



Transcendental Meditation reduces compassion fatigue and improves resilience

Research suggests self-care for nurses is important for professional development

Amy Ruff, RN BSN, National Director of Transcendental Meditation for Nurses, based in Fairfield, describes the stress, fatigue and burnout that nurses face every day. “Nursing is a calling, and it is stressful. A large percentage of nurses leave bedside nursing within their first year. This is devastating for the nurse, the hospital and the patient. Nurses need self-care strategies to handle the stress and fatigue inherent in the profession.”

According to a new study in the Journal for Nurses in Professional Development the Transcendental Meditation technique can help nurses better cope with the burnout that’s endemic to the profession. After four months of practice, standardized assessments found that nurses in the study had reductions in “compassion fatigue” and burnout, and increases in compassion satisfaction and resilience. The study highlights the importance that self-care plays for professional development and longevity in nursing.

“For years I watched nurses struggle to care for their patients and themselves,” said lead author Jennifer Bonamer, PhD, RN-BC, AHN-BC, Nursing Professional Development Specialist at Sarasota Memorial Health Care System in Florida. “Working with people who are suffering trauma eventually takes a toll and produces what’s come to be called ‘compassion fatigue.’” Dr. Bonamer searched the literature for self-care methods to help nurses cope and hypothesized that the TM technique would help relieve compassion fatigue and improve their ability to bounce back from work challenges.

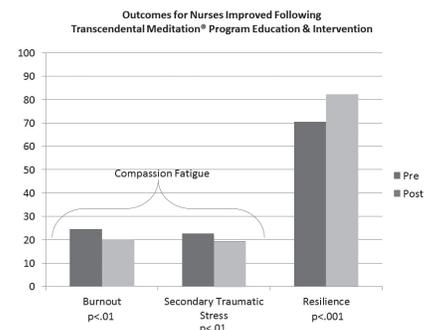
After four months of practicing Transcendental Meditation, the nurses experienced a 9.2% increase in compassion satisfaction,

an 18% reduction in burnout, and a 16.9% increase in resilience

These surveys utilized in the study are widely used with demonstrated validity and reliability,” Dr. Bonamer said. “They demonstrated quantitatively what the nurses reported: they felt better and enjoyed their work more.

“We need to invest in our nursing staff and ensure that they have rewarding careers while also providing the best possible care for their patients,” Dr. Bonamer said.

“This is the first study looking at the effects of the TM technique for nurses. Transcendental Meditation is an invaluable asset for a nurse to better cope with the stress that is inherent in the profession,” according to Amy Ruff. For more info, visit tm-women.org/nurses.



Amy Ruff and Dr. Jennifer Bonamer