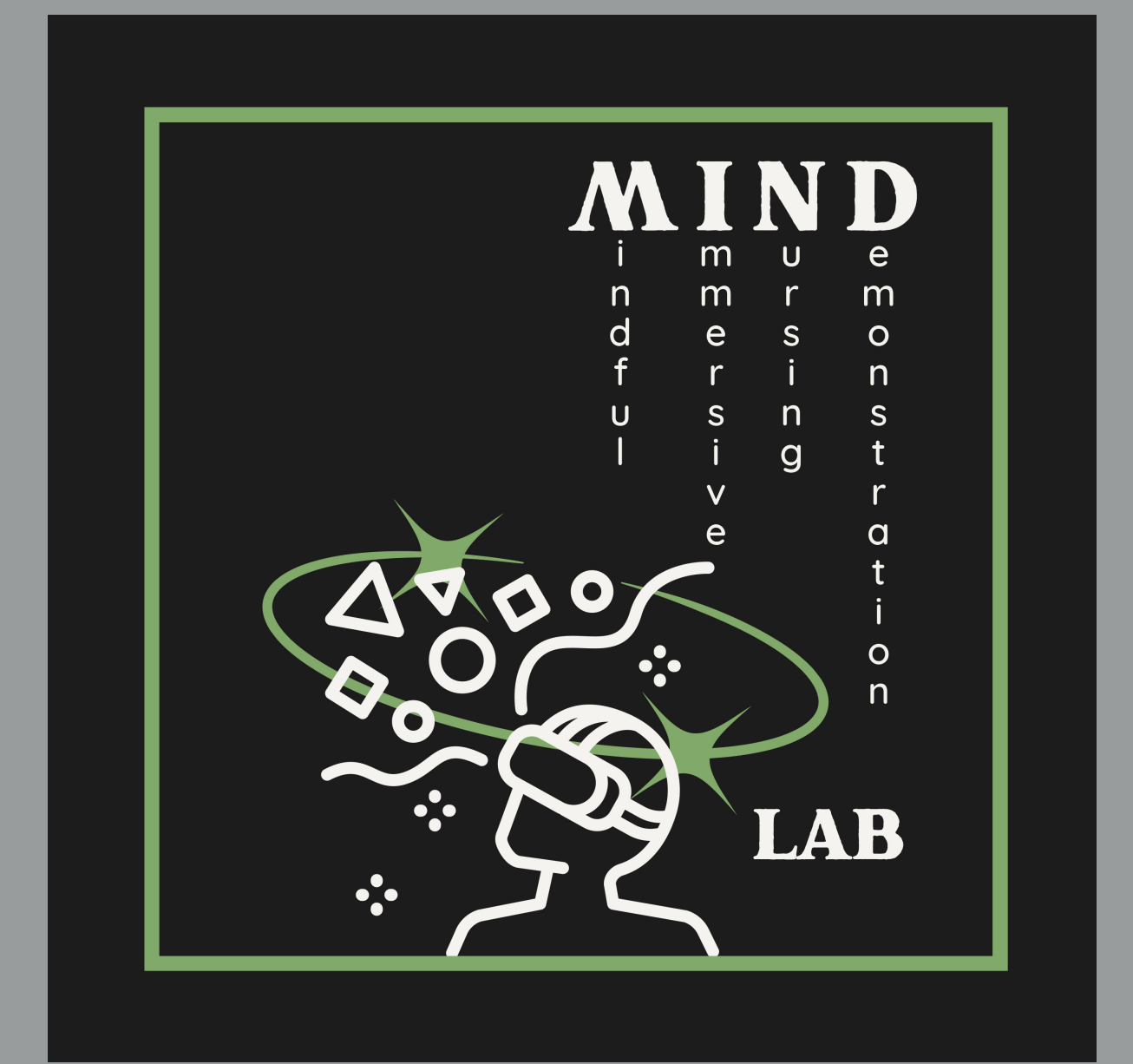


Prescribing Technology for Nurses in the **MINDFUL** Immersive Nursing Demonstration (MIND) Lab at VUSN



KELLY ALDRICH DNP, MS, RN-BC, FHIMSS, FAAN; ERIC HALL MSN, RN-BC, CSSWB; JO ELLEN HOLT DNP, RN, CHSE, CSSBB | VANDERBILT UNIVERSITY SCHOOL OF NURSING

BACKGROUND

At Vanderbilt University School of Nursing, innovation is celebrated through projects like the MIND Lab, which offers immersive calming technology and meditation scenarios. Nurses, with their holistic approach to care, can benefit from these experiences, promoting wellness for both individuals and their patients. The MIND Lab aims to promote mental wellness using virtual reality, especially given the challenges highlighted by the pandemic. By creating this innovative infrastructure, we equip nursing students to explore prescribing technologies for their clients while emphasizing well-being and resilience through mindfulness and virtual reality experiences. This initiative is relevant for students, faculty, and staff in nursing education and practice.

PURPOSE

The primary objectives of the MIND Lab are as follows:

- Prescribing Technology for Mindfulness, self-care and for patients.
 1. Promote self-care practices among nursing professionals to combat burnout.
 2. Encourage innovative partnerships that lead to the development of technology-driven solutions
- Mindfulness and Self-Care Education: Advancing mindfulness meditation practices and providing easy access to immersive virtual reality environments to enhance the mental health and well-being of nursing students, faculty, and staff.
- Innovative Learning: Promoting innovative approaches in nursing education by combining informatics, simulation, and clinical practice to bridge the gap between theory and real-world applications.



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METHODS

MINDFUL IMMERSIVE NURSING DEMONSTRATION (MIND) LAB

Mind Lab Immersion:

- Participants engage in immersive mindfulness and meditation experiences
- Incorporating virtual reality technology to enhance relaxation and self-care

Prescribing Technology Workshops:

- Mobile workshops focused on understanding and prescribing innovative healthcare technologies
- Hands-on training on integrating technology into nursing practice

Impact Assessment:

- Feedback following experiences focused on technology perceived usefulness for academic performance and clinical practice
- Measuring the adoption of technology-prescribing concepts

OUTCOMES

1. Enhanced Well-Being

- Participants reported a positive experience while in the immersive virtual reality headsets, reduced stress and describe opportunities of scaling the use case discoveries.
- Mindfulness meditation practices integrated into academic and work routines.

2. Technology-Prescribing Pioneers

- Students, faculty, and staff become advocates for prescribing technology in nursing.
- A growing understanding of how technology can optimize healthcare delivery.

3. Transformative Education

- Nursing students equipped with the knowledge and skills to utilize, analyze, and implement innovative technologies.
- A curriculum that bridges the gap between theory and real-world advancing technology applications

CONCLUSION

The MIND Lab at Vanderbilt University School of Nursing has successfully nurtured well-being, integrated mindfulness practices, and introduced the concept of prescribing technology to over 200 students, faculty, and staff. The initiative aligns with VUSN innovation and creativity strategic goals and our commitment to innovation in nursing education and patient care. By embracing mindfulness and cutting-edge technology, we empower nursing professionals to excel in holistic patient care while nurturing their own well-being.



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REFERENCES:

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