MINDFULNESS-BASED INTERVENTION FOR NURSES:
A SYSTEMATIC REVIEW AND
META-ANALYSIS
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Abstract

Introduction

Nurses are the largest group in the health care system who experience extreme stress and burnout in the hospital with multiple factors which negatively impact nurses. However, mindfulness-based interventions can possibly be one of the possible solutions that can improve stress relief, reduced anxiety, improved coping, improved self-care, reduced symptoms of depression and reduced burnout.

Method

The reviewed articles have been explored and coded based on specific characteristics of study which were included for the research synthesis and meta-analysis of different outcome measures.

Results and Discussion

The variation of studies evaluated to be heterogenous because of different study designs, mix of interventions with mindfulness, low number of samples included in each study, and different effects observed. Indeed, the review and analysis is a good evidence which provides rigorous background and present a current trend in utilizing mindfulness as a way of helping nurses cope with stress, burn-out and improved well-being as a whole. Overall, the reviewed studies garnered a small effect as the results were statistically varied and the level of effects are spurious in most of the studies.

Keywords: Mindfulness-based interventions, staff nurses, meta-analysis, systematic review
October 15, 2018

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Subject: Letter of Acceptance

Dear Mr. Agtarap:

Greetings!

Thank you for your interest to participate in the 4th International Health Congress at St. Paul University Philippines, Tuguegarao City which will be held on December 6-8, 2018!

On behalf of the organizing committee, we are pleased to inform you that your abstract entitled “Mindfulness-Based Intervention for Nurses: A Systematic Review and Meta-Analysis” has been ACCEPTED for oral presentation.

We request you to see the second page for the format for your abstract submission. Moreover, please submit the revised abstract and a scanned copy of your payment (bank statement, disregard if submitted) not later than November 15, 2018 before 5 o’clock PM. Please be reminded that the presenting author is required to register and complete the payment of the registration fee.

Thank you and see you at the conference!

Truly yours,

JOSEPHINE D. LORICA, DPA, RN
Chairperson, Paper Submissions & Abstract Review