

Integration of yoga in Nursing Practice

Introduction:

Nursing is a noble profession who Provide care for people, families, and communities for them to achieve, maintain, or recover their optimal health and quality of life.

As part of a multidisciplinary healthcare team, nurses may assist in coordinating the patient care provided by therapists, doctors, and dietitians. In their capacity as nursing professionals, nurses deliver care both independently and collaboratively, such as with physicians. In addition to giving aid and support, nurses also spread knowledge and encourage good health.

Internationally, there is a serious shortage of nurses. One reason for this shortage is due to the work environment in which nurses practice. Nursing is a highly stressful field, and when compared to other professions, nurses consistently list occupational stress as one of their major problems.

Because of this stress, nurses are more likely to experience both immediate and long-term health issues, such as sleep difficulties, depression, mortality, psychiatric disorders, stress-related illnesses, and general illnesses. The mental health of nurses is susceptible to ethical stress and compassion fatigue.

The Sanskrit word "Yoga" is derived from the root "Yuj," which means "to join," "to yoke," or "to unite". "As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature.

Yoga is a balanced state of the body, mind, and emotions. Yoga is a balanced state of thought and intellect. Yoga is a balanced state of behavior.

Yoga is a practice to improve self-care, coping mechanisms, and sleep quality, as well as to lessen nurses' work stress. Even comprehensive research found that yoga is a useful method for reducing stress in healthcare professionals. Yoga enhances nurses' capacity for problem-solving as well as their ability to concentrate on patients' needs.

Yoga is a traditional Indian way of living that focuses on achieving the greatest level of consciousness using specific techniques including yoga asanas (postures), breathing exercises (pranayama), and meditation. There has been an increase in yoga research over the past ten years, however there are not many studies on the impact of yoga and transcendental meditation (TM) on health and disease.

Yoga is a comprehensive spiritual instrument which offers many advantages, like improving health and wellbeing.

Physical exercises and the physical components of yoga practices have several similarities, but also significant differences. Evidence suggests that yoga interventions are equal and/or superior to exercise in most outcome measures. Emphasis on breath regulation, mindfulness during practice, and importance given to maintenance of postures are some of the elements which differentiate yoga practices from physical exercises.

Yoga was developed as a way of life to aid in an attempt at self-realization. Yoga practices have altered the brain function of healthy participants. Yoga-based approaches have shown advantages for a wide range of physical and mental ailments.

Nursing is the largest healthcare profession in the country. Almost 5.2 million registered nurses (RNs) and 89% of nurse practitioners with a license are employed in the nursing field. Registered nurses are often 46 years old. Over the next five years, more than one-quarter of registered nurses say they intend to retire or leave the nursing field.

In India currently has 1.7 nurses per 1,000 people, compared to the World Health Organization (WHO) norm of three nurses per 1,000.

Definition of Nursing given by *International Council of Nurses*

“Nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups, and communities, sick or well, and in all settings. Nursing includes the promotion of health, prevention of illness, and the care of ill, disabled and dying people. Advocacy, promotion of a safe environment, research, participation in shaping health policy and in patient and health systems management, and education are also key nursing roles.”

Definition of Nursing Practice

According to the American Nurses Association (ANA), nursing is "a caring-based practice in which processes of diagnosis and treatment are applied to human experiences of health and illness."

Nursing practice includes any employment that involves providing direct or indirect patient care in clinical practice, nursing administration, education, research, or consultation in the specialty that the credential designates.

The nursing field in India has expanded, and the roles and responsibilities of nurses have increased, promoting the autonomy of nursing practice. There are still a few issues with the expansion of the nursing workforce, though. A clear career path for nurses, improved selection and recruitment practices, and the availability of acceptable placements are all needed; however, this is not a problem that only is present in India. In addition, with the expansion of nursing providers and increasing health demands of a fast-expanding population, India still suffers from a severe nursing workforce shortage with an approximate deficiency of 2.4 million.

Based on the patient's physical, emotional, psychological, intellectual, social, and spiritual requirements, nurses provide holistic care for people of all ages and socioeconomic backgrounds along the wellness continuum. In order to provide care for individuals and communities, the profession integrates technology, nursing philosophy, physical science, and social science.

