The Importance of Prioritizing Self-Care During COVID-19: Evidence-based Strategies That Work!

Bernadette Mazurek Melnyk, PhD, APRN-CNP, EBP-C, FAANP, FNAP, FAAN
Sharon Tucker, PhD, APRN-CNS, NC-BC, EBP-C, FNAP, FAAN
Jacqueline Hoying, PhD, RN

EBP + Clinician Well-being = The Quadruple Aim in Healthcare

- Enhance the patient experience (includes quality)
- Improve population health
- Decrease costs
- Improve the work life and well-being of healthcare providers
The State of Healthcare

Leading Causes of Death

1. Heart Disease
2. Cancer
3. Medical errors
Current State of Health in Nurses

U.S. Physicians Set Good Health Example
Physicians in better health than nurses and employed adult population
by Katie Bass and Kyley McGeeney
October 3, 2012  see:


Data based on 1,984 physicians and 7,166 nurses, conducted Jan. 2, 2011 to Aug. 31, 2012.

Rates of Clinician Burnout and Depression are at an All Time High, Suicide is on the Rise
Causes of Burnout and Distress in Nurses/Healthcare Professionals

- Increased clinical demands
- Decreased control
- Poorly functioning teams
- Role ambiguity
- Moral distress
- Reimbursement issues
- Decreased time with patients
- Difficulty balancing personal & professional lives
- Inefficiency of the Electronic Medical Record
- Isolation

A National Study Links Nurses’ Physical and Mental Health to Medical Errors and Perceived Worksite Wellness (N=1790)


![Prevalence of Common Medical Conditions](image-url)
Health Status by Perceived Wellness Support & Stress at Workplace

Percent of Nurses with Poor and Good Health with Medical Errors

Errors and Shift Work

Medical errors in the last 5 years

- none
- 1-2
- 3-5
- 5+

Percent, %

<8 hrs  8 hrs  8:10 hrs  11:12 hrs  12+ hrs

Hours of work day/shift

Self-Care is Necessary for Safe and Great Care of Others

All rights reserved, Slides copyrighted to the authors, Do not use without permission
How can we protect the health of the people who protect our own?

National Academy of Medicine
Action Collaborative on Clinician Well-Being and Resilience

Learn more at nam.edu/ClinicianWellBeing

#theNAMedicine

All rights reserved, Slides copyrighted to the authors, Do not use without permission
This case study provides an overview of well-being initiatives at Ohio State’s College of Medicine, College of Nursing, Emergency Medicine Residency Program, and the Wexner Medical Center. The development of this case study was informed by extensive interviews with Ohio State leadership, faculty, staff, and students.

Interventions to Improve Mental Health, Well-being, Physical Health and Lifestyle Behaviors in Physicians and Nurses: A Systematic Review
29 studies (2,708 participants)
Melnyk, Kelly, Stephens, Dhakal, McGovern, Tucker, Hoying et al., 2020
American Journal of Health Promotion

What Works?

Mindfulness

Cognitive-Behavioral Therapy/ Skills Building

Gratitude

Deep Breathing:
MINDBODYSTRONG (An 8-session cognitive-behavioral skills building program) for New Nurse Residents at Ohio State’s Wexner Medical Center: A Randomized Controlled Trial

Journal of Nursing Administration, 2019
Sampson, Melnyk & Hoying

Worldviews on Evidence-based Nursing, 2020
Sampson, Melnyk & Hoying
6 Month Outcomes

The MINDBODYSTRONG Program (also known as COPE in the literature)
Consists of cognitive restructuring, problem solving and behavioral change to help cope with and PREVENT depression/anxiety

The thinking/feeling/behaving triangle
In CBT, We Teach the ABCs

STRESSOR (Antecedent or Activator event)
↓
NEGATIVE THOUGHT TO STOP (Belief)
↓
REPLACE THE NEGATIVE WITH A POSITIVE THOUGHT
↓
POSITIVE EMOTION & BEHAVIOR (Consequence)

Catching Your Automatic Negative Thoughts

• When you notice your mood has changed or intensified, or is going in a negative direction or you are noticing bodily sensations associated with negative emotions, ask:

  What was just going through my mind?
  Is this thought really true?
  Is this thinking helpful?
  Do I have evidence to back this up?
Program Your Brain with Positive Thoughts

Positive Thoughts → Positive Thoughts

IN

OUT

Practice Positive Self Talk
10x Every Morning and 10x Every Night

• I’m going to stay calm
• I am healthy and strong
• This won’t last forever

It’s Time for Some Positive Self-Talk
Read 5 Minutes in a Positive Thinking Book
Every Morning and Every Night

Considering All Causes of Morbidity and Mortality, Behaviors are the #1 Killer of Americans
We Make Behavioral Choices Every Day

Based on Evidence, What Do We Know?

