

Adding Self-Compassion to Process Recording in Healthcare

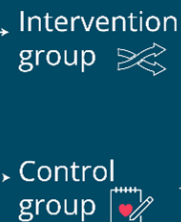


Nurses use process recording to write about patient interactions to optimize quality of care, but it can bring about negative effects like anxiety

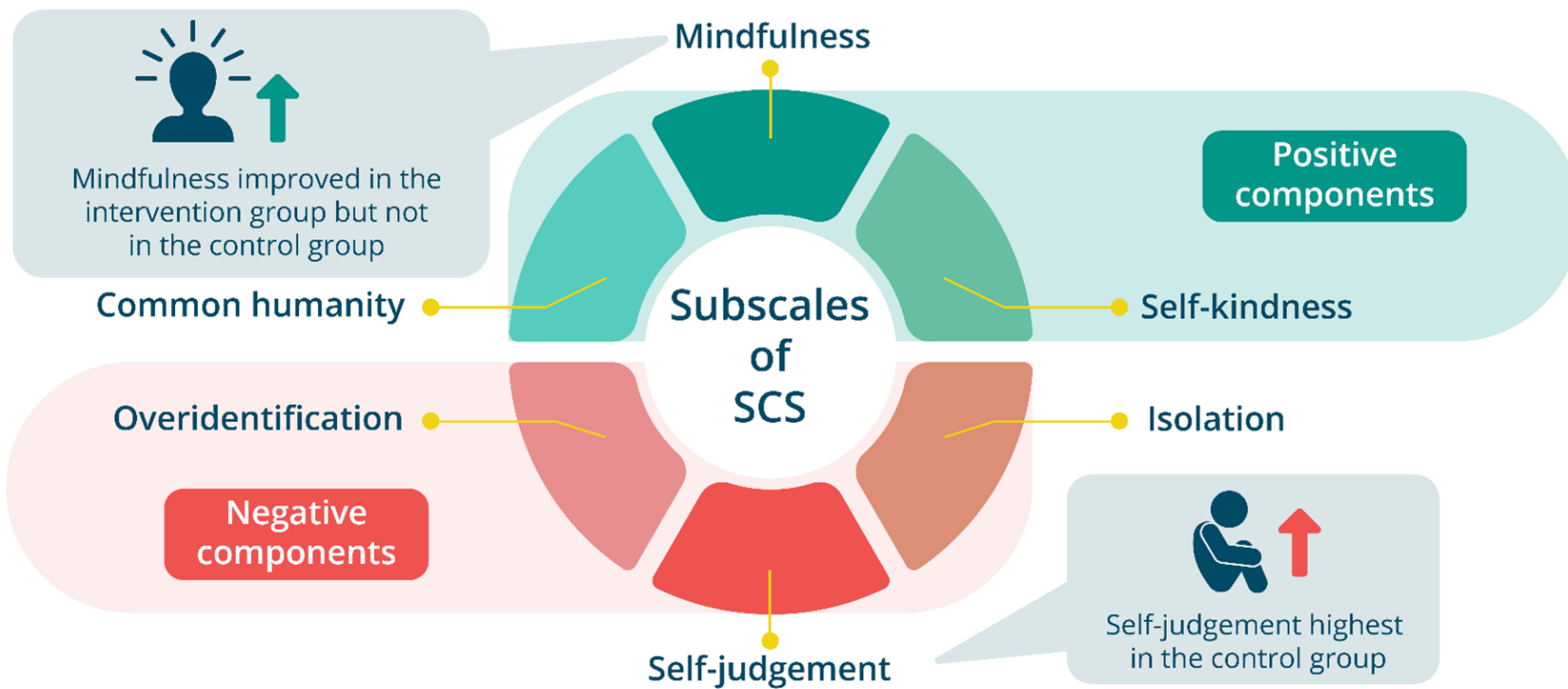
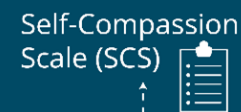


Can self-compassion techniques help mitigate these negative feelings?

Randomized controlled trial with 35 nursing students in Japan



Revised process recording with awareness on self-compassion



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