

Abstract

Patients are affected by the quality of care received; most patients expect a delicate balance of compassionate and competent care to be delivered. The healthcare industry is a demanding environment which requires nurses to be resilient and compassionate. Encouraging self-care practices aids the nurse in completing his or her work with vitality and authentic caring. One such program, the mindfulness-based stress reduction (MBSR) course developed by Jon Kabat-Zinn, has helped many people develop self-care practices with stress reduction techniques. This research proposal aims to measure the effects of the MBSR course on a group of professional full time Registered Nurses (RNs) using a mixed methods approach. The Professional Quality of Life Scale and the Health Promoting Lifestyle Profile II will be used to quantify the results in relationship to the concepts of compassion fatigue (CF), burnout (BO), compassion satisfaction (CS) and self-care. Additionally participants will be asked a series of post intervention questions in order to gain qualitative data. Research shows that CF and BO exist frequently in nursing populations, however, little research has been done to test interventions aimed at supporting nurses' self-care in order to address these issues. The results of this research should be shared with healthcare organizations to encourage industry support of self-care interventions for the nurse, such as the MBSR program. If this pilot study is deemed feasible it should be followed by a randomized controlled trial which uses the national database of nursing quality indicators (NDNQI) and press ganey scores to relate the MBSR program and mindfulness cultivation to patient safety and patient satisfaction, in addition to nursing staff wellness. Physiological measurements of the nurse may also be considered in future studies to validate wellness findings.