

3<sup>rd</sup> International Conference on

# NURSING & MIDWIFERY

May 23-24, 2018 | New York, USA

## The effects of a four-week mindful breathing meditation intervention on stress levels of registered nurses in an East Coast acute care nursing facility

**Jennifer Scarpna**

International Board Certified Lactation Consultant (IBCLC), USA

This study was focused on learning what effects a four-week mindful breathing meditation intervention had on self-reported stress levels of nurses. Research questions pertained to how participation in the intervention effects self-reported stress levels, how many years of nursing and age effect stress levels, and how assigned shift, day or night effect stress levels. This study was a quasi-experimental design consisting of an experimental group and control group. The experimental group consisted of 12 full-time nurses; while, the control group consisted of 14 full-time nurses. Both groups completed a pre-test measuring self-reported stress levels using the PSS-10. The experimental group participated in a mindful breathing meditation intervention three times per week for a four-week period. Both the experimental and control groups completed a follow-up test including the PSS-10 and two qualitative questions. It was found that there was a statistically significant difference on self-reported stress levels of nurses in the experimental group,  $z = 2.281$ ,  $p < 0.05$ . Differences between the years of nursing groups and self-reported stress was not statistically significant,  $F(4, 21) = 0.868$ ,  $p = 0.499$ . There was no statistically significant difference in self-reported stress levels by assigned shift, day or night  $1.80$  (95% CI, 4.73 to 8.32),  $t(24) = 0.568$ ,  $p = 0.575$ . There were no statistically significant differences in self-reported stress levels of nurses between age groups,  $F(7, 18) = 0.431$ ,  $p = 0.870$ . It was learned that participants support having work time dedicated to stress management but feel finding time during a shift to conduct the technique would present a challenge.

[jscarpna@niagara.edu](mailto:jscarpna@niagara.edu)

Notes: