



SOCIETY OF TRAUMA NURSES

**TAKING TIME TO ENJOY SOME COFFEE!
ADDING MINDFULNESS TO DAILY PRACTICE**

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INTRODUCTION

- Nursing, as many healthcare professions, is at the forefront of the COVID pandemic.
- It is essential to promote positive role modeling—both inter-professionally and community wide.
- The COVID-19 pandemic has created an environment where there is a need for internal reflection and obstacles that might prevent promotion of a positive environment.
- Care providers need help



BACKGROUND

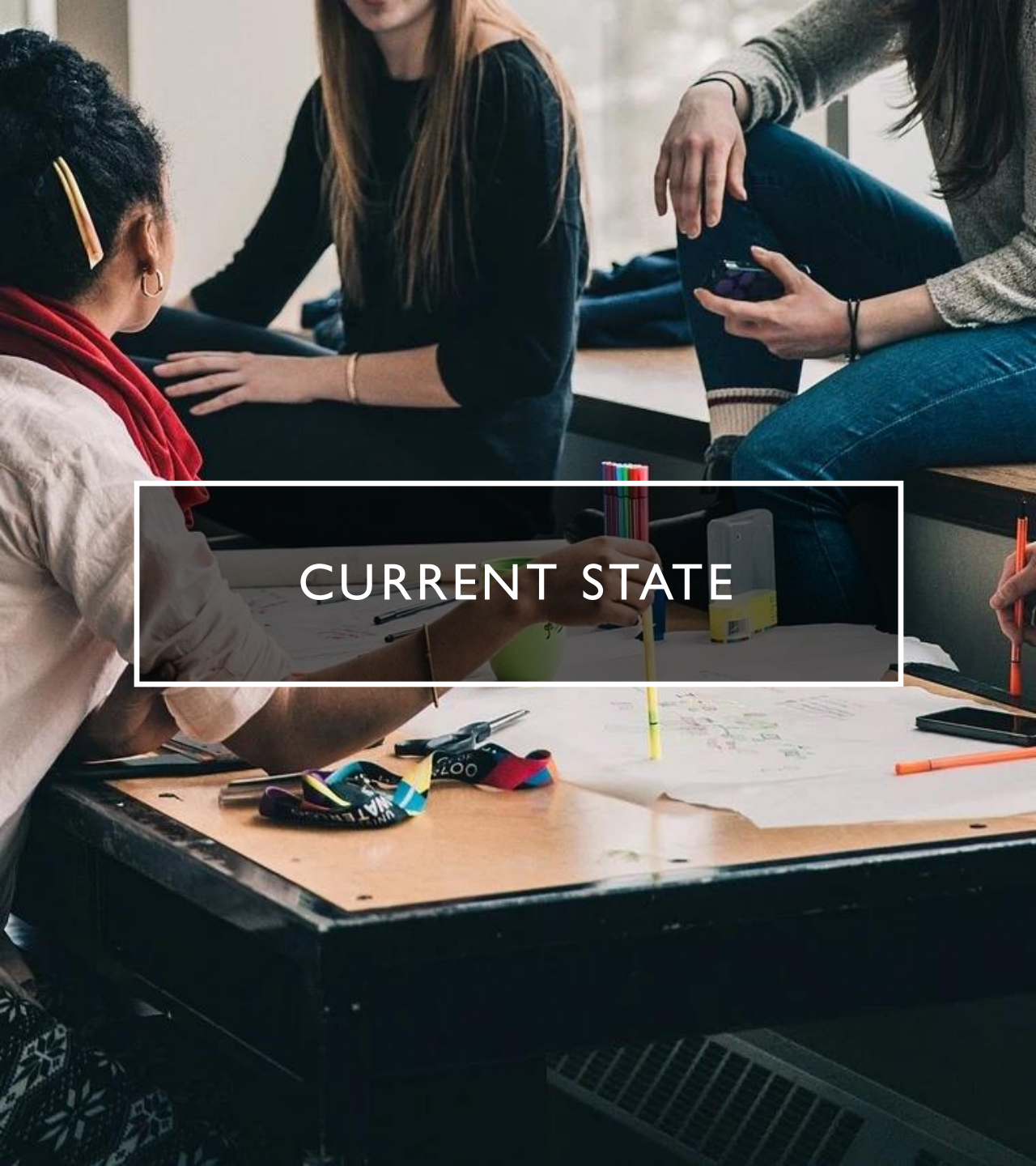
- Only 18% of nurses feel they are prepared with adequate self-care skills to manage the effects caused from day to day events of the work environment (Penque, 2019).
- 6% of nursing schools include mindfulness to help students
- Healthcare workers in high trauma areas, post-traumatic stress syndrome (PTSD) has been on the rise. In 2011, 14% of nurses were diagnosed; in 2019 an estimated 40% of nurses suffer from the disorder (Mealer, 2006).
- “Social media, due to its openness, dialogism, and participatory nature, offers significant benefits in delivering synchronous and interactive capabilities...” ([Agostino & Arnaboldi, 2016](#); [Bonsón, Perea, & Bednárová, 2019](#)).



