

Nurses' experiences of the effects of mindfulness training: a qualitative systematic review and meta-synthesis

Mark Hayter

RN, PhD, BA (Hons), Cert. Ed, M.Med.Sci,
Professor of Nursing, Associate Dean of Research
School of Health & Social Work, University of Hull, HU6 7RX, Hull, UK
Email: M.Hayter@hull.ac.uk

INTRODUCTION: Mindfulness training is often offered to health care staff to help them manage stress and burnout in relation to their job. However, there is a need to amalgamate and synthesise the qualitative evidence on how nurses experience this training.

AIM: To explore nurses' experiences of the effects of undertaking mindfulness training.

METHODS: Qualitative meta-synthesis. Qualitative literature from seven scientific databases: Pubmed, Cochran Library, Science Direct, EBSCO, Web of Science, Scopus and PsycINFO were searched. The PRISMA flow diagram was used to report the phases of the literature search. The Critical Appraisal Skills Program (CASP) qualitative research checklist, and the Mixed-Methods Appraisal Tool (MMAT) for mixed method studies were used as appraisal framework. Data synthesis was conducted using Thematic synthesis. The review steps were guided by Adams, Chamberlain, & Giles, 2019 and Whitemore & Knaf, 2005.

RESULTS: Four qualitative studies and 3 mixed-methods studies were included in the review. Five interpretive themes were generated to show how nurses experience of the effects of mindfulness training: 1) Stress conceptualisation and management; 2) Nurses' valued aspects of mindfulness training strategies; 3) Self-care awareness and strategies; 4) Challenges of mindfulness training; 5) Feasibility and acceptance of mindfulness training.

CONCLUSION: Conducting mindfulness-based interventions among nursing professionals helps to reduce work-related stress and has positive effects on work and life.

KEYWORDS: Mindfulness; Nurses; Qualitative review

The impact of Continuing Professional Development on nurses' wellbeing and satisfaction

Thomas Kearns

Executive Director, Faculty of Nursing & Midwifery,
RCSI University of Medicine and Health Sciences, Dublin, Ireland
Email: thomaskearns@rcsi.com

INTRODUCTION: The European Centre of Excellence for Research in Continuing Professional Development (CPD) aims to develop a pan-European network of researchers, clinicians, regulators, and professional bodies to advance the science of CPD through research and foster knowledge exchange to promote best practices in CPD that can be translated across Europe.

Currently, the Centre has members from 22 European countries. Three research-working groups have been established to develop key activities into CPD: 1) Evaluating the impact of CPD; 2) Digital Pedagogies for CPD; 3) The economics of CPD.

One of its research activities focuses on exploring CPD needs of newly qualified nurses and midwives (NQNMs) and the impact on their "Intention to leave" and "Job satisfaction".

However, information about the range and extent of CPD activities NQNMs participate in during the first 24 months following graduation is limited. It is also not well known how NQNMs' participation in CPD activities is associated with job satisfaction and intention to leave the organisation or the profession.

AIM: To develop a better understanding of the CPD needs of NQNMs and explore the impact on NQNMs' job satisfaction and intention to leave.

METHODS: A cross-sectional study using an online survey in four European countries: Ireland, UK, Italy, and Croatia.

Sample: 2254 NQNMs.

The questionnaire was developed using three validated sources: 1. The Q-PDN (Brekemans et al. 2016) measures "motives", "conditions" and "importance" given to CPD and "CPD activities undertaken" by nurses.

2. The McCloskey/Mueller Satisfaction Scale (MMSS) assesses nurses' job satisfaction (Mueller & McCloskey, 1990).

3. Four questions on Intention to leave current workplace (e.g., ward), organisation, or the nursing profession, adapted from Heinen et al. (2013). The last open-ended question, developed by the RCSI research team, asks the main motivation for leaving the profession.

RESULTS: Data collection will start by the end of September 2021. Expected outcomes are: 1) Create a database to inform a further pan-European wide survey of NQNMs and their CPD needs and 2) Provide recommendations to regulators, healthcare providers and policy makers about the CPD needs of NQNMs and factors associated with job satisfaction and Intention to Leave.

CONCLUSIONS: Previous research into CPD demonstrates its potential to improve job satisfaction and retention. Likewise, there is evidence that it is important to support NQNMs through appropriately designed CPD programs. The present European study intends to contribute to the scientific knowledge base on CPD needs and its impact on job satisfaction and retention in NQNMs.

KEYWORDS: European Centre of Excellence; Continuing Professional Development; Newly qualified nurses and midwives; Job satisfaction; Intention to leave.