

Does the intervention of mindfulness reduce levels of burnout and compassion fatigue and increase resilience in pre-registration students? A pilot study.

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Citation:

CLARKSON, Melanie (2018). Does the intervention of mindfulness reduce levels of burnout and compassion fatigue and increase resilience in pre-registration students? A pilot study. In: Annual Radiotherapy Conference, Newcastle, 27 Jan 2017 - 29 Jan 2017. [Conference or Workshop Item]

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Does the intervention of mindfulness reduce levels of burnout and compassion fatigue and increase resilience in pre-registration students? A pilot study.

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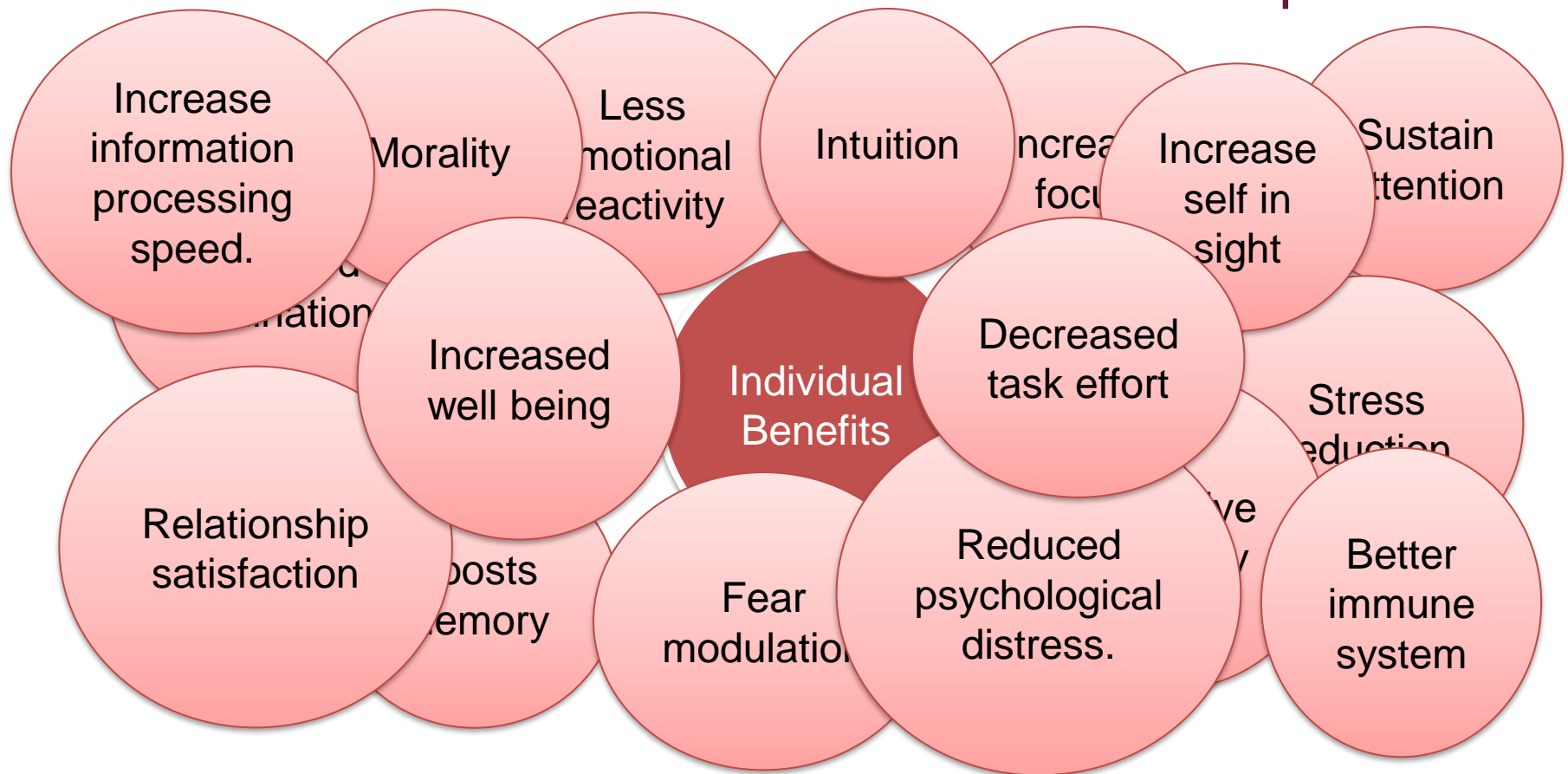
Why research mindfulness with pre registration students?