Assistants to doctors are not nurses. Although it is possible in some circumstances, nurses tend to care for their patients on their own or give a hand to other nurses more frequently. Registered nurses provide medical care, medical history records, emotional support, and follow-up care for their patients. In addition, nurses assist doctors with diagnostic procedures. Most of the time nurses work alone or in teams with other nurses. However, they also support medical professionals when they are needed in trauma treatment or the emergency department.

Nurses work in a wide range of places, such as hospitals, private residences, schools, and pharmaceutical firms. Occupational health settings, which are also known as industrial health settings, free-standing clinics, doctor's offices, nurse-led clinics, long-term care institutions, and camps, are all places where nurses work. They also serve in the military and work on cruise ships. The health care and insurance industries employ nurses as advisors and consultants.

Nursing is the most diverse of all health care professions. Nurses practice in a wide range of settings but nursing is divided depending on the needs of the person being nursed.

The major populations are:

- communities/public
- family/individual across the lifespan
- adult-gerontology
- pediatrics
- neonatal
- women's health/gender-related
- mental health
- informatics (eHealth)
- acute care hospitals
- ambulatory settings (physician offices, urgent care settings, camps, etc.)
- school/college infirmaries

Higher education for nurses opens the way for medical specialty. Additionally, there are specialty areas including telenursing, radiography, palliative care, perioperative nursing, obstetrical nursing, cancer nursing, cardiac nursing, orthopedic nursing, palliative care, and emergency nursing.

Environmental determinants of health and disease are prevalent and essential to the components of nursing practice that involve assessment, diagnosis, intervention, planning, and evaluation. However, in normal patient examinations, environmental elements that affect health are frequently missed. Public health is less well-served when environmental health concerns are ignored and a chance for preventive is lost.

Nursing Practice and Responsibilities in Environmental Health Standards and definitions created by nursing leaders in professional groups and, to some extent, by governmental organizations like the Public Health Service's Bureau of Health Professions, serve as guidelines for nursing practice. Systematic frameworks for nursing practice also direct nurses in their real nursing job.

The assessment, diagnosis, planning, intervention, and evaluation phases of the nursing process are currently the most frequently accepted framework for nursing practice.

The three roles of investigator, educator, and advocate make up a model developed by the California Public Health Foundation (CPHF, 1992) to direct medical and nursing practice specifically related to environment health issue.

Occupational Stress in Nursing

Stress is an annoying condition that arises in response to negative consequences from either internal or external environments.

The National Institute for Occupational Safety and Health (NIOSH) describes occupational stress as "the negative physical and emotional reactions that occur when the requirements of the job do not match the worker's talents, resources, or needs" In an organizational setting, work-related stress (WRS) and/or job stress may also be used to refer to occupational stress.

The workplace is one of the most important sources of occupational stress.

Over time, stress has gotten worse in workplaces Depending on the situation and the individual; stress can range in intensity and, if poorly managed, can prohibit both individuals and organizations from achieving their goals. Nurses have received a lot of attention about the effects of stress. Nurses are thought to be under more stress than many people due to the nature of their profession and the system in which they work.

The majority of staff members in any healthcare facility are nurses, who are essential to patient care. Nursing is an interpersonal activity that is defined by skilled nursing, interpersonal sensitivity, and close relationships, as well as by efficient communication and the use of professional knowledge and talents. On occasion, nursing staff members are required to work long shifts without adequate rest. As a result, working as a nurse is very stressful. Additionally, the job necessitates engaging with people who are already under a lot of stress. In response to challenging, fearful, or furious patients, nurses may experience growing irritability and rage, which may lead them to leave the field.

The nursing industry is characterized by high levels of stress. Interacting with people who are already under a significant deal of stress is a part of working in this area. The quality of services delivered is impacted by workplace stress, which also leads to employee burnout, departure, and absenteeism.

Stress amongst nurses is one of the most underappreciated yet impactful issues nurses face. It manifests in so many facets of a nurse's professional and private life. The emotional demands are endless, the physical demands and exhaustion can be difficult.

Working shifts, long hours, a lack of control, strained relationships with coworkers, low pay, and bad working circumstances are the main sources of stress for nurses at work.

