

# Promoting Caregiver Self Care 5 Minutes a Day

## Introduction/Problem

Literature suggests that using self care techniques can improve caregivers effectiveness and have a positive influence on patient outcomes. Most self care techniques can be learned and implemented in a short period of time. (AORN2016). OSHA found that caregiver fatigue and stress are tied to a higher risk of medication errors and patient infections. A survey of staff on Farr 2 showed that many demands competing for their attention caused them stress. Nursing leadership wanted to trial self care and self healing as a daily focus.

## Aim/Goal

This is a WORDLE of responses from staff about causes of stress.

The goal is to have staff attend a 5 minute mini meditation offered on the unit during the day shift to promote and teach self care



## The Team

- Alice Bradbury RN,BSN
- Jed Vonn Freyman RN,BSN
- Denise Corbett-Carbonneau RN,MS
- Barbara Donovan RN,MSN
- Jane Foley RN MHA

## The Interventions

- After report and the morning medication pass an “all staff” page would be sent out to invite all staff on the unit to participate in a nurse led 5 minute meditation.
- Staff gathered in the conference room on the floor. The lights were dimmed and the nurse leading the session used a smart phone with APP for mini meditations.

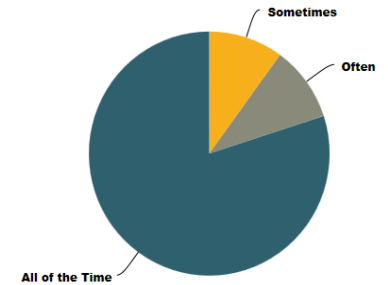
## Results/Progress to Date

### Survey responses

**100% of staff** who responded to the survey say they attend the meditation when it is offered. **71% of staff** who attend meditation feel they are more mindful with their patients after attending “it refreshed me enough to go back and care for patients in a better frame of mind”

When you attend the 5 minute meditation is it helpful in reducing stress?

Answered: 10 Skipped: 0



Answer Choices	Responses
Never	0.00% 0
Rarely	0.00% 0
Sometimes	10.00% 1
Often	10.00% 1
All of the Time	80.00% 8
Total	10

## Lessons Learned

- Assign staff member to preview meditation APP and lead meditation
- Reassure staff that “medicating someone” can wait 5 minutes
- Direct participating staff into conference room
- There are many great APPs (we used Insighttimer)
- At your desk meditation can be accessed at <https://5minutemeditation.com>

## Next Steps

- Sustain with different nurse leaders who are committed to promoting mindfulness in daily practice and self care.
- Ask staff if this makes them more likely to follow other self care regimens