People who have the following behaviors have 66% less diabetes, 45% less heart disease; 45% less back pain, 93% less depression, and 74% less stress

• Physical activity - 30 minutes 5 days per week
• Healthy eating - 5 fruits and vegetables per day
• No smoking
• Alcohol in moderation if you drink- 1 drink per day for women, 2 drinks per day for men

Getting 7 hours of sleep and regularly engaging in stress reduction will result in even greater reductions in chronic disease.
Changing Negative to Positive Thinking Takes 30 to 60 Days of Consistent Practice

Practice Is Key
My Main Reasons for Engaging in Healthy Lifestyle Behaviors: Who are Yours?

How to Be Mindful
Ann Barnes
(2018)
Circus Books
3 Reasons Mindfulness is Really Important

We are really distracted.

- What are you doing right now?
- What are you thinking about right now?
- How are you feeling right now?

We are really stressed out.

We are not very good at managing our stress.

Self-Compassion

“If your compassion does not include yourself, it is incomplete.”

~ Jack Kornfield

If you can’t ask for help without self-judgement, you can not offer help without judging others.
~ Brene Brown

transitioning me
Mindfulness

An evidence-based strategy for reducing stress and anxiety, bringing calm to the present moment

Strength of Evidence: Mindfulness & Meditation

- Evidence it improves employee psychological functioning
- Possible effects on specific markers of inflammation, cell-mediated immunity, and biological aging
- Decreases stress, anxiety, and depression and improve mindfulness, mood, self-efficacy, and empathy in health profession students
• Improves nurses’ mental health significantly
• Improves pain and depression symptoms and quality of life, for chronic pain
• Changes in insula, plausibly impacting awareness of internal reactions ‘in-the-moment”

Mindfulness

A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations
• Focusing on the essence and peace of the present moment.
• The quality or state of being conscious or aware of something.
• Aim is to experience life as it unfolds moment by moment.

Mindfulness Practice

5 Essential Elements for Developing Practice
1. Prepare yourself
2. Bring your heart into it
3. Forgive yourself
4. Thank yourself
5. Find a buddy
Types of Mindfulness Practices

- Body Scan
- Mindful Movement
- Sitting Practice
- Walking Practice

Mindfulness Meditation Practice
Mental Resilience adds to our protective factors
Resilience

The core strength you use to lift the load of life
- Amit Sood, Mayo Clinic

Science has good news
We can increase our resilience through growth and practice
Nine Attributes Resiliency Building Skills

Composure
Patience
Optimism
Gratitude
Acceptance
Sense of purpose
Forgiveness
Connection
Kindness

- Amit Sood, Mayo Clinic

Nine Attributes for Resilience

**COMPOSURE**

Disrupting event shifts our thinking from rationale to reactive (drop your cell phone)

PAUSE and consciously think about how you want to respond
Nine Attributes for Resilience

PATIENCE

Active Listening

Delay judgement and hear their words, not thinking about what you want to say

Nine Attributes for Resilience

OPTIMISM

Staying hopeful and positive even on tough days
“I am resilient”

Remembering happier moments
Nine Attributes for Resilience

**GRATITUDE**

Practice in small and big moments to feel grateful for a cup of coffee or glass of water, or completing a task

Be intentional about gratitude

**HANDLING UNCERTAINTY**

Chose acceptance, most of us love control, but so much of life is out of our control

Embrace uncertainty

“I have this.”
Nine Attributes for Resilience

GOOD REASON TO GET OUT OF BED

Sense of purpose

Keeps us engaged and makes it easier to be hopeful

Fills us with courage

Write it down. Can be one thing or many smaller things. You know you found it when you feel inspired and happy!

Nine Attributes for Resilience

QUICK TO LET GO OF A GRUDGE

Forgiveness for loved ones and friends who will disappoint you and have misunderstandings

You have a choice
Focus on the hurt or
Focus on the forgiveness/healing to lighten the “hurt” load = more joy
Nine Attributes for Resilience

SATISFACTION WITH PEOPLE WHO ARE CLOSE TO YOU

Connection

Loneliness is a lack of true connection to others

Strong relationships with a few people will help nurture hope and courage

Also helps boost physical health and longevity

Nine Attributes for Resilience

REMAIN KIND TO OTHERS

Actively chose kindness even on days you don’t feel good

It helps with coping and healing
Building Resilience

Take good self-care
Five minutes every am focused on positive reading/meditation
Practice positive self-talk
  “I am calm”
  “I am resilient”
  “I am happy”
  “I am healthy”
  “I am kind”

Intentional Gratitude journal
Practice kindness
Strength of Evidence References


Strength of Evidence References


Contact Information

Slide Presentation Copyright, 2020

Bernadette Mazurek Melnyk
Sharon Tucker
Jackie Hoying

[melnyk.15@osu.edu](mailto:melnyk.15@osu.edu)
614-292-4844
Follow me on Twitter @bernmelnyk