



What factors promote clinicians mindfulness practice in emergency department

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Background

Occupational stress and burnout are **prevalent** in ED.

Studies demonstrated that smartphone-guided mindfulness can effectively lower stress and boost wellbeing.

Research gap: using digital mindfulness has **not been tested in an ED environment**.



Aim

This study aimed to investigate the experience of ED staff using a smartphone app to practice mindfulness including **what factors promoted their mindfulness practice**.

Method

Study Method A qualitative study, one-to-one interviews was conducted with 24 clinicians in early 2020

Sample Doctors, nurses, allied health and administrative staff who participated in the SMART trial (used 4 weeks smartphone app-guided mindfulness) at two EDs in Queensland, Australia

Data collection All interviews were audio-recorded

Analysis method Thematical analysis



Results

Three main factors were reported as reasons for participants to continued to practice mindfulness.

- **Self-motivation**
Participants believed that practising mindfulness helped stress reduction and wellness promotion.
- **Ability to embed mindfulness into their routine**
Participants who were motivated to manage their stress, promote wellbeing or able to embed mindfulness practice into their existing life routine reported high adherence to mindfulness practice.
- **Flexible app design**
Participants who liked the flexibility and design of the app reported higher use of the app.

Conclusion

Future research could focus on promoting these factors to enhance ED staff adherence to mindfulness practice.

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Biography

- Hui (Grace) Xu is a Nurse Practitioner, Clinician Scientist and Staff Wellness Advocator. As a senior nurse practitioner with extensive clinical experience and advanced scope of practice, she worked in various emergency departments in both metropolitan and rural settings.
- Her research focuses on promoting staff wellness and better vascular access in the acute care setting. Apart from being a wellness champion, she is a member of multiple statewide and local staff wellness committees. Her research contribution has been recognised in both emergency medicine and the general healthcare workforce by receiving media attention, including a featured interview by Channel 10 News during the early COVID-19 pandemic in 2020.

