



Does MBSR help Primary Care Providers with Workplace Stress?

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Clinical Problem or Concern

Healthcare practitioners deal with a variety of challenges on the job including suffering and even death on a daily basis (Santiago et al, 2019). Primary care practitioners have additional stress incorporated in dealing with frequent changes to programs, budget cuts, and staffing shortages, the rates turnover have significantly increased and linked to secondary traumatic stress (STS), compassion fatigue and burnout.



Population and Setting

Population- Primary Care Providers (Family Nurse Practitioners, Family Medicine Doctors, PAs, advanced practice students in any of these specialties)

Setting- Any setting where primary care providers deliver care

Purpose and PICOT

▪Purpose- Systematically analyze the current research on the effects of the use of mindfulness-based stress reduction (MBSR) techniques by family nurse practitioners (FNP), primary care practitioners, and advance practice students to see if it improves provider satisfaction.

▪ The ultimate goal and rationale is to improve provider satisfaction. Is there a direct link between provider and patient outcomes in the outpatient setting?

- (I), Will the use of meditation or MBSR
- (O)Improve outcomes in burnout and job satisfaction in
- (P)Primary Care Providers (NPs, PAs, MDs, advanced practice students, ect.)
- (C) Compared to those do not use the intervention.

Methods (for Literature Review)

EBSCOhost, CINAHL Plus, Medline, and PsychInfo are the electronic databases that were used to search for from 2016 to 2021 were searched. These databases were chosen because of the psychological focus that encompasses mindfulness, compassion fatigue and burnout in healthcare. The initial search terms included: 'mindfulness', 'primary care providers', 'MBSR', 'burnout', 'compassion fatigue'. The search limiters were dates: 2016 to present, full articles, and English language. Inclusion criteria consisted of: publication was academic and peer reviewed study. Publications addressed mindfulness and the compassion fatigue, burnout.

Scope of Literature Examined- Out of 175 potential journals articles, were 40 were evaluated and 6 were ultimately chosen for this review. The biggest challenge faced was finding relevant and credible information conducted in the appropriate time frame

Results of Literature Review

Best et al- The pre and post scores for this study were promising in showing the effectiveness of the mobile application, and impact on mindfulness and stress, although the data can be a bit skewed due to the number of participants.

Santiago et al- This study showed that while MBSR techniques and programs can be beneficial, a strategic approach should be considered before widespread promotion of use.

Magallón-Botaya et al- This study found that while mindfulness was beneficial in reducing workplace stress and is encouraged due to its versatility, that it should not be the only intervention explored and that trust in the work environment is a large contributor as well

Ofei-Dodoo et al- suggests that workplace support may be more important than MBSR in the reduction of stress.

Next Step to Developing Proposed Best Practice

- Collaborate with VA's WHOLE Health Employee Program
- Conduct Hybrid groups to facilitate safe spaces for primary care practitioners to gather and share community without reprimand
- Disperse findings to advanced practice students and programs



Selected References

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