

## POSTER ABSTRACT

# Short-term effects of Mindfulness Based Care by Healthcare Professionals on their well-being and Patients under their care.

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**Background:** Mindfulness is defined as the on-purpose moment-to-moment non-judgmental awareness. The application of mindful caretaking appears to be relevant for stress prevention and improvement of well-being for healthcare professionals and patients under their care. This study is relevant for the current shortage of healthcare professionals, high employee work pressure, more demanding patients and well-being of patients.

**Approach:** With respect to Mindfulness Based Care we studied the experience and relevance of a mindfulness training among fifty healthcare professionals who combine their daily work with a part-time master's degree course in Innovation & Healthcare. The self-perceived effects of a six-week mindfulness training during their part-time education was measured by a paper based listing of their experience with mindful caretaking and new insights after a meditation before and after caring for a patient.

**Results:** From the preliminary data and analysis of the short-term effects of Mindfulness Based Care by these participants, mindful caretaking improves the well-being of the involved healthcare professionals as well as the well-being of the patients under their care. Since mindfulness is already applied as a proven method in the traditional psychological intervention, for example for depression, pain, anxiety, and addictions, this study adds to the existing knowledge and provides a tool for better healthcare with respect to better quality of professional wellbeing and the care of patients under their care.

**Implications:** Improved Integrated Care: Participants will gain insights into the latest findings from our preliminary study on Mindfulness Based Care as a way of Person-Centered Care.

**Practical Tools for Patient Care:** Attendees will acquire practical mindfulness techniques that they can immediately apply to enhance patient well-being, offering new approaches to attend to both the mental health of healthcare professionals and that of their patients.

**Cost-Effectiveness in Healthcare:** By managing stress using mindfulness during work, participants may also find a new way to influence the cost-effectiveness of care delivery. Reduced stress can lead to improved performance, lower absenteeism, and better patient outcomes, contributing to more sustainable and efficient healthcare practices.