

16th Clinical Nursing & Nurse Education Conference

November 21-22, 2016 Melbourne, Australia

Mindfulness in nursing

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Mindfulness in nursing involves teaching ourselves and our clients to take a few moments to be still and check in by feeling into your body and mind and simply allowing any waves of thought, emotion, or physical sensation to just be. There is no need to judge, analyze or figure things out. Just allow yourself to be in the hear-and-now, amidst everything that is present in this moment. Mindfulness is paying attention on purpose, in the present moment, to whatever arises or manifests without judgment. Mindfulness is simply observing, watching, examining-you are not a judge but a scientist. Simply put, mindfulness consists of cultivating awareness of the mind and body and living in the here and now. By adding mindfulness to traditional western medicine, we are allowing ourselves to take into our inner pharmacy, to be open to the dynamic play between eastern and western medicine. By investing in Yoga, Meditation and Mindfulness, we can engage in healing and wholeness on a personal, as well as professional, level.

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Nursing system development in patients undergoing operation in 3C ward: Improved method to convey information to patients undergoing operation

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Introduction: When patients are admitted to hospital for surgery, patients and family feel they are in a crisis of life, feel fear, anxiety and need to know about how to take care of them. Families worry about many things regarding patients. Information is very important for patients/family to prevent complications and help their decision process, decrease parents stress and encourage better co-operation.

Objective: The objective of this study is to develop a method to convey information to the patients who are undergoing operation and also assess patients' opinion about video media to convey information.

Method: This study is one part of nursing system development in patients undergoing operation in 3C Ward. It is a participation action research divided into 3 phases Phase 1 Situation review: In this phase we review the clinical outcomes, process of care about giving information from document such as nurse note and interview nurses, patients and family about information before going operation. Phase 2 -Searching nursing intervention about giving information before operation from previous study then establish protocol. This phase we have protocol to give information, video media, and leaflet to convey information for the patients undergoing operation. Phase 3 -implementation and evaluation. The studied population was patients who underwent operation in 3C, Srinagarind Hospital.

Results: The study found patients satisfaction about video media is 85.83 percent. Patients have knowledge about deep breathing exercise, how to cough, how to get up from bed, early ambulation and can practice.

Conclusion: Conveying information by video media increased patients' knowledge. Patients can early ambulation and know how to take care themselves.

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