



## AHA Team Training

# Mindful Attention Training: A Tool to Develop Situational Awareness

December 14, 2022

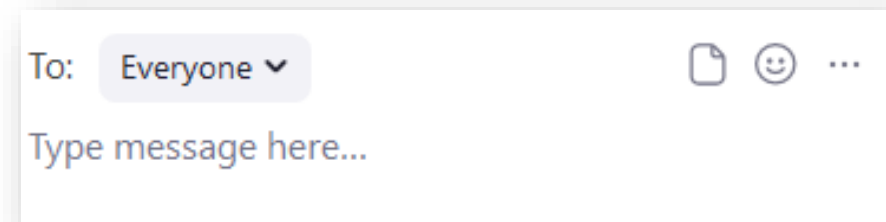


AHA CENTER FOR HEALTH  
**INNOVATION**

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# Upcoming Team Training Events

## **Courses & Workshops**

### **Virtual TeamSTEPPS Master Training Courses**

- January 12-March 2

### **In-person TeamSTEPPS Master Training Courses**

- April 10-11 at Northwell (New Hyde Park, NY)
- April 27-28 at UCLA (Los Angeles, CA)
- May 9-10 at Tulane (New Orleans, LA)
- May 24-25 at Houston Methodist (Houston, TX)
- June 21-22 at MetroHealth (Cleveland, OH)

## **Webinars**

### **Three-part webinar series** on human centered design in health care

- Applying Human-Centered Design to Health Care – January 11
- How to Use Human-Centered Design to Inspire and Focus Teams – February 8
- What's Your Story? How to Craft Narratives Using Human-Centered Design that Inspire Your Audience – March 8

# Today's Presenters



**Denise Stage McNulty, DNP,  
RN, MS, NPD-BC, NE-BC**  
Clinical Professor, Texas Lutheran  
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**Carol LaMonica-Way, MSN,  
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Professional Development Leader,  
Houston Methodist Willowbrook



**Jo-Anne Senneff, MSN, RN, CCRN-K**  
Professional Practice Leader,  
Houston Methodist Hospital

# Today's Objectives

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Learner Outcome: Learners will enhance their knowledge regarding mindful attention as a component of situational awareness with an intent to change practice.

Differentiate situational awareness as a component of situational monitoring.

Explain the benefits of training attention to enhance awareness.

Evaluate different mindfulness interventions to integrate into practice and enhance attention.

# Poll

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Before we start, a quick polling question:

- **Have you attended a TeamSTEPPS training course?**
  - Yes
  - No

**Situation  
Awareness  
(Individual  
Outcome)**

**Situation  
Monitoring  
(Individual Skill)**

**Shared  
Mental Model  
(Team Outcome)**

# SITUATIONAL MONITORING



# Situational Monitoring

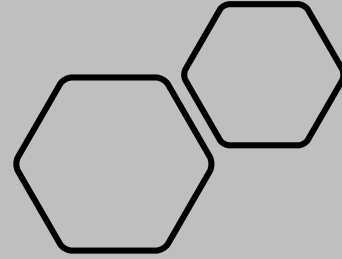
- The *process* of continually scanning and assessing the situation to gain and maintain an understanding of what's going on around you



