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A Mindfulness And Health Promotion Program To Decrease The Perception Of Stress And Burnout In Psychiatric Mental Health Nurses Who Provide Direct Patient Care To Individuals In Mental Health Units With A Diagnosis Of Alzheimer’s Type Dementia.

Abstract
The principle of this systems-change project is to employ a stress management and health promotion program in Alzheimer’s type units to decrease the perception of stress and burnout in psychiatric-mental health nurses providing direct care in secured units. This systems-change project will implement mindfulness techniques as an effective tool for reducing the perception of stress and burnout.

The mindfulness-based stress reduction and burnout prevention program will be implemented into staff development programs for nurses working in locked and psychiatric units in the community. Mindfulness-based stress reduction is an operational tool to aid nurses psychologically and to increase work satisfaction. Behavioral and psychological symptoms of dementia often lead to admission into long-term care facilities or to nursing home placement. High levels of stress and burnout are a significant problem for registered nurses (RNs) in long-term care. RNs providing care to this population are at increased risk for elevated levels of stress and burnout.

The Use of the Mindfulness Based Stress Reduction Program as an intervention will show if it is effective in decreasing the perception of stress and burnout in psychiatric nurses who work in Alzheimer’s type dementia units.