CREATION OF A SELF-CARE MEDITATION SANCTUARY

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Introduction: In 2010, Kaiser Permanente Foundation Hospitals began to formally embrace Watson’s Theory of Human Caring (Watson, 2008). Today Kaiser Permanente Northern California Hospitals are offering classes, workshops and allowing all staff the wonderful opportunity to attend the Caritas Consortioms, CCEP programs and Level one Coach Programs. Leadership across Northern California has invited nursing to bring a consciousness and a remembrance of why they became nurses to help align beliefs and behaviors with the caring science framework (Watson, 2008). Strong organizational support has enhanced efforts to promote healing and caring for staff.

Significance: The daily demands that challenge Hospital caregivers may contribute to staff burnout, call-ins, decreased patient and staff satisfaction scores. A quiet, reflective space where staff can practice self-care and where they can stop, pause and reflect in the midst of their stressful shift will help them deliver focused, present and compassionate care to our patients and their families, care that is based in the principles of Caring Science. As an individual who recently lost a loved one and being surrounded by people in the same situation there was one thing that I realized – there was no place in the hospital or clinic that you could go for a quiet, relaxing moment to gather yourself, cry if you need to and just to allow the time and space to heal, quiet your mind and rediscover the reason why you were there in the first place.

Purpose: The purpose of this project is to create a Self-Care Meditation Sanctuary for centering and healing for not only Hospital nursing but for all multidisciplinary staff. This meditation sanctuary and healing space will be designed to enable staff to renew their energy and caring intentions, and to continue to provide a healing environment for the patients and their families.

Setting and Participants: This ongoing project is being conducted using a medium sized hospital and multiple medical offices. All personnel on this campus are invited to utilize the Self-Care Meditation Sanctuary. The hospital has nursing staff who cover all three shifts, management personnel, and ancillary staff, all of whom will benefit. The clinic has staff during business hours, all of whom will benefit. The future participants will also include patients and their families.

Project Description: The project has been embraced by Hospital administration and funding is available. A plan has been developed and the project will be implemented as soon as the permits can be obtained. The goal is to make the environment comfortable and inviting for all health care providers who want to practice self-care rituals. There are also plans for comfortable chairs, sitting benches, open natural lighting with bamboo features outside, rug, wall sconces, journal books and other items to help make the room warm and inviting.
**Projected Outcome:** The Self-Care Meditation Sanctuary will be completed quickly once the permits are approved. All hospital and medical office staff will have access to the room. The first projected outcome is that the staff will discover the potential and actual benefits of caring for self. The secondary outcome is that the staff who utilizes the room and practice self-care will be better able to provide care to patients and their families and will better honor their dignity to promote healing. Promoting and applying the caring values in practice is not only essential to the nurses’ own health, but is also fundamental for finding meaning in their intentional caring work and providing caring leadership within the healthcare culture (Watson, 2008).

**Projected Evaluation:** A brief survey will be available to those who utilize the Meditation Sanctuary. The survey results will be evaluated to help determine whether the space was physically calming and how the space created changes in staff healing presence for the patients and their families.

**Future Directions:** The Self-Care Meditation Sanctuary will be presented as an example of “Caring for Self to Care for Others”. Having a space to re-center will allow staff to return to the patients more focused, present, and compassionate in caring. After allowing the staff time to utilize the spaced we will open it up to the patients and their family members to also have as a space to re-center, re-focus and re-group.

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**Reference:**