- Self care is vital in the modern world!

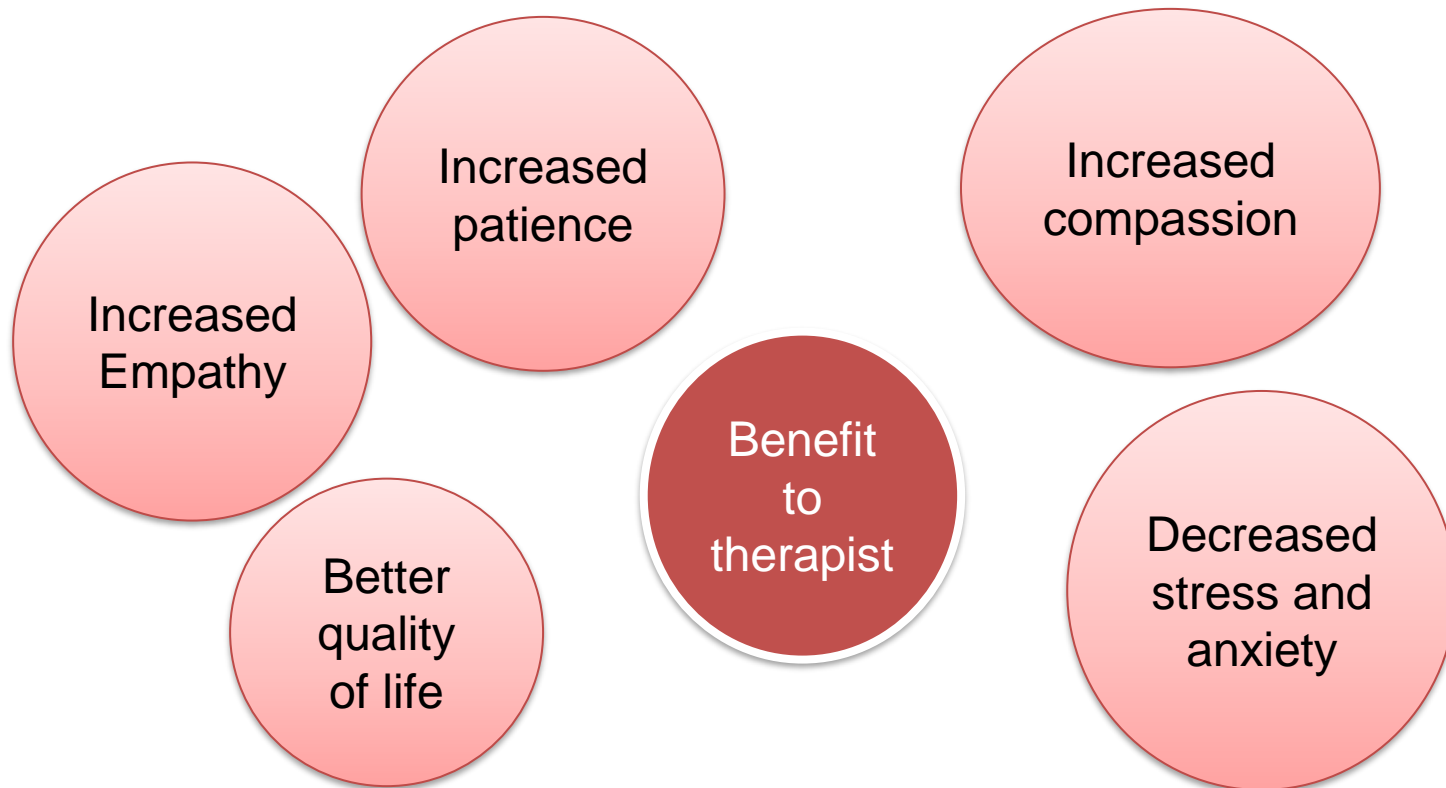
What is mindfulness?

- Mindfulness is the ability to pay attention to the present moment with awareness and without being judgemental (Kabat-Zinn, 1990)
- Living Mindfully – know your mind

Benefits of Mindfulness for the person



Benefits for a therapist.



