**Project Description**

Our team of four began researching mindfulness and found very little in the literature on using mindfulness with nursing students in simulation, classroom, or clinical. We decided to focus on mindfulness within simulation, and narrowed the focus even more specifically to the pre-brief setting. We set a procedure that we would follow in our four Simulation Centers. Nursing students varied in degree from PN, ADN to ABSN.

**Usefulness:**

* Mindfulness can be taught to participants to enhance their focus on the present moment and decrease distractions.
* Structuring simulation experiences that mirror potential distractions in a clinical setting, along with the integration of a pre-brief mindfulness activity, may enhance the students’ ability to make sound clinical decisions throughout the simulation activity
* Mindfulness can also be used in the classroom setting.
* Another benefit of introducing the practice of mindfulness in the pre-licensure phase is to equip nursing students with skills sets aimed at health promotion, for both the nurse and patient.
* Introducing mindfulness during simulation experiences can facilitate future best practice as students move into practice settings.
* Finally, nurse-patient communication is enhanced when both parties are able to focus on the present situation.

**Process:**

* Begin by instructing participants on the principles of Mindfulness, including the evidence that it can increase self -awareness during simulations and also enhances safe care in the clinical setting when the focus remains on the present moment.
* The facilitator leads participants in a short breathing exercise with a condensed body scan. Deep breathing allows for centering focus while at the same time, the body scan permits participants to identify any sensations of discomfort or tension being experienced.
* Participants take the CAMS-R Mindfulness 10 item questionnaire after basic information was given to them. *(need permission to use the CAMS-R for research purposes)*
* The following tools can be used to carry out a simple meditation with the participants
  + YouTube: Introduction to mindfulness:<https://www.youtube.com/watch?v=AWJUv1lH-Ng>
  + Music Only:<https://www.youtube.com/watch?v=cI4ryatVkKw>
  + Relaxation event:<https://www.youtube.com/watch?v=SEfs5TJZ6Nk>
* The day of simulation we had small groups of participants (6-10) and guided them through a simple 1-3-minute meditation exercise during pre-briefing. They had been given the basic information on Mindfulness approximately 2 weeks before.
* We used a free App “Headspace” (see references) which verbally guides participants through meditation that can be 1-10 minutes or more if desired (we used a 3-minute meditation, but suggest the shorter one if time is an issue)

**Other information/ Feedback from participants:**

* Participants engage with focus on their breathing throughout the short meditation
* Once the meditation is over, allow participants to share their thoughts and feelings
* Participants shared the following responses after the meditation was complete:
  + “It made me feel more relaxed”
  + “I do not feel as anxious about the simulation”
  + “I feel more calm”
  + “It helped me during test taking”
* After participating in the simulation, we had students complete the mindfulness measurement tool (CAMS-R- permission obtained to use). They answer 3 questions:
  + How did you feel after the meditation exercise?
  + How did you feel while you were engaged in the simulation?
  + In what ways do you foresee yourself using mindfulness personally & in clinical practice?
* We emphasized the need to practice Mindfulness meditation on a regular basis for it to become an automatic tool for use in simulation and to heighten situational awareness to increase safe patient care, quality, and care for all patients.

**Conclusion:**

Integration of a mindfulness exercise prior to simulation activities, clinical practice situations, or any events provoking an increase in stress level may be beneficial to producing a positive outcome.

**Implications for Future Practice:**

Encourage the use of mindfulness before or during:

* High stress situations
* Complex nurses work
* Significant distraction, interruptions and cognitive overload
* Add mindfulness to debriefing
* Classroom

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***Sites that can be used to help with facilitation of a mindfulness experience:***

Introduction to mindfulness: <https://www.youtube.com/watch?v=AWJUv1lH-Ng>

(3-minute introduction to what is mindfulness)

Music Only: <https://www.youtube.com/watch?v=cI4ryatVkKw>

(3 minutes of relaxing/calming background music)

Relaxation event: <https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

(If a sim leader is not comfortable with talking, this site has the talking included.)

**Mobile Apps:** Here are a few Mobile Apps that are available free of charge. There is a growing list so enjoy and find your own “space”.

Headspace: <https://www.headspace.com/register>

Calm: <https://www.calm.com/meditate>

Whil: <https://www.whil.com> ( have to enter your name and e mail)

Insight Timer: <https://insighttimer.com>

Buddahify: <http://buddhify.com/>