

## Teaching self-care to healthcare professionals caregivers of a tertiary private hospital in Brazil

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BACKGROUND: It is well known that working in hospitals and with chronic patients can often lead to stress and increase burn-out among healthcare professionals, sometimes even leading to work absence. Through a demand of some of these professionals, the Integrative Medicine Group (IMG) of Hospital Israelita Albert Einstein (HIAE) proposed to offer practice sessions in order to teach simple techniques of stress management, perception of well-being and self-care.

HYPOTHESIS: The use of simple self-care tools such as attention to breathing and to the present moment, can change emotional state, reducing stress which may reflect on a better performance of daily tasks as well as more welfare and disposition.

METHODS: We invited to participate in the present study, employees of the inpatient units of Oncology and Hematology and Bone Marrow Transplant such as: nurses, doctors, pharmacists, physiotherapists, nutritionists, housekeepers, managers and clerks. All sessions were adapted to the routine of the employees, with the permission of their superiors, being held outside the scheduled medication administration. Each session was 15 minutes long and was held in an appropriate room with chairs in the same unit where the employees work, conducted by a body therapist of the IMG. Gentle movements and simple stretching were performed, based on constructs of yoga. Attention to breathing and mindfulness techniques focusing on body perceptions were also used, guided by the voice of the therapist. Employees were given 2 questionnaires before and after the session to describe in up to three words "how do you feel at the present time" (pre and post). ~~Were collected 61~~ Sixty-one testimonies were collected during 3 weeks. In the end, all of the volunteers were told about the benefits of the practice and encouraged to repeat it oftenlyoften as a self-care tool to better manage stress.

RESULTS: By the end of the three-week intervention, 61 questionnaires were collected with a total of 301 words. From the "pre" questionnaires, 145 words ~~were collected~~ were collected where the most prevalent words were: tired, anxious, tense, stressed and worried. In the "post" questionnaires, of the 156 words collected, the main words were: relaxed, calm, sleepy, tranquil and light For the analysis of the collected data words were classified as those related to stress and to well-being. Insofar, words cited in "pre" session, 84 % were related to stress as in the "post" practice, 97 % were related to well-being.

We conclude that the intervention was effective as being a tool of self-care, capable of ~~transforming~~ transforming a perception of stress to a perception of wellbeing. Stress reduction has many benefits for professional and it possibly reflects in an improvement on the ~~relationships within~~ relationships within the team and with patients.

We suggest that this technique is implemented and replicated in the hospital because of ~~its~~ its low ~~complexity and~~ complexity ~~and~~ and cost.