Areas of investigation

Mindfulness

Burnout

Compassion
Fatigue

Resilience

Aims of the study

To investigate the impact of the 5 week Living Mindfully ‘Mindfulness Based Stress Reduction’ (MBSR) programme on pre-registration students in one education establishment.

Project outline

- A pre/post test pilot study.
- Convenience sampling; Intervention offered to year 2 PgD, control group from year 1 PgD.
- Data was collected with validated tools at week 0, week 5, 3 months and 12 months.

Validated tools

Mindfulness

- five facet mindfulness short form questionnaire

Burnout

- Maslach Burnout Inventory Student Survey (MBI-SS)

Compassion Fatigue

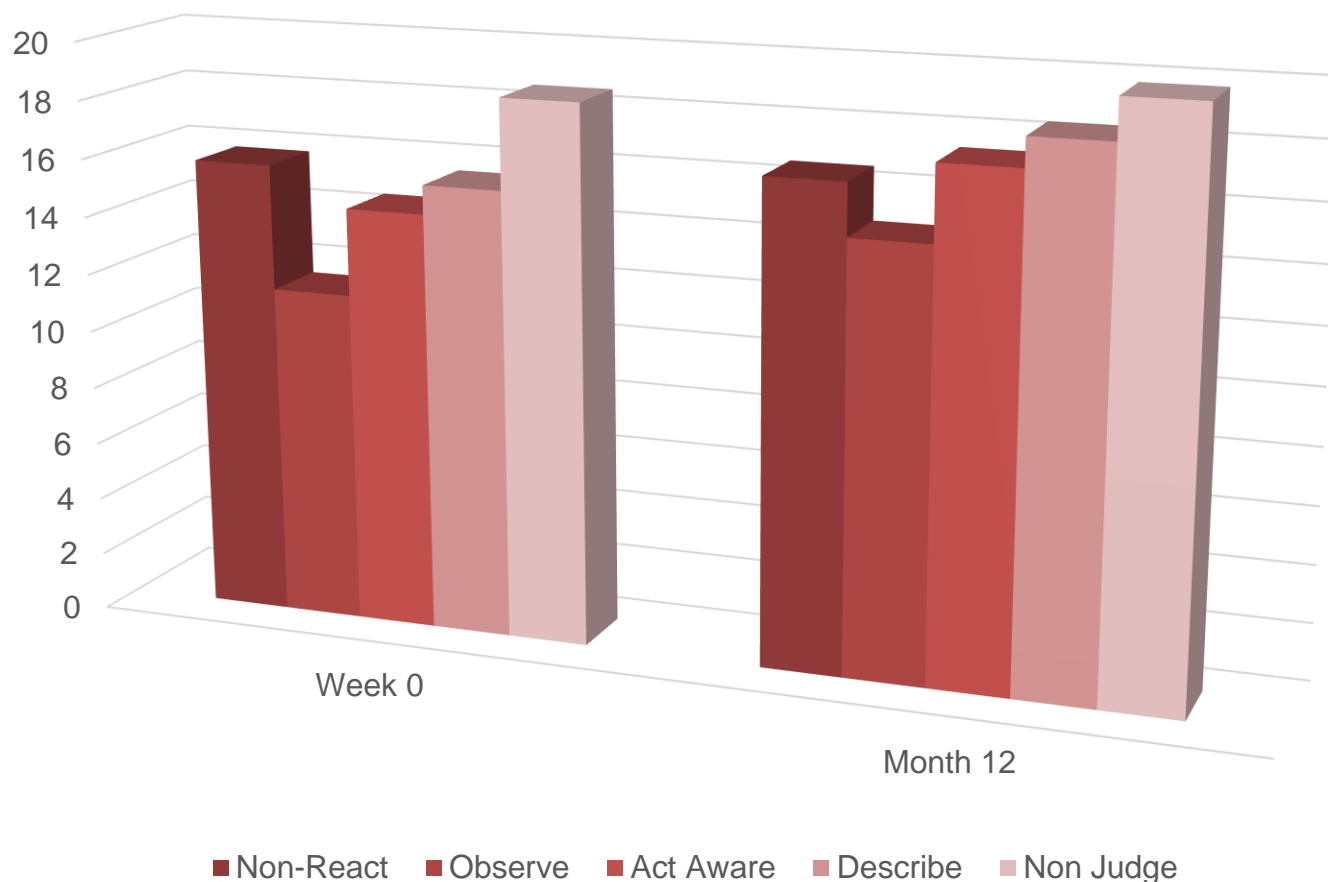
- Professional Quality of Life (ProQoL) 5 questionnaire

