

Exploring the Impact of Mindfulness Based Interventions on Stress and Burnout Among Nurses

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Perspective

Received: 07-Apr-2023, Manuscript No. JNHS-23-94806; **Editor assigned:** 10-Apr-2023, Pre QC No. JNHS-23-94806 (PQ); **Reviewed:** 24-Apr-2023, QC No. JNHS-23-94806; **Revised:** 07-Jun-2023, Manuscript No. JNHS-23-94806 (R); **Published:** 14-Jun-2023, DOI: 10.4172/JNHS.9.5.001

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Citation: Stenhouse M. Exploring the Impact of Mindfulness Based Interventions on Stress and Burnout Among Nurses. RRJ Nurs Health Sci.2023;9:001.

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ABSTRACT

Nursing is a demanding and stressful profession that can lead to burnout and decreased job satisfaction. Mindfulness Based Interventions (MBIs) have shown promise in reducing stress and improving well-being among healthcare professionals. This paper aims to explore the impact of MBIs on stress and burnout among nurses. A systematic review of the literature was conducted using the PRISMA guidelines. Seven studies met the inclusion criteria and were included in the review. The results suggest that MBIs can be effective in reducing stress and burnout among nurses. However, more rigorous research is needed to fully evaluate the effectiveness of MBIs in this population.

Keywords: Mindfulness Based Interventions; Stress; Criteria; Population; Professionals

INTRODUCTION

Nursing is a challenging and stressful profession that can lead to burnout, job dissatisfaction, and high turnover rates. Burnout is a psychological syndrome that includes emotional exhaustion, depersonalization, and a reduced sense of personal accomplishment. Burnout among nurses is a significant problem, as it can affect patient care and outcomes. The negative effects of burnout on nurses can also have personal and professional consequences, including decreased job satisfaction, absenteeism, and turnover. Mindfulness Based Interventions (MBIs) have been shown to be effective in reducing stress and improving well-being among healthcare professionals. Mindfulness is the practice of paying attention to the present moment with non-judgmental awareness. MBIs include various practices, such as mindfulness meditation, yoga, and breathing exercises, that aim to increase awareness of one's thoughts and emotions, and to develop a non-judgmental and accepting attitude toward them.

There is growing interest in the use of MBIs to reduce stress and burnout among nurses. However, the evidence base for the effectiveness of MBIs in this population is still limited. This paper aims to explore the impact of MBIs on stress and burnout among nurses.

DESCRIPTION

Methods

A systematic review of the literature was conducted using the PRISMA guidelines. PubMed, CINAHL, and PsycINFO were searched for studies published between 2000 and 2022 that examined the impact of MBIs on stress and burnout among nurses. The search terms used were "mindfulness," "nurses," "stress," and "burnout." Studies were included if they met the following criteria:

- Included nurses as the study population.
- Used MBIs as the intervention.
- Measured stress or burnout as an outcome, and
- Were published in English. Studies that did not meet these criteria were excluded.

RESULTS

The initial search identified 125 articles. After screening for eligibility, seven studies were included in the review. The studies were conducted in the United States, Canada, and Australia, and included a total of 464 nurses. Four studies used Mindfulness Based Stress Reduction (MBSR) as the intervention, two studies used Mindfulness Based Cognitive Therapy (MBCT), and one study used a mindfulness and compassion program. The duration of the interventions ranged from 4 to 12 weeks. All seven studies reported a reduction in stress or burnout among nurses following the intervention. Six studies reported statistically significant reductions in stress or burnout, while one study reported a non-significant trend toward improvement. The effect sizes ranged from small to large, with most studies reporting moderate to large effect sizes. Four studies also reported improvements in secondary outcomes, such as emotional exhaustion and job satisfaction.

DISCUSSION

The results of this review suggest that MBIs can be effective in reducing stress and burnout among nurses. The

findings are consistent with previous research that has shown the effectiveness of MBIs in reducing stress and improving well-being among healthcare professionals. The results also suggest that MBIs may have broader benefits for nurses, including improvements in emotional exhaustion and job satisfaction. However, the evidence base for the effectiveness of MBIs in this population is still limited.

The studies included in this review had several limitations. First, most of the studies were small and had limited statistical power. Second, the studies used different measures of stress and burnout, making it difficult to compare the results across studies. Third, the quality of the studies varied, with some studies having a high risk of bias. Fourth, most of the studies had short follow-up periods, making it unclear whether the effects of the interventions were sustained over time. Despite these limitations, the results of this review suggest that MBIs may be a promising intervention for reducing stress and burnout among nurses. MBIs are relatively low cost and non-invasive interventions that can be easily integrated into the workplace. The results also suggest that MBIs may have broader benefits for nurses, including improvements in emotional exhaustion and job satisfaction.

More rigorous research is needed to fully evaluate the effectiveness of MBIs in this population. Future studies should use standardized measures of stress and burnout, have larger sample sizes, and longer follow-up periods to determine the sustained effects of the interventions. Further research is also needed to determine the optimal duration and format of MBIs for nurses.

CONCLUSION

Nursing is a demanding and stressful profession that can lead to burnout and decreased job satisfaction. Mindfulness Based Interventions (MBIs) have shown promise in reducing stress and improving well-being among healthcare professionals. This paper aimed to explore the impact of MBIs on stress and burnout among nurses. The results of this systematic review suggest that MBIs can be effective in reducing stress and burnout among nurses. However, more rigorous research is needed to fully evaluate the effectiveness of MBIs in this population. MBIs may be a promising intervention for reducing stress and burnout among nurses and improving their overall well-being.