

# Energy Healing Ideologies Used to Influence Structural Change to Reduce Burn-Out

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## Background

Burnout rates in community mental health workers and nurses have exponentially increased in the United States. Workplace pressures of fulfilling quotas under limited resources, in combination with a personal need of fulfilling one's purpose and passion, increase risk factors of burnout. Current work atmosphere of the U.S. healthcare system lacks the room and support for health workers to incorporate human emotions like compassion, sympathy and empathy in the work they do with their patients, and in taking care of themselves. These pressures, and policy restrictions hinder healthcare quality from reaching its full potential, health care providers from creating strong relationships with their patients and taking care of their own mental and physical health.

## Methods and Materials

### Review of Nurses and Mental Health Professional Answers to Questionnaires

- Multiple articles are reviewed regarding studies that address burnout within mental health workers and nurses. The three risk factors used to measure burnout **depersonalization, exhaustion, and self fulfillment**.
- Similar work environment pressures, atmospheres, and management situations were analyzed through the healthcare professionals personal reflections of how they feel at their jobs.

### The Structure and Ideologies from which the Healthcare System is Built From

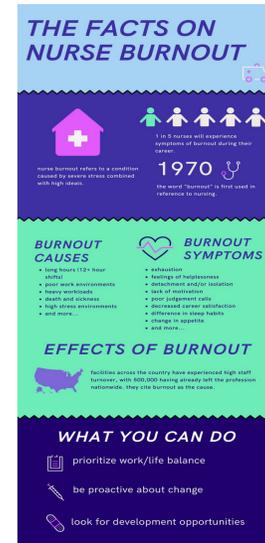
- The U.S. healthcare system follows the **private market approach**, making health care an economic good, and a privilege rather than a right.
- Viewing health care as an economic good influences health policies and expectations of hospitals. It affects every level of workers in the health institutions, especially frontline health workers

### Research on Energy Healing Ideologies and Effectiveness

- Energies of the atmosphere and other people, and one's own emotion influence one's health.
- Numerous biotherapy practices, which include energy healing ideologies, are used as alternative therapies and show positive results.
- Implementing the belief of **harmonizing one's mind, body and soul** through self compassion, has the potential of changing workplace dynamic.

## Results

### Review of Nurses and Mental Health Professional Answers to Questionnaires



Power, Molly. "The Facts of Nurse Burnout." relode.com. April 19, 2020. May 10, 2020. <https://www.relode.com/blog/avoid-nurse-burnout/>

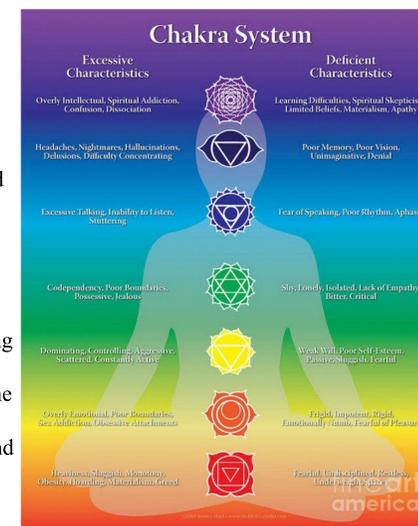
- There's a correlation between health professionals' feeling of lack of autonomy, and not being heard, with the way things are run in a bureaucratic work structure.
- Lack of room to personalize treatment or adjust given guidelines influence one's feeling of self accomplishments.
- Research showed higher feelings of depersonalization, and exhaustion, when their work environment lacks positive, uplifting support from managers and coworkers.

### The Structure and Ideologies from which the Healthcare System is Built From

- Health institutions' priorities of making money result from private market ideologies. These ideologies influence health care policies and the workplace atmosphere.
- Restraints on guidelines and increased pressure on producing work that is effective and efficient, lack of room for providers to personalize their treatment for each patient. This increases depersonalization and self fulfillment for the healthcare worker.
- Lack of managerial and coworker patience and compassion, influenced by individualistic culture, increases exhaustion.

### Research on Energy healing Ideologies and Effectiveness

- Implementing space, time and support for people to process themselves and harmonize their mind, body, and soul, show positive effects on dealing with stress and exhaustion long-term.
- Energy Healing ideologies shows potential of influencing structural and individual changes of shedding light on the importance of including human compassion, patience and empathy in the workplace between colleagues and with their patients.



Myo Massage "Chakra System." Myomassage.massagetherapy.com. 2020. May 10, 2020. <http://myomassage.massagetherapy.com/chakra-balancing#.Xr6d5NKJBI>

## Conclusions

Energy healing ideologies show potential in reducing the impact of private market pressures, and increasing the importance of creating positive human connection between hospital staff, and their patients in work places. Giving time and space to harmonize one's mind, body and soul, and feed their internal needs, has the power to be compassionate to one's self, and be more aware of how their actions affect others. These individual and environmental changes show a high potential of increasing the quality of healthcare in the United States on an individual and organisational level, and reducing burnout risk factors.



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