Adding Self-Compassion to Process Recording in Healthcare



Nurses use process recording to write about patient interactions to optimize quality of care, but it can bring about negative effects like anxiety



self-compassion techniques help mitigate these negative feelings?

Randomized controlled trial with 35 nursing students in Japan 💂 ని ని నీ నీ దీడుదుడుదుదు

in the control group

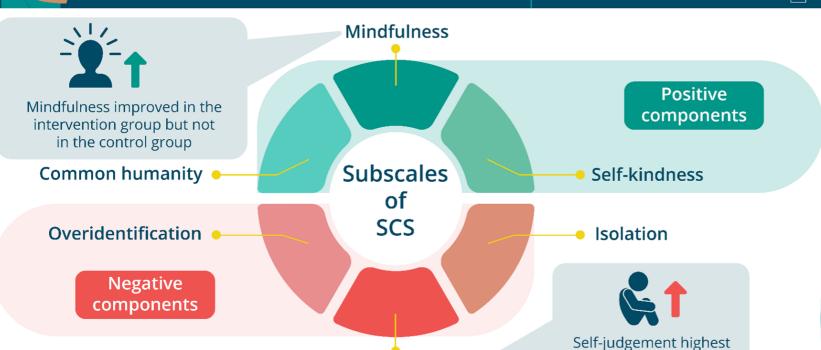


Revised process recording with awareness on self-compassion

Self-Compassion Scale (SCS)

🗘 Control

group 📆



Self-judgement

Self-compassion techniques to revise process recordings can facilitate mindfulness in nurses

Perspectives in

THE EFFECT OF REVISED PROCESS RECORDING ON SELF-FOCUS AND SELF-COMPASSION: A RANDOMIZED CONTROLLED PILOT STUDY