

# 4<sup>TH</sup> WORLD CHINESE MEDICINE, YOGA & MENTAL HEALTH CONGRESS

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## *Johnny V Yuhas*

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### **Supporting healthcare workers through integrative wellness modalities for improved patient outcomes and experience**

This talk will focus on the growing need to embed holistic and integrative modalities into traditional healthcare facilities to help support staff wellness, potentially leading to improved patient outcomes. I will discuss a recent project that was recognized and presented at the Southern California Evidence-based Practice Symposium hosted by Loma Linda University. The purpose of this project was to inspire a change in practice through delivering a supportive, integrative therapy intervention to ICU nurses, during designated break times within a 12-hour shift. The chosen intervention for this project was a 15-minute mindfulness-based stress reduction (MBSR) guided meditation facilitated by an RN who is a certified yoga and meditation teacher. Outcome variables in this project measured perceived stress levels, mental clarity, empathy. High-stress work environments, such as the intensive care unit (ICU), have now become the focus of a growing body of research, studying interventions that support nurses in this area. The looming nursing shortage, staff burnout and illness. Adverse patient outcomes have prompted hospital administrators to look for new ways of facilitating global wellness in their healthcare organizations. As the stressful environment of the ICU and many other healthcare delivery units continue to affect the emotional and physical stability of nursing teams, unit-based integrative therapies are offering a promising solution.

#### **Biography**

Johnny V Yuhas is an acute care and psychiatric Registered Nurse, holding a bachelor's degree in both Science and Journalism. He is currently enrolled in a doctoral program with Arizona State University as a Family Psychiatric and Mental Health Nurse Practitioner. He is a 20-year practitioner of Yoga and Meditation and is a certified teacher by both Yoga alliance, the International Yoga Federation. Extended visits in Mysore and Northern India, have cultivated his dedicated Ashtanga Yoga practice, under the tutelage of his current teacher Saraswathi Jois. He remains inspired by his practice in both nursing and yoga, looking for new ways to unify these sciences to help patients live better lives.

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