PROBLEM

- Post- traumatic stress syndrome (PTSD) has been on the rise, in 2011, 14% of nurses were diagnosed, in 2019 with an estimated 30% of nurses suffer from the disorder(Greenburg, 2020).
- Diagnosed cases are predicted to reach even higher numbers in the coming post-pandemic days.





CURRENT STATE

- Need to create a sense of community
- Need to offer mindfulness education and skills to the newly practicing nurses and their health care colleagues to alleviate stressors brought on by caring for vulnerable populations
- In a trauma facility, it is important that there be training for the healthcare providers that gives them tools to manage their internal reactions to the day-to-day events



COMMUNICATION BARRIERS

Some communication barriers that have arisen due to the COVID-19 pandemic:

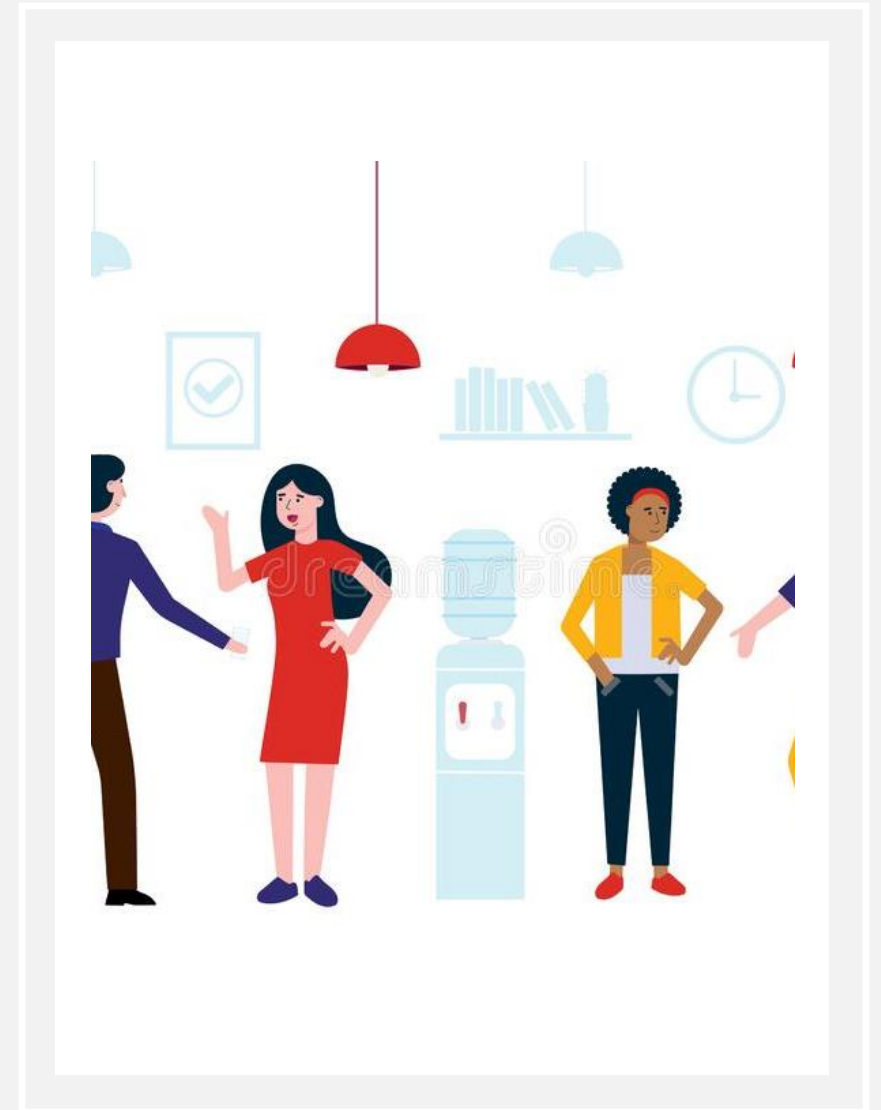
Nonverbal communication barriers (face masks, protective equipment)

Lack of social gatherings for communication (ie: water-cooler talk)

Social-distancing or community-based lock-down measures

Loss of Control and Internalized Fear

Individual might react with anger and hostility-rather than empathy and compassion



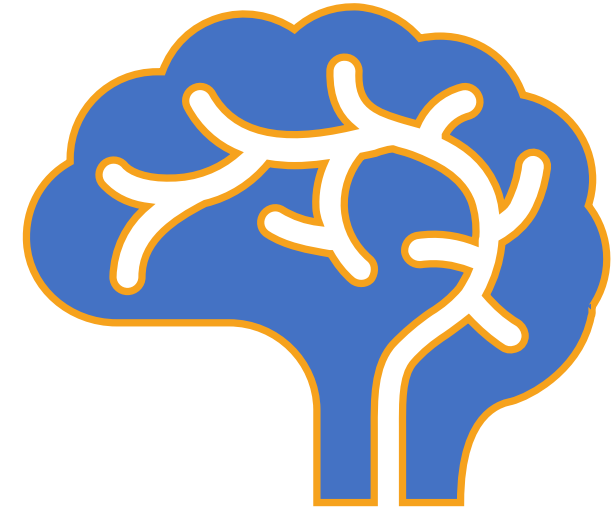
COVID 19 PANDEMIC CHALLENGES

- Loss of the usual social activity
- Loss of facial cues
- Lack of body language on virtual platforms
- Political interference
- Lack of trust. (Feng, et al., 2020).
- Increased feelings of anxiety/stress

