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## SHORT COMMUNICATION

# Mindfulness-Based Interventions for Psychiatric Patients: The Role of Nurses in Implementation, Efficacy, and Clinical Applications

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### Abstract

Worldwide, the integration of care interventions has become an important strategy in psychiatric care. Allowing tailor-made adaptations to care practice to improve healing outcomes. Nurses enhance the specificity of the psychiatric situation and advance holistic well-being. The aim was to provide mindfulness practices to cultivate a mindfulness state. Mindfulness-based interventions are the key to enhancing patients' mental health. It may help to relieve the depression, stress, and anxiety in the patient. Traditionally mindfulness concept is to be in a state of consciousness. Mindfulness helps to improve cognitive skills, usually through meditation, providing meta-attentive awareness towards the contents of one's mind in the present moment. By applying mindfulness practices to everyday life and providing group support and reflection, mindfulness-based interventions not only enhance well-being but also make a sense of community and shared concept of humanity, especially for those facing mental health challenges.

### Keywords

Mindfulness, Intervention, Psychiatric Patients, Nurses, Clinical Applications



## Introduction

Worldwide, the integration of care interventions has become an important strategy in psychiatric care. According to the peer-reviewed *Journal of Clinical Excellence*, Mindfulness can be defined as it refers the direct attention to the moment which is present and also in a nonjudgmental manner limiting habitual behavior<sup>1, 2</sup>. In implementing care in hospital settings, nurses have a crucial role to play. Frequent interactions between patients and healthcare providers are necessary to experience the practice of care. In addition to teaching patients mindfulness techniques, nurses provide them with psychological support and encouragement throughout the process. Being to be mindfulness it means being friendly, curious, accepting, compassionate, and non-judgmental<sup>3</sup>. Nurses master the patient nature and subtle changes observed in mentally ill patients, yet act as advocates for incorporating care to the patients. Allowing tailor-made adaptations to care practice to improve healing outcomes. Nurses enhance the specificity of the psychiatric situation and advance holistic well-being.

The aim is to provide mindfulness practices to cultivate a mindfulness state<sup>4</sup>. Mindfulness-based interventions are the key to enhancing patients' mental health. It may help to relieve the depression, stress, and anxiety in the patient. Traditionally mindfulness concept is to be in a state of consciousness. Mindfulness helps to improve cognitive skills, usually through meditation, providing meta-attentive awareness towards the contents of one's mind in the present moment. Clinical psychologists and psychiatrists have developed a large number of therapeutic applications based on mindfulness for helping those who are experiencing a variety of psychological conditions. Mindfulness is typically achieved through Meditation and also stress reduction interventions<sup>5</sup>. This intervention may help to reduce nonjudgmental thoughts. Most patients seem to be able to improve more effectively and minimize stress and anxiety. They may be able to focus and think more spontaneously and control their emotions. All the different strategies can have some positive

impacts as well as negative<sup>6</sup>. The positive impacts make the patient's mental health better. It may also have some negative consequences, like some patients may not respond effectively so they may get frustrated and lose interest. Every patient may differently respond, and as with all new interventions, there are some drawbacks and some benefits.

Mindfulness-based interventions in socio culture context can play an important role and nurses are important to this process. Particularly, in psychiatric settings, nurses work more cautiously by providing effective mindfulness practices. As teachers, they teach people mindfulness practices, provide emotional support, and track the success of these interventions. Nurses are advocates of care in the sociocultural arena who are culturally aware<sup>7</sup>. They ensure Mindfulness treatments are adapted to different cultural customs and beliefs. The socio-cultural diversity of patients is acknowledged and welcomed by nurses, who improve the incorporation of mindfulness practices into the treatment process. Patients who come from a variety of cultural backgrounds find resonance in this approach, which promotes a more inclusive and effective mental health care environment. Furthermore, nurses are essential in dismantling cultural barriers that could impede the adoption of mindfulness practices. The engagement of patient throughout the treatment that improved by their capacity to modify the interventions on cultural norms and values. In this healthcare setting, nurses also play a role in a variety of socio-cultural contexts by encouraging the cultural approach to mindfulness.

Despite all the difficulties, many difficulties have been observed in the hospital environment. Nurses face some challenges when dealing with psychiatric patients<sup>8</sup>. I have personally experienced in the psychiatric setting that she had mixed symptoms of psychosis and mood disorders that made it very difficult to engage her adequately in mindfulness exercises. The patient may resist the nurses' efforts to help her and may have difficulty concentrating, reality-checking, as

well as managing their mood and psychotic symptoms. The most challenging situation is that the patient has an altered perception of reality and had severe mood swings, which led to difficulty staying focused in the present moment throughout the mindfulness sessions. So, the main focus was to identify what was going on in her mind. I just tried to talk effectively, and gradually, I gained her trust so that she comfortably answered my questions and started talking to me. Also, nurses manage this challenge with compassion and recognizing the severity of her symptoms. Nurses may provide counseling, organize different sessions, and effectively communicate with patients, which somehow helps them to manage the patient accordingly. That strategy prioritizes trust building and ongoing support from friends and family is essential to overcome resistance to mindfulness interventions.

In addition, some points will be highlighted through research. According to research that was published in the peer-reviewed *Journal of Clinical Excellence*. They highlighted that mindfulness also reduces the cognitive deficits that may lead to psychiatric disorders example poor attention and cognitive rigidity because it may also affect neural changes<sup>9</sup>. Therefore, it is evident that these interventions may help the patient to improve cognitive aspects. In a review of empirical studies, the effects of mindfulness on psychological health are evident that by doing mindfulness activities, there is a significant reduction in stress levels after a brief MBIs. This research was done on nurses. As a nurse, Mindfulness practice can overcome aggression and anxiety through effective meditation practices. Most of the patients have severe mood swings like they experience sudden happiness, which converts into aggression. We, nurses, provide a safe environment so that patients may express their anxieties, grief, fear, hopelessness, or helplessness to address the mental health needs of patients<sup>9</sup>. So, it makes the patient more comfortable expressing their emotions.

## Conclusion

In conclusion, mindful-based interventions help to improve mental health. For example, they help to reduce the symptoms of anxiety and depression, which is very helpful and significant. As highlighted by numerous studies and meta-analyses. By applying mindfulness practices to everyday life and providing group support and reflection, mindfulness-based interventions not only enhance well-being but also make a sense of community and shared concept of humanity, especially for those facing mental health challenges.

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