Resilience

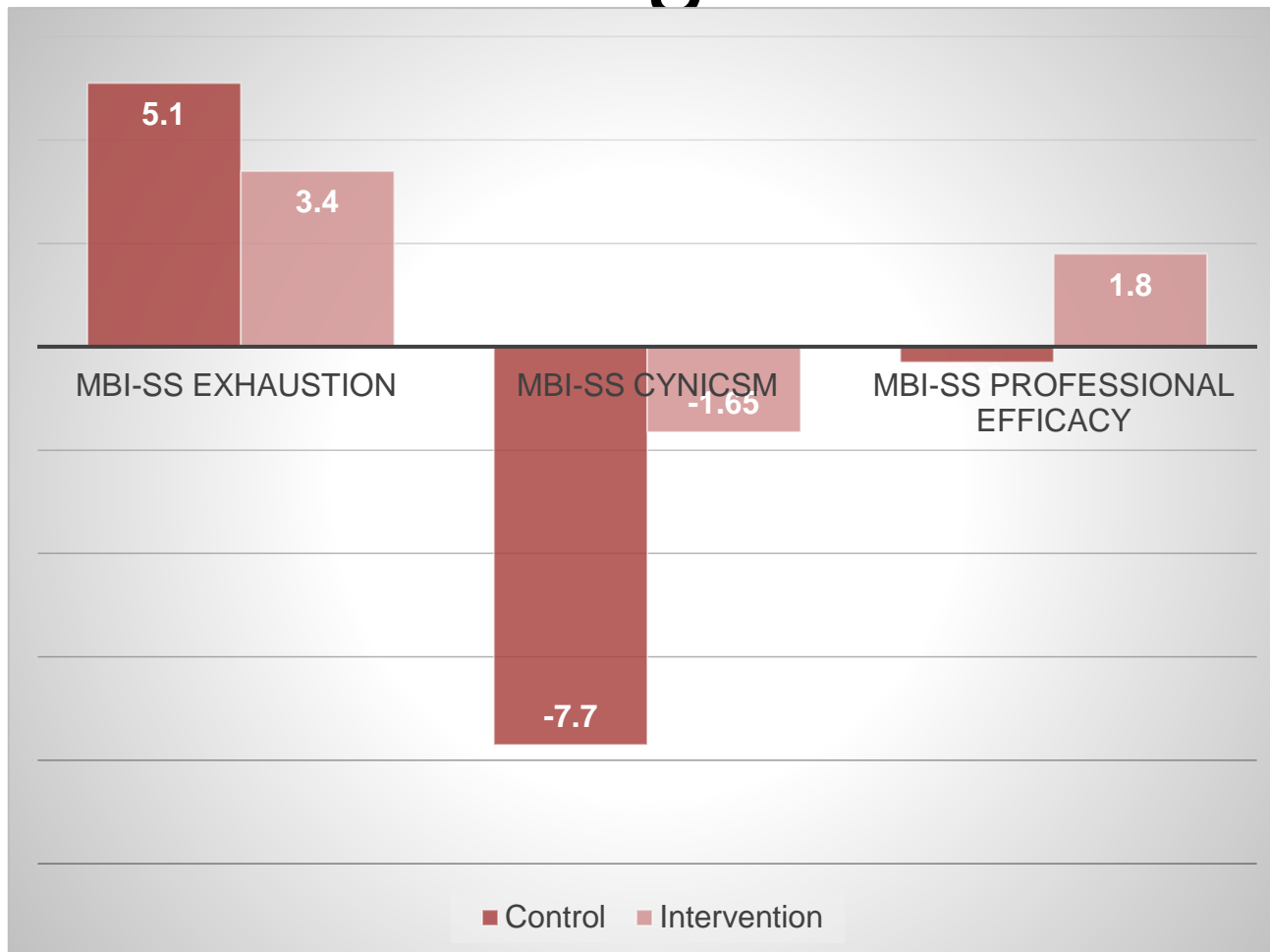
- Connor Davidson Resilience-short form scale