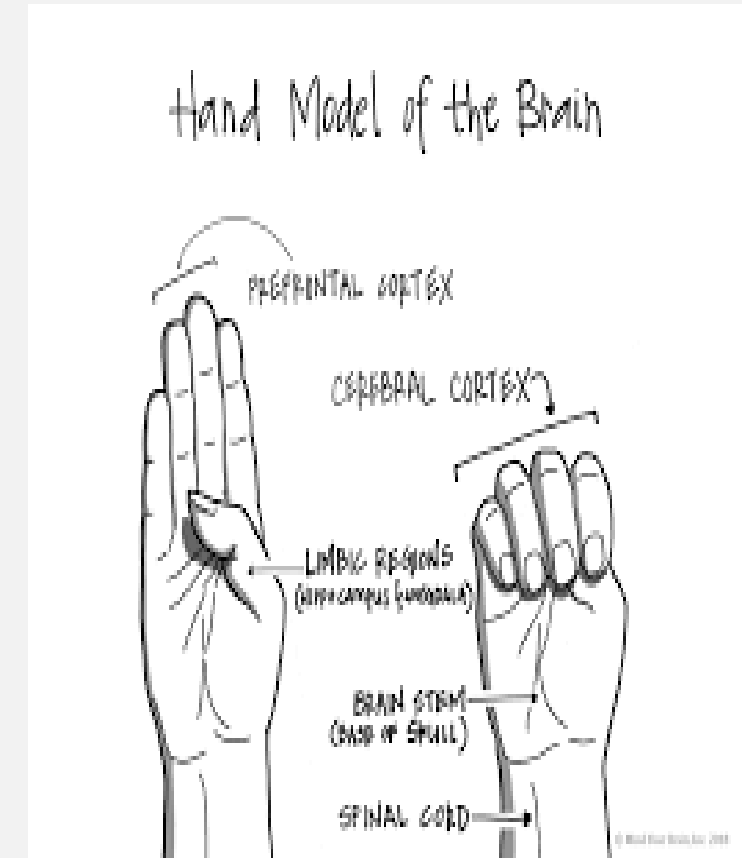
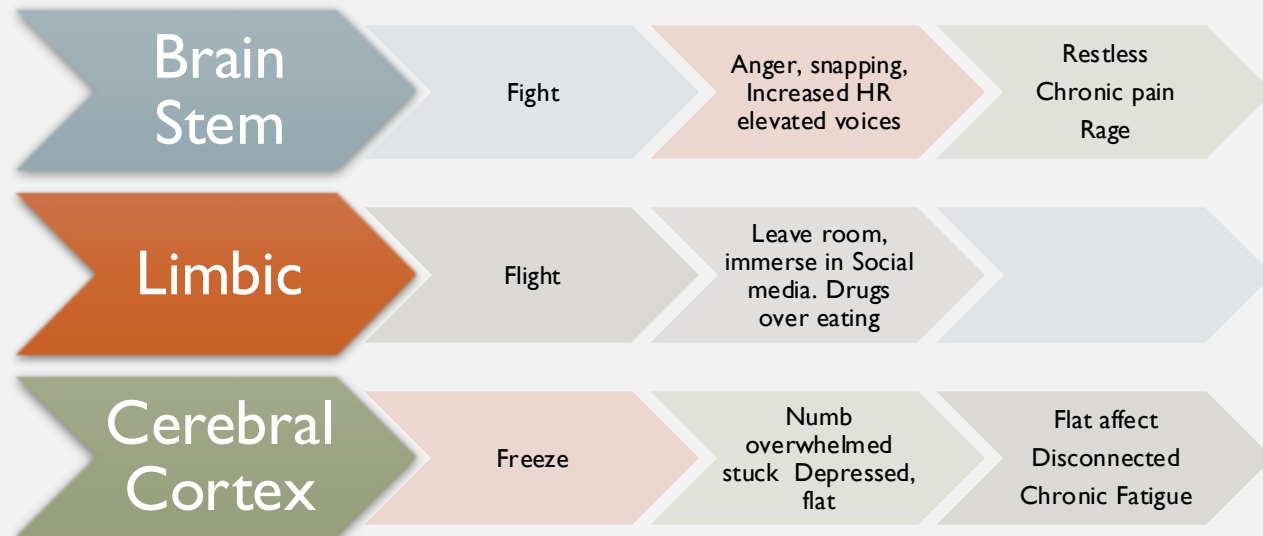


CHRONIC STRESS/ALERTNESS

- * Brains are resilient- adapt
- * Primary function is survival
- * Hardwired for negative emotions
- * Decreased memory
- * Decreased cognition
- * Increased illness due to decreased immunity
- * Increased cardiovascular disease
- * Increased gastrointestinal distress
- * Changes endocrine functions (Yaribeygi et al, 2017)



