Mindful Attention Training: A Tool to Develop Situational Awareness

December 14, 2022
Rules of Engagement

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In support of improving patient care, the Duke University Health System Department of Clinical Education and Professional Development is accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE), and the Accreditation Council for Continuing Medical Education (ACCME), to provide continuing education for the health care team.
Upcoming Team Training Events

Courses & Workshops

Virtual TeamSTEPPS Master Training Courses
- January 12-March 2

In-person TeamSTEPPS Master Training Courses
- April 10-11 at Northwell (New Hyde Park, NY)
- April 27-28 at UCLA (Los Angeles, CA)
- May 9-10 at Tulane (New Orleans, LA)
- May 24-25 at Houston Methodist (Houston, TX)
- June 21-22 at MetroHealth (Cleveland, OH)

Webinars

Three-part webinar series on human centered design in health care
- Applying Human-Centered Design to Health Care – January 11
- How to Use Human-Centered Design to Inspire and Focus Teams – February 8
- What’s Your Story? How to Craft Narratives Using Human-Centered Design that Inspire Your Audience – March 8
Today’s Presenters

**Denise Stage McNulty**, DNP, RN, MS, NPD-BC, NE-BC
Clinical Professor, Texas Lutheran University

**Carol LaMonica-Way**, MSN, RN, RNC-OB
Professional Development Leader, Houston Methodist Willowbrook

**Jo-Anne Senneff**, MSN, RN, CCRN-K
Professional Practice Leader, Houston Methodist Hospital
Today’s Objectives

Learner Outcome: Learners will enhance their knowledge regarding mindful attention as a component of situational awareness with an intent to change practice.

- Differentiate situational awareness as a component of situational monitoring.
- Explain the benefits of training attention to enhance awareness.
- Evaluate different mindfulness interventions to integrate into practice and enhance attention.
Poll

Before we start, a quick polling question:

• Have you attended a TeamSTEPPS training course?
  o Yes
  o No
SITUATIONAL MONITORING
Situational Monitoring

- The *process* of continually scanning and assessing the situation to gain and maintain an understanding of what’s going on around you.
Situational Awareness

The **outcome** of knowing what’s going on around you
Time to chat.

What do you see?
What do you see?
One more time . . .

What is the first thing you see?
Situation Monitoring leads to shared mental model
Awareness and Attention
Benefits of Enhanced Attention

- Happiness
- Learning
- Less mistakes
- Relationships
- Performance
Situational Awareness & Mindfulness

SA

• Data collection
• Comprehension
• Projection

American Hospital Association
AHA Center for Health Innovation
Advancing Health in America
Practices That Enhance Intention
I would like to take the opportunity to poll the audience regarding Mindfulness Practice.

**How many times a week do you practice mindfulness?**

1. Not at all
2. 1-3 times a week
3. 3-5 times a week
4. Greater than 5 times a week
What is Mindfulness?
Mindfulness

- "Joy in Work" Workplace environment
- Engagement, empathy, & self-efficacy
- Stress, anxiety, and burnout
- Patient satisfaction and safety outcomes
<table>
<thead>
<tr>
<th>Well-Being</th>
<th>Neuroplasticity</th>
<th>Patient Care</th>
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</thead>
<tbody>
<tr>
<td>Decreased Burnout</td>
<td>Attention Regulation</td>
<td>Empathy</td>
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<tr>
<td>Decrease Stress/Anxiety</td>
<td>Emotional Regulation</td>
<td>Compassion</td>
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<tr>
<td>Decreased Rumination</td>
<td>Self-Concept</td>
<td>Safety</td>
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<td>Positive Affect</td>
<td>Cognitive Function</td>
<td>Quality Care</td>
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<tr>
<td>Self-Compassion</td>
<td>Body Awareness</td>
<td>Decreased Mortality</td>
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Everyday Mindfulness Strategies
• Stop. Step out of auto-pilot
• Take a mindful breath(s)
• Observe what’s happening
• Proceed with a greater sense of intention
Center Before You Enter
Handwashing
Developing a shared mental model requires skills and practices that enhance situational awareness and attention to evolving situations, which can improve communication and patient outcomes.

Although, linked attention and awareness are two distinctly different concepts: our attention reflects our intentions and what we focus on, while awareness is what we receive from our senses.

Mindfulness practices enhances cognitive skills for prolonged attention, mental flexibility, and thought inhibition for an improved shared mental model.
References


Final Reminders

• Evaluation
  o Please complete the evaluation form that appears on your screen once the webinar ends

• Continuing Education
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    o Instructions can be downloaded from the Files pod or your registration confirmation email
  o Text SOLPES to (919) 213-8033 within 24 hours
AHA Team Training

Questions? Stay in Touch!

[Website Link]

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