Mindfulness Scores

Comparison from baseline to month 12

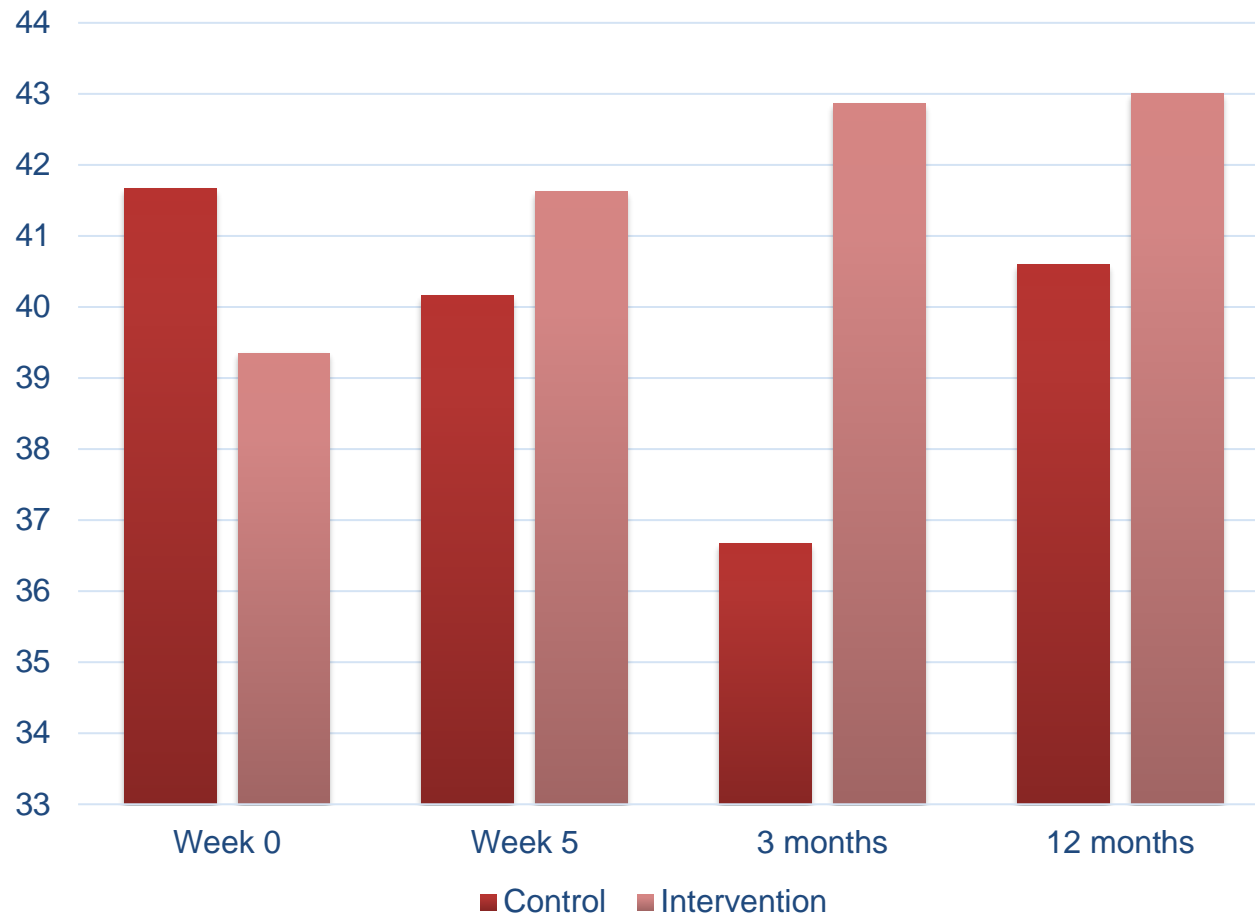


MBI Change Scores



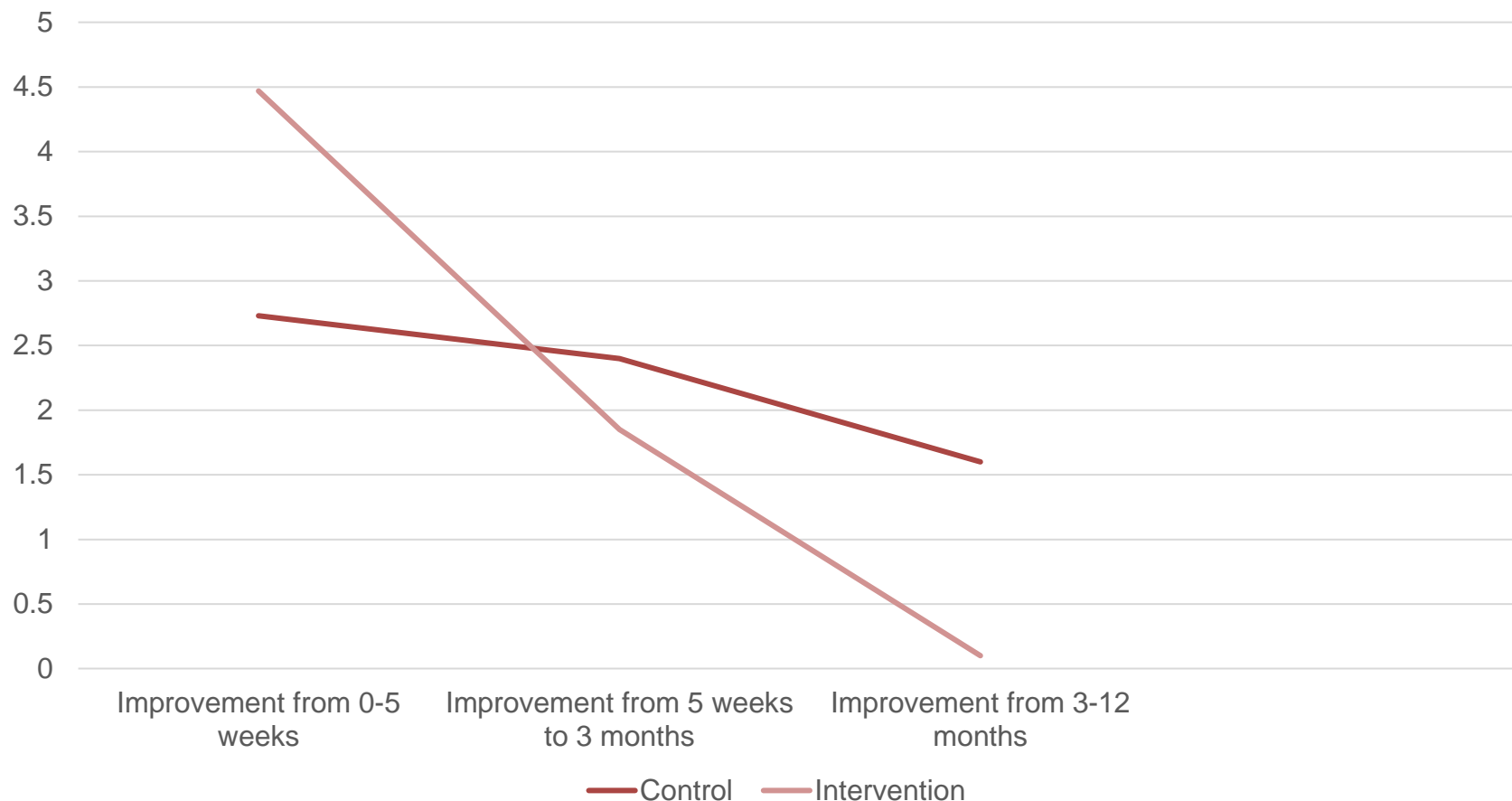
Results

Compassion Satisfaction (PProQoL)



Resilience

Connor Davidson 10-item Resilience Scale



Mindfulness evaluation

- “ A greater awareness and understanding of how my mind works and what impact it can have.”
- “...just to be aware of feelings/emotions and not let them control your actions in certain situations.”

The novice researcher experience



What would I have done differently?

- Have a smaller focus
- Recruitment open event
- Alternative data collection
- All of the above give more manageable data analysis.

What's next?

- To learn from the limitations of the study and move forward with further research.

Thanks

- All the participants
- CoRIPS
- Prof. Heidi Probst
- Dr Denyse Hodgson
- All my colleagues at SHU who helped out with logistics

Questions?

THANKS FOR YOUR MINDFUL ATTENTION.

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