HOW IT WORKS

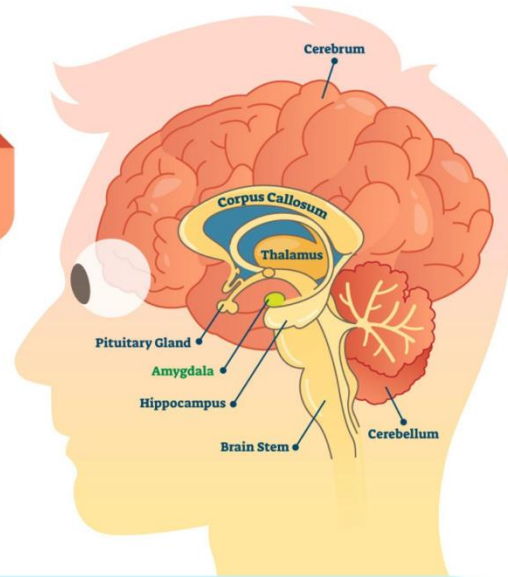


Segal

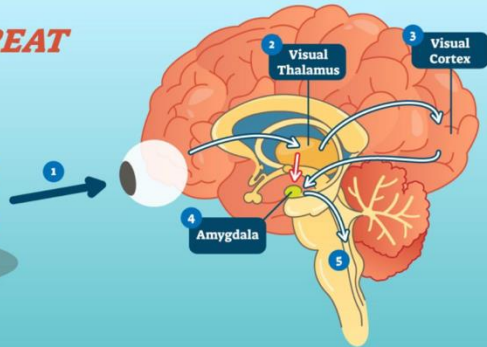


AMYGDALA

Responsible for the response and memory of emotions, especially fear.



