



University of Colorado **Anschutz Medical Campus**

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For immediate release

## **Using mindfulness to combat burnout**

**AURORA**, Colo. (May 19, 2018) – Researchers at the [University of Colorado Anschutz Medical Campus](#) have designed a mindfulness-based intervention to help treat burnout among nurses in intensive care units (ICUs).

The intervention is a four-week group therapy that involves guided mindfulness practices and inquiry. It is intended to address the growing problem of burnout in critical care healthcare providers.

The burnout issue will be the focus of this year’s keynote address at the ATS conference delivered by Darrell G. Kirch, MD, President and Chief Executive Officer of the Association of American Medical Colleges.

The mindfulness study, led by ATS President Marc Moss, MD, and Meredith Mealer, PhD, examined the feasibility and acceptability of a mindful approach on nurses working in the ICU. The results showed that nurses were open to the intervention and called for a larger study to follow-up on the findings.

Dr. Mealer will be presenting her findings as part of session D11 “Battling Burnout: Overcoming the Biggest Threat to Health Care Quality and Safety,” on Wednesday, May 23<sup>rd</sup> at 10:45 AM in room 1 A-B (Upper Level)-San Diego Convention Center.

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## **About the University of Colorado School of Medicine**

Faculty at the University of Colorado School of Medicine work to advance science and improve care. These faculty members include physicians, educators and scientists at UCHHealth’s University of Colorado Hospital, Children’s Hospital Colorado, Denver Health, National Jewish Health, and the Denver Veterans Affairs Medical Center. The school is located on the [Anschutz Medical Campus](#), one of four campuses in the University of Colorado system. To learn more about the medical school’s care, education, research and community engagement, visit its [web site](#)

Tags: Tags: burnout, mindfulness, University of Colorado, Marc Moss, Meredith Mealer