

Mindfulness Training to Sustain BIPOC Midwives

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Program

Overview

The (MMB) Program provided Mindfulness Based Stress Reduction (MBSR) sessions, with the objective of addressing racism related stress & moral injury within the community of midwives who identify as BIPOC at UCSF and CSUF. This two part series addressed the potential benefits of MBSR in racialized communities, inclusive of those learning, providing & receiving midwifery care.

Data Snapshot

We hosted 6 participants during the in person session and 11 participants during the virtual session. Via post program surveys, participants shared the following: They can identify 1-2 ways to incorporate mindfulness practices into their daily practice [agree or strongly agree] and since the session, have used MBSR techniques in their practice [agree or strongly agree].

Resources

If you're interested in learning more about the MMB program, visit our website, [here](#).



Project Details

This project, organized by the Midwifery Mentoring & Belonging (MMB) program, focused on offering nurse-midwifery learners, mentors, faculty, staff and community members an opportunity to learn and practice mindfulness-based stress reduction (MBSR). Participants learned the benefits of incorporating this evidence-based mindfulness technique into their professional and personal practices and gained insight on what a lifelong mindfulness practice could look like. The training was facilitated by Dr. Karen Sheffield-Abdullah, PhD, RN, CNM, FACNM, a certified nurse-midwife and mindfulness instructor. This ninety-minute training was presented via two different offerings: an in-person session at UCSF's Osher Center and the following week via Zoom. The sessions were advertised six weeks before the scheduled dates and information sent to UCSF and CSUF current learners, alumni, faculty, staff and community. The flyer was also disseminated via the MMB Instagram page. We continue to hear enthusiasm around the benefits of coming together to process, grieve and discuss the nuanced challenges experienced during the nurse-midwifery and caregiver journey, especially for BIPOC identifying midwives and those committed to serving the BIPOC community.

Project Challenges

One of the project challenges was finding the appropriate day and time to host the in-person and virtual sessions. Nurse-midwives are a busy community with impacted schedules - we were aware that scheduling would be difficult. The team decided to host the sessions on the weekend in order to circumvent disruptions to class and/or clinical schedules. Additionally, we intentionally scheduled these sessions to take place after midterm & final exams at UCSF and CSUF, respectively. Lastly, members of the team had different perspectives on whether the sessions should take place virtually or in person, which led to reorganization of the proposal.

Lessons Learned

Nurse-midwifery learners, mentors, faculty, and staff are eager for opportunities to learn skills to address and alleviate stress. These sessions allowed for community to come together – and to be reminded of how important it is to prioritize one's mental, physical and emotional wellness, in order to do the good, hard work of serving birthing communities. Lessons learned: 1) Scheduled programs could be offered during the week, as well as the weekend. 2) For future mindfulness programs, plan for sessions to be an all-day offering – 90 minutes was not long enough. 3) Both in-person and virtual sessions offer valuable skills and space for the nurturing of community. We send deep appreciation to the well-being team for making this project possible.