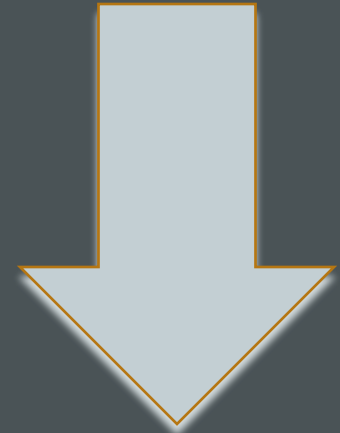
RESPONSE TO THREAT



Amygdala

• Taylor

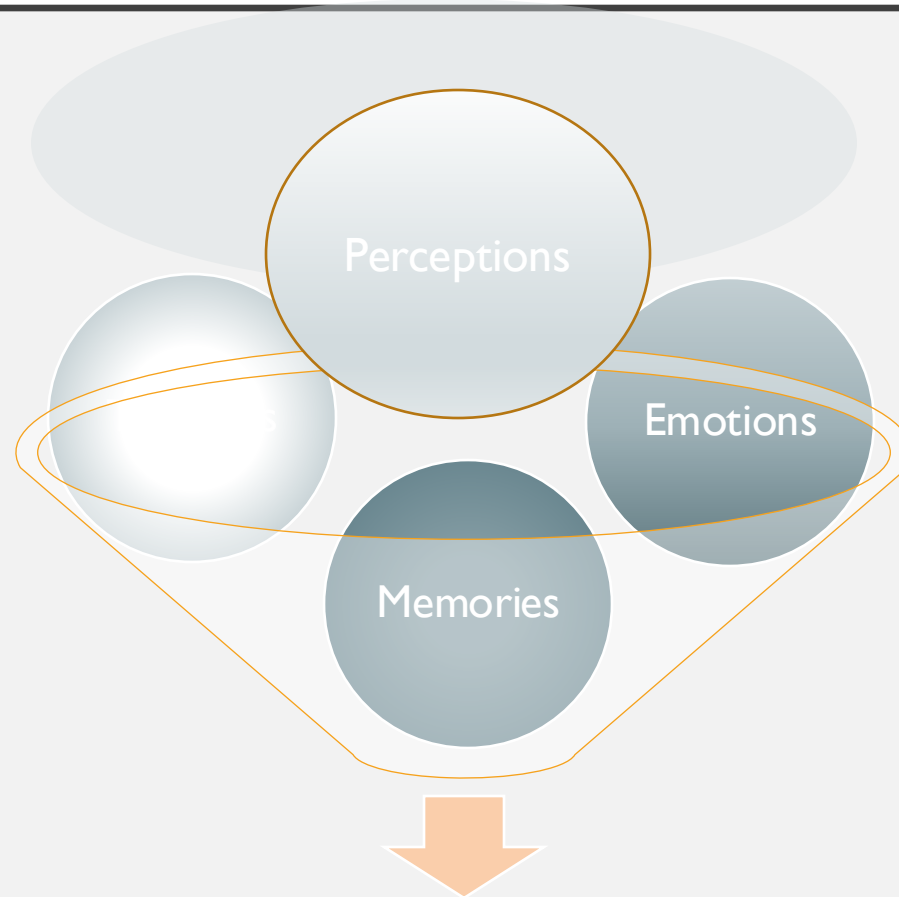
SAME RESULT



Frontal cortex shrinks
Amygdala enlarges

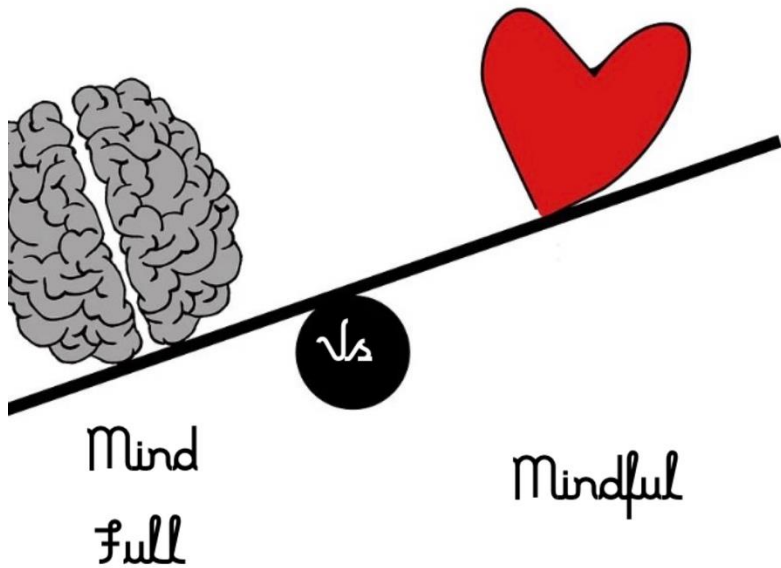


$$\text{PTEM} = \text{B}$$



Adverse
BEHAVIORS





SOCIETAL RESPONSES

- * Try to make sense of chaotic environment
- * Conspiracy theories
- * Public distortion of information
- * Increased prejudice
- * Increased crime
- * Increased emotions, fear and anxiety (Dong & Zheng, 2020).