According to research, nurses are more likely to leave their jobs, have conflicts with coworkers, go through intense displacement, suffer from poor health and be unable to complete tasks, display vulnerabilities in professional communication, provide lower-quality care, and become dissatisfied with their careers if they experience high levels of job-related stress and physical and mental health problems. Additionally, the influence could result in medication errors and insufficient care for patients receiving.

According to researchers, analysing quality of life and trying to improve it have a major effect on a person's health as well as their social and personal lives. The quality of life may be influenced in both positive and negative ways by a number of factors including age, illnesses, and social environment.

Job stress is one of the contributing factors in the meantime. Stress is a major issue that affects people both physically and mentally in every community. Although every profession has its own unique sources of stress, this issue is more crucial in vocations involving people's health.

Nurses in particular are among those who suffer higher levels of professional stress than other members of the medical team. Thus, stress and the danger of developing conditions like diabetes, cardiovascular disease, and others have a significant impact on their health and quality of life.

Common causes of stress for nurses:

As a nurse there are many kinds of events that may cause you to feel stressed out, and each person responds to certain circumstances differently.

The following are a few of the typical issues that stress nurses out the most.

Heavy workloads – In many cases, the issue is not even the length of the change but rather the number of patients a nurse may be responsible for at any given moment. Nurses frequently have to manage multiple jobs at once, which may be highly stressful when patients and doctors are depending on you.

The physical demands of nursing – Nurses spend a lot of time on their feet and in motion, which can be physically taxing. They frequently have to lift things repeatedly and lean over. Stress might result from such physical exertion.

Relationships with coworkers - If your coworkers are also stressed out, working in stressful situations can affect your connection with them.

The emotional connection to patients - It is normal for nurses to develop close relationships with their patients, which may be quite stressful if those individuals are in pain or end up dying.

Handling aggressive clients - Clients can be rude, especially if they don't want to be there. Due to their high levels of stress, family members may become hostile.

Chaotic work environments - Harsh lighting, irregular noise, excessive traffic, and other factors can make some workplaces, including hospitals, stressful.

Need for yoga in practice:

In India and throughout the world, nursing workers struggle with high levels of stress and poor sleep. It is known that stress and inadequate sleep have a negative impact on the health of nursing professionals. Studies have shown that stress and poor sleep are negatively associated with professional nurses' attention, memory, and concentration and positively related to anxiety, sadness, exhaustion, and disorientation. Increased physical health issues like hypertension,

obesity, cardiovascular illnesses, and inferior quality of life are also linked to high levels of stress and poor sleep. Nursing errors are significantly exacerbated by stress and poor sleep.

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The results of scientific investigations revealed that among the factors contributing to stress and poor sleep quality in nursing professionals are an excessive workload, professional conflicts, bad leadership management style, inadequate remuneration, work shift patterns, and the emotional cost of caring. In addition, it has been seen that nurses who are committed to patient care overlook their own requirements for self-care. When self-care is neglected, stress levels rise, quality of life suffers, nurses' physical and mental health deteriorates, and health care costs rise.

In addition, it reduces the standard of patient care. The research study also showed how nurses' self-care is significantly impacted by stress. As a result, hospital administrators must enhance the working conditions for nurses and encourage behaviors that support self-care, lower stress levels, and enhance sleep quality. Fostering self-care, enhancing sleep quality, and aiding in stress management can improve nurses' physical and mental health, reduce patient care errors, and lower an institution's overall health care costs.

Nursing professionals regularly deal with high levels of stress, demanding physical tasks, and mental exhaustion. Because of the hard nature of their work, the lengthy hours, and the exposure to traumatic events, their overall well-being may suffer. Because of this, nurses can greatly benefit from incorporating yoga into their life. Yoga provides a comprehensive self-care strategy with numerous physical and mental advantages for nurses.

Yoga's health benefits for Nurses:

Yoga supports nurses in maintaining the physical stamina, flexibility, and endurance required for their physically demanding profession. A variety of yoga asana, or poses, are designed to promote overall body awareness, unwind stiff muscles, and enhance posture.

Regular yoga practice can aid nurses in reducing chronic pain, avoiding injuries, and improving their balance and coordination, which will help them work more quickly. Yoga also encourages relaxation and deep breathing, which lessens the physical effects of stress and fosters a sense of calm.

