Fostering a Mindful Holding Environment in the Nurse-Patient Relationship: Using Mindfulness Based Concepts in Psychiatric Mental Health Nursing Practice

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Background & Relevance for Psychiatric Nursing


Integrating Therapeutic Mindfulness into our Clinical Practice is based on our research and best evidence. Integrating mindfulness concepts in Psychiatric Mental Health Nursing interventions increases our present knowledge in psychopharmacology and our ability to use mindfulness in our nurse patient relationships.

Summary of Evidence

"Mental illness, a leading cause of disability and premature mortality in America, contributes to the use of a significant portion of healthcare resources". (Day, F.O., & Horton-Deutsch, S. 2004).

"Mindfulness-based therapeutic interventions have been shown to relieve distress for individuals with medical and psychiatric illness". (Day, P.O., & Horton-Deutsch, S. 2004).

"Advance Practice Psychiatric Nurses are increasingly seeking effective interventions for patients. Mindfulness interventions have been shown to improve patient outcomes and enhance the ability of staff to provide compassion and empathy for others". (Bradly, S., O’Connor, N., Burgemeister, D., & Hanson, P. 2012).

Purpose

To increase participants knowledge and use of mindfulness based strategies to enhance the therapeutic relationship and to provide psycho-education so that clients can better manage worry, anxiety, and depression.

Objectives

1. Define 5 components of mindfulness based interventions such as awareness, acceptance, compassion, and attention.
2. Describe 3 benefits of mindfulness based interventions in the nurse patient relationship, i.e. increased awareness, increased ability to stay present, and increased sense of well being.
3. Utilize mindfulness techniques for oneself to manage stress and to be able to increase compassion and empathy for others.

What We Will Present

We created a discussion forum in our clinical practice to review best evidence and best practices to provide nurses an opportunity to develop a mindful holding environment in our nurse patient relationships.

Mindfulness Skills

AWAKENESS – Ability to notice where attention is, how often it shifts and gently bring it back to the focus, thoughts, feelings, sensations can be noticed but do not have to be the focus of awareness.

PRESENT MOMENT – Right here, right now, simple physical sensations and senor experiences without thoughts and emotions as they come and go but focus attention on the present moment.

Silent Observation – The ability to be mindful without judgment. "With the intention that..." is the primary purpose of mindfulness.

Enlightened Action – Improves empathy and emotional intelligence. Choosing to act with kindness and compassion.

What We Will Present

Picture permission:daughter, Anna Peplau

Creating a Mindful Holding Environment While Participating in a Symposium, "Integrating Therapeutic Mindfulness and Compassionate Presence into Clinical Practice"

Having sustained a median nurse burnout in my right hand a year prior to attending the symposium, I had not yet experienced therapeutic mindfulness and compassion as a tool to manage pain.

During the symposium, Dr. Morgan a clinical psychologist introduced us to mindfulness in engaging persons in existential distress. It was defined as the capacity to maintain ongoing openness to the present moment.

While attending the symposium, I was able to take some slow deep breaths, relax, and begin to take my prescribed medications.

Acceptance and Commitment Therapy (ACT) is based on mindfulness and is a form of psychotherapy that aims to help individuals change their relationship with difficult thoughts and feelings

"Yes I would." "Would it be helpful to you if I was sitting in the back of the church during the ceremony?"

"Oh yes, you would do that?" "Yes I would."