MITIGATING CONCERNS

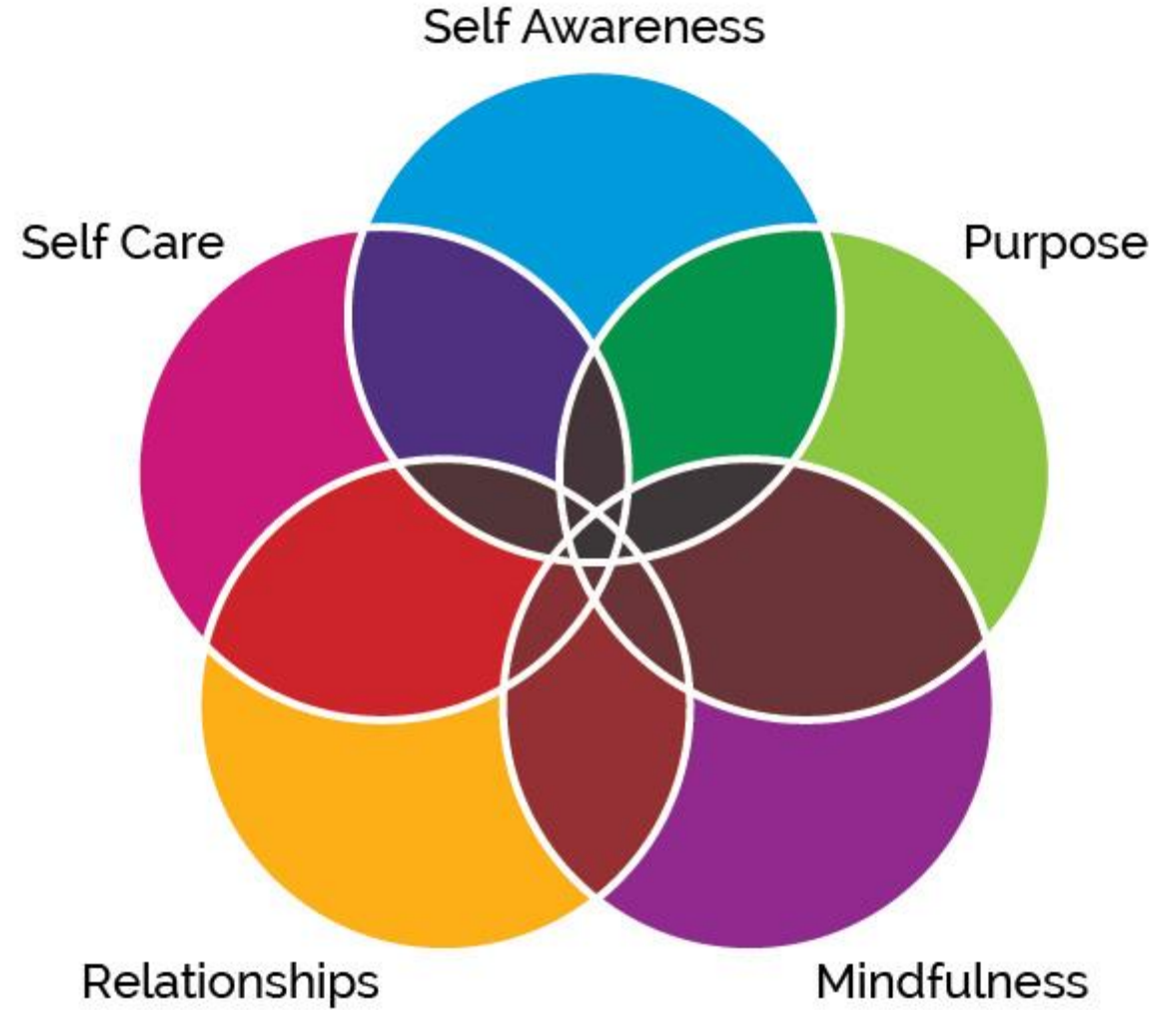
- Short simple sentences
- Speak clear and calm
- Include all participants
- Create a community environment
- Treat all with respect
- Build resilience



Student Mandalas



5 PILLARS OF RESILIENCE



OUR PLAN





MINDFULNESS: WHAT IS IT?





ACCORDING TO THE MASTERS

“Mindfulness is the miracle by which we master and restore ourselves. Consider, for example: a magician who cuts his body into many parts and places each part in a different region—hands in the south, arms in the east, legs in the north, and then by some miraculous power lets forth a cry which reassembles whole every part of his body. Mindfulness is like that—it is the miracle which can call back in a flash our dispersed mind and restore it to wholeness so that we can live each minute of life.”

[Hanh \(1976, p. 14\)](#)

“Paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally” ([Kabat-Zinn, 1994](#))



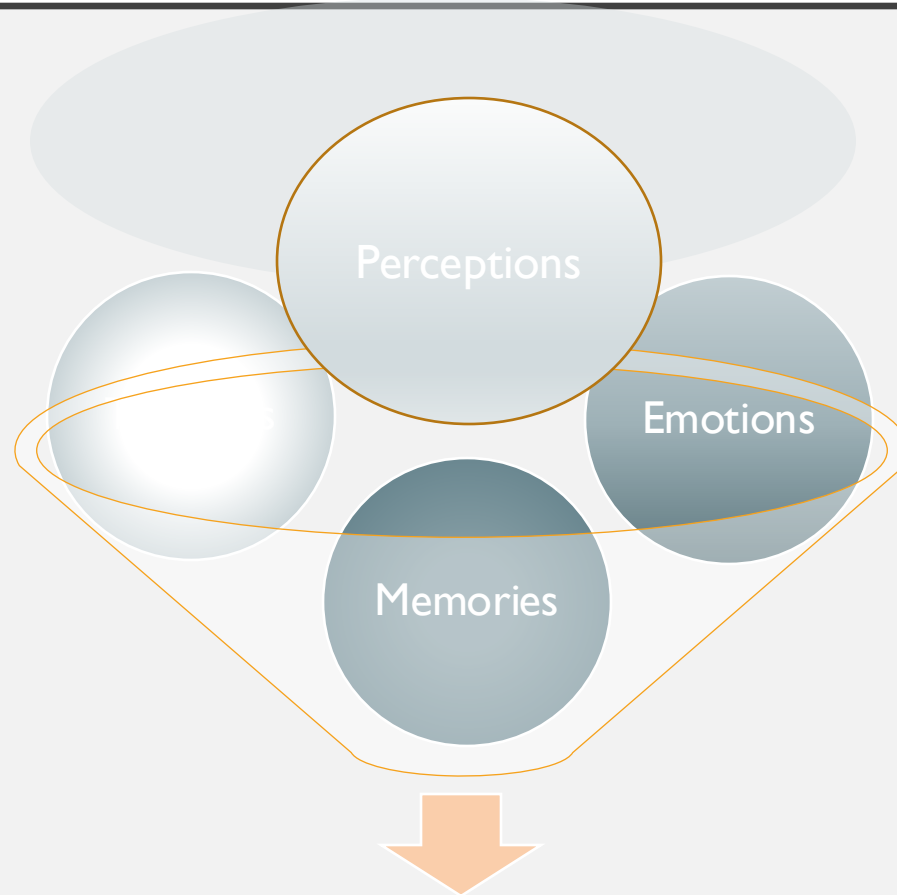
WHAT DOES
MINDFULNESS
DO?

Mindfulness

Strive to focus on the present



PTEM = B
WITH MINDFULNESS



Positive
BEHAVIORS





MANIFESTS

- Reduces Stress and Anxiety
- Improves focus
- Improves cognition
- Increases emotional and social intelligence
- Improves memory
- Reduces emotional self-pressure (Davis & Hayes, 2012)





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WHEN?

- Best part: ANYTIME !!!



MINDFULNESS AS A SOLUTION

- Mindfulness
- Capacitar
- Planetree
- Supporting the whole nurse/caregiver
- Become aware of ourselves as medical personnel





MINDFULNESS ACTIVITIES

- * Breathing Exercises
- * Guided Meditation
- * Bring your Pet to Work Day
- * Mandalas
- * Yoga
- * Tai Chi
- * Tapping : Emotional Freedom Technique



VIDEOS

Yoga Breathing

<https://youtu.be/N9jmO6xwFfs>



Capacitar Chakra Tai Chi

https://youtu.be/an_RUUg4ihk



Results



CLASSROOM ENGAGEMENT HAS INCREASED EXPONENTIALLY. DISCUSSION BOARD POSTS WERE:

LAST FALL: 1001 FOR 16 WEEKS

THIS FALL: 4191 FOR THE FIRST 10 WEEKS

Term	Office Hours Participants	Coffee Shop Participants	Discussion Board Posts
Fall 2020-10 weeks	2	1000 plus (4 sessions)	4191
Fall 2019- 16 weeks	1	n/a	1001



DISCUSSION

- The students loved this, there was so much feedback on the discussion board, and in the final course evaluations, about how nice it was and how good they felt afterward.
- One student called and said she wished we could have it every week, another wrote to me about her experience, and thanked me for helping her develop a self-care skill which she felt she had been lacking and would use from now on.
- The sense of community that the nursing students had when discussing the topic in a virtual environment with each other and completing the mindfulness activities.
- Implications for nursing academia including creating an environment where nursing students are able to learn skills of mindfulness that will assist them as they move into the role of a trauma nurse.
- Our next steps for this fall include performing a study globally with nursing students, one Egyptian cohort, and one US cohort to compare similarities in mindfulness. There is no cost to the activity, there are many free activities to choose from.



HOW TO IMPLEMENT

Face to Face

Social Media Platforms

Meeting Platforms



CONCLUSION

- Need to set a standard-role model
- Understand causal factors
- Create welcoming environments
- Provide tools for participants to deal with feelings
- Provide education
- Create a space





QUESTIONS?

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