Nurse Perceptions of Mindfulness Programs in a Pediatric Intensive Care Unit

PURPOSE
The purpose of this DNP project was to implement a mindfulness program in the Pediatric Intensive Care Unit (PICU). The aim of this project was to increase the positive perception of mindfulness programs by 5% of the pre-intervention baseline at two weeks post interventions.

BACKGROUND
The project was implemented in a 22 bed PICU of a large free standing pediatric academic center in Houston, Texas.

METHODOLOGY
The launch of the mindfulness program started with an informational session that was offered to leaders and all staff nurses to provide overview and answer any questions. An electronic Likert survey was created using the five point scale. This method was chosen based on access, efficiency, and it would allow data to be stored securely. A pre-survey was created to get a baseline and a post-survey to assess after the interventions. The interventions were deployed according to Plan-Do-Study-Act quality improvement method.

RESULTS
Fifty-one percent of the nurses in the PICU participated in the quality improvement project. There was a significant increase in nurses positive perceptions of mindfulness programs, the goal was 5% and the project exceeded the goal with a 9% overall increase in positive nurse perceptions.

IMPLICATIONS
The project had good participation with the mindfulness activities the project showed a significant decrease from pre and post invention surveys. Mindfulness programs help nurses in decreasing their stress levels which could improve their self-care which could result in improved patient care.

A potential future project might be assessing stress, the levels of burnout and its effect on nurses that do not participate in mindfulness or self-care. If organizations had more employees who are mindful in the workplace, it could potentially transform so many aspects of care and the working environment. The health of nurses is a crucial factor in delivering excellent patient care, especially in hospital settings with complex patients.