

## **Mindfulness-based Acupressure Massage to Promote Relaxation in Nurses**

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**Abstract Background Information:** Burnout and compassion fatigue are challenges in perioperative nursing. Burnout increases medical errors, decreases clinician effectiveness, and patient satisfaction, and impacts the delivery of safe quality care.

Problem identification: Burnout-related nurse attrition was estimated at \$4.4 million - \$6.9 million. For every \$1 invested in wellness, there was a \$3 - \$6 return on investment. The Future of Nursing 2020-2030, report recommends prioritizing Self-care and evidence-based strategies for nurse wellbeing in organizational settings. Integrative modalities like Acupressure, mindfulness, breathing, and guided imagery are evidence-based techniques for the management of anxiety, and stress and to elicit a quick relaxation response.

**Objectives of Project:** To evaluate the effect of a 30-minute mindful acupressure massage on nurses' energy, stress, and relaxation levels in a perioperative setting.

**Process of Implementation:** 16 Nurses from the surgical services department participated in a 30-minute mindful acupressure massage wellness activity as a part of the Nurses Week celebration. Acupoints to decrease stress and anxiety and increase energy levels were selected. A pre-and post-self-reported survey questionnaire using the Likert scale from 1-5 was used to measure their stress, energy, and relaxation levels pre-activity and post-activity. Qualitative feedback was collected from the participants to help understand their responses to the 30-minute intervention.

**Statement of Successful Practice:** The Wilcoxon signed rank test was used to measure the difference in stress, energy, and relaxation levels pre- and post-intervention. Test statistics for energy, stress, and relaxation were 0, 2, and 0. The critical value was 30,  $\alpha=0.05$ . The results showed that there was sufficient evidence to suggest a difference in energy, stress, and relaxation levels after the acupressure massage. The qualitative feedback of participants was that the acupressure massage had a calming effect, decreased stress, and they felt energized.

**Implications for Advancing the Practice of Perianesthesia Nursing:** Integrative modalities like Self-acupressure, mindful breathing, and guided imagery can be used as self-care techniques to relieve stress and promote relaxation. The nurses in turn can teach these techniques to their patients and families. Wellness activities using integrative modalities are cost-effective and can be tailored to the organizational needs to improve employee engagement and reduce burnout.