

# Can Mindfulness ameliorate Nurse-Patient Relations among Italian Oncology Nurses?

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## INTRODUCTION & AIM

Ensuring care for patients represents the first duty for nurses. Facing patients' requirements is important to nursing care to objectively assess nursing interventions supplying high-quality of care and answering to the greatest demands of specialized caring nursing. At the same time, Mindfulness meditation has been reported to improve psychological well-being, also among nurses. To assess associations between nurse-patient relations and mindfulness among oncology nurses who are constantly stressed in their work environments.

## METHOD

An on-line nationwide survey was spread among Italian oncology nurses. The "Caring Nurse-Patient Interactions Scale" (CNPI) and the Five Facet Mindfulness Questionnaire (FFMQ) were proposed. The CNPI investigated further 4 sub dimensions, specifically clinical, relational, humanistic and comforting care. The FFMQ was also administered to assess five factors of mindfulness, as "Observing", "Describing", "Acting with Awareness", "Non-Judging of inner experience" and "Non-Reactivity to inner experience".

## CONCLUSION

Mindfulness can effectively promote caring nurse-patient relations in oncology nurses in all these related sub dimensions.

## RESULTS & DISCUSSION

Both significant positive and negative correlations were assessed between: clinical dimension and observing ( $r=0.114$ ;  $p=0.047$ ), describing ( $r=0.154$ ;  $p=0.007$ ), acting ( $r=0.178$ ,  $p=0.002$ ), non-reactivity ( $p=-0.140$ ;  $p=0.014$ ). relational dimension and observing ( $r=0.182$ ;  $p=0.001$ ), describing ( $r=0.349$ ;  $p<0.001$ ), acting ( $r=0.279$ ,  $p<0.001$ ), non-reactivity ( $p=-0.204$ ;  $p<0.001$ ). humanistic dimension and observing ( $r=0.161$ ;  $p=0.005$ ), describing ( $r=0.215$ ;  $p<0.001$ ), acting ( $r=0.174$ ,  $p=0.002$ ), non-reactivity ( $p=-0.175$ ;  $p=0.002$ ). None significant associations were assessed between nurse-patient relation dimensions and non-judging aspects and between comforting dimension and all the sub dimensions of Mindfulness.

## FUTURE WORK / REFERENCES

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