Yoga for Nurses: Mental and Emotional Health Benefits

Yoga is an effective instrument that nurses can use to lower stress and improve their mental wellbeing. Nursing professionals can develop present-moment awareness and resilience in the face of adversity by practicing yoga's mindfulness and meditation practices. By concentrating on their breath and engaging in mindfulness practices, nurses can lower anxiety, increase mental clarity, and enhance their ability to remain calm under pressure.

Yoga provides a place for contemplation where nurses can process their emotions, release stress, and find their inner equilibrium. The practice also fosters a sense of community and connection because nurses can participate in group yoga sessions. They can do this and develop receptive relationships with their employees while also practicing self-care. In the end, including yoga into a nurse's life offers them the ability to prioritize their health, leading to improved general health and a more enduring and fulfilling career in healthcare.

Nurses must look after themselves. First, it is well-known that yoga has amazing advantages for both physical and mental health. Every nurse is aware that during a 12-hour shift, the workload associated with patient care may increase exponentially. But not many nurses treat themselves with the same level of tenderness and love that we show to our patients. Yoga's wonderful physical and mental health advantages are well known, and nurses must take care of themselves first. Every nurse is aware that during a 12-hour shift, the workload associated with patient care may increase exponentially. But not many nurses treat themselves with the same level of tenderness and love that we show to our patients.

The workload for nurses is often very heavy in hospital wards. Managing patient healthcare demands and treatments, everyday work-related tensions, and even the numerous, regular changes in technology all contribute to the stress. The advantages of yoga for stress reduction After just eight weeks of yoga, the nurses' focus, coping mechanisms, and perceived mental load

had significantly improved. If that is what may happen in only eight weeks, think about the impact a regular, long-term yoga practice could have on stress management levels.

Prevent or Eliminate Chronic Low Back Pain

Yoga stretching enhances flexibility, strengthens muscles, and shields against issues like chronic back pain. In a career as physically demanding as nursing, the more care we can give to ourselves and our patients, the better.

Avoid Compassion Fatigue and Burnout

Lack of self-care is a common cause of burnout and compassion fatigue in nurses.

A powerful tool for preserving the physical and mental health of the elderly nurses is the practice of yoga practices. Basically, pranayama is a set of exercises meant to increase the amount of oxygen in the blood and the brain. There was no connection between the stress levels among post-test participants and the practice of pranayama, which is an art, uses ways to move the respiratory organs consciously and rhythmically. This profound relaxation of the body and mind helps with focus, reduces stress and depression, and strengthens the respiratory nerve system.

There are various methods for reducing work-related stress and enhancing quality of life.

Matsumoto categorized the stress-reduction techniques into three categories: **emotion focus, problem focus, and ineffectiveness.**

In the emotion focus technique, the person seeks to relax himself and get rid of tension rather than making any attempts to lessen and control stress. The person uses the problem focus method to try to reduce or control his work-related stress.

Unfortunately, most people employ the ineffective method. In this approach, the person neither reduces the issue nor resolves it; instead, he typically employs damaging, ineffective techniques to manage stress.

One of these methods that is quite effective at reducing stress is yoga. Yoga is a set of activities that integrates the body and mind, increases flexibility under adverse conditions, and improves tolerance for stress. Yoga decreases physical stress in both the short- and long-term, which enhances quality of life.

Conclusion:

Yoga is more than just exercise. Its benefits can be realized from within the body and from without the body. Consistent yoga practice can have a positive impact on body chemistry, disease prevention, symptom reduction or alleviation, and emotional health. Yoga promotes a strong mind-body connection, which improves overall mood and well-being.

Yoga developed thousands of years ago. It is a mind- body exercise. The autonomic nervous system, which tends to be dominated by the parasympathetic nervous system, is stabilized by the relaxation brought on by meditation. Yoga has a vital role in modern medicine. It has a greater impact on reduction of stress and stress related disorders.

The scope of yogic therapy may be extended to the preventive, promotive, curative, and rehabilitative aspects. So, yoga can be considered as a holistic approach to stress management in nursing practice. Yoga will be used in the nursing profession as a holistic strategy that will be highly beneficial to providing high-quality care to the client as well as to maintaining the overall health of nursing staff to boost the nurses' personal and professional growth.

Yoga gives us courage and strength to find new sources of meaning and hope.

“Your calm mind is the ultimate weapon against your challenges So relax”

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