: Comparative Pre-test, Post-test-I and Post-test-II mean stress scores among staff nurses. N=35

Variable	Mean ± SD	Mean Percentage	F-value	df	p-value
Pre-test	20.37 ± 3.14	50.9%	21.69	104	0.000**
Post-test-I	16.57 ± 3.84	41.4%			
Post-test-II	15.52 ± 2.62	38.8%			

Minimum score: 0
Maximum Score: 40
**Highly Significant (p=0.000)

Table 5: Comparative Pre-test, Post-test-I and Post-test-II mean burnout scores among staff nurses. N=35

Variable	Mean ± SD	Mean Percentage	F-value	df	p-value
Pre-test	57.45 ± 11.1	60.4%	224.5	104	0.000**
Post-test-I	49.08 ± 9.75	51.6%			
Post-test-II	50.08 ± 6.66	52.7%			

Minimum score: 19
Maximum Score: 95
**Highly Significant (p=0.000)

Table 6: Correlation between pre-test scores of stress and burnout among staff nurses. N=35

Variable	Mean ± SD	r-value	p-value
Stress (Pre-test)	20.37 ± 3.14	0.359	0.034*
Burnout (Pre-test)	57.45 ± 11.1		

Minimum score: 0 (Stress) Minimum score: 19 (Burnout)
Maximum Score: 40 (Stress) Maximum score: 95 (Burnout)
*Significant (p<0.05)

CONCLUSION

In general mindfulness program should be taken into consideration as a method of reduction in stress and burnout as the findings concluded that the mindfulness program has been effective in the reduction of stress and burnout among staff nurses.

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