## Situational Awareness

The *outcome* of knowing what's going on around you

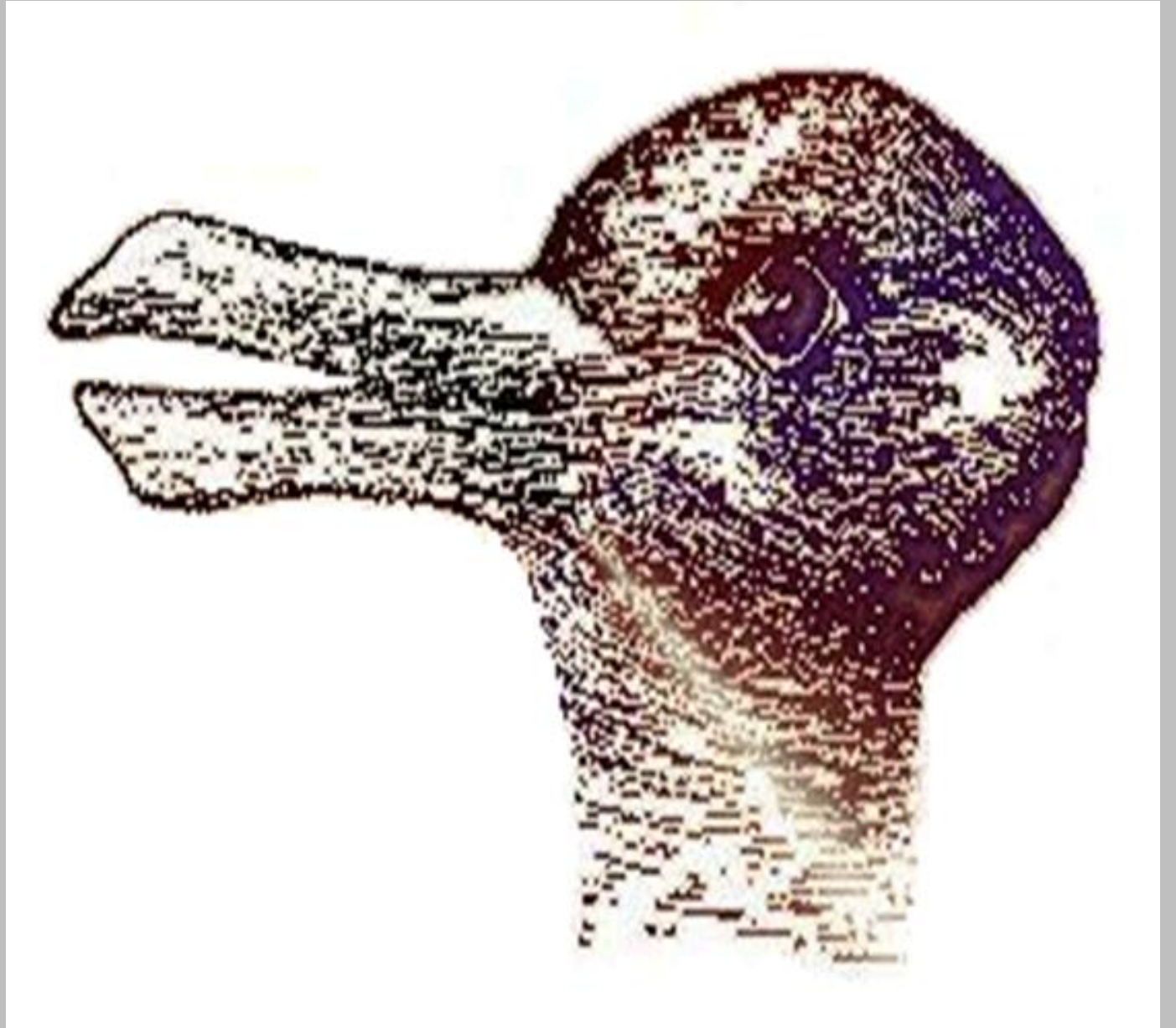
**Time to  
chat.**

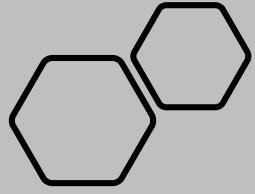


What do you see?

**What do  
you see?**

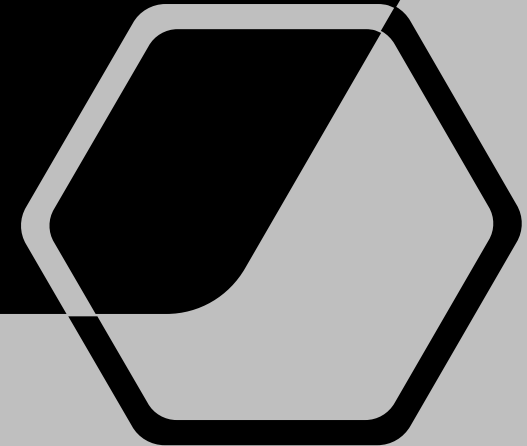
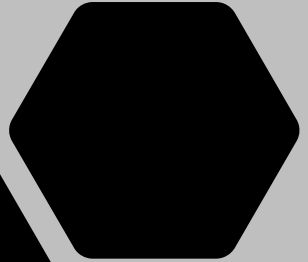
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**One more  
time . . .**

What is the first thing  
you see?





**Situation Monitoring  
leads to  
shared mental model**



WHODUNNIT?





# Awareness and Attention

# Benefits of Enhanced Attention

Happiness

Learning

Less  
mistakes

Relationships

Performance

# Situational Awareness & Mindfulness

SA

- Data collection
- Comprehension
- Projection





# Practices That Enhance Intention



# Poll

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I would like to take the opportunity to poll the audience regarding Mindfulness Practice.

**How many times a week do you practice mindfulness?**

1. Not at all
2. 1-3 times a week
3. 3-5 times a week
4. Greater than 5 times a week



What is Mindfulness?





# Mindfulness



Well-Being	Neuroplasticity	Patient Care
Decreased Burnout	Attention Regulation	Empathy
Decrease Stress/Anxiety	Emotional Regulation	Compassion
Decreased Rumination	Self-Concept	Safety
Positive Affect	Cognitive Function	Quality Care
Self-Compassion	Body Awareness	Decreased Mortality

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# Everyday Mindfulness Strategies



- Stop. Step out of auto-pilot
- Take a mindful breath(s)
- Observe what's happening
- Proceed with a greater sense of intention



**Center Before  
You Enter**

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# Handwashing

# Key Takeaways



Developing a shared mental model requires skills and practices that enhance situational awareness and attention to evolving situations, which can improve communication and patient outcomes.



Although, linked attention and awareness are two distinctly different concepts: our attention reflects our intentions and what we focus on, while awareness is what we receive from our senses.



Mindfulness practices enhance cognitive skills for prolonged attention, mental flexibility, and thought inhibition for an improved shared mental model.

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# Final Reminders

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