

How Coloring Mandalas Became an Evidence Based Practice Research Project

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Background

Adult Psychiatric Unit

Depression, Schizophrenia, Bipolar
Disorder

Risk of violence

Restraints

Interdisciplinary Team:

RN

MHW

Recreation Therapist

MD

SW

Security, Housekeeping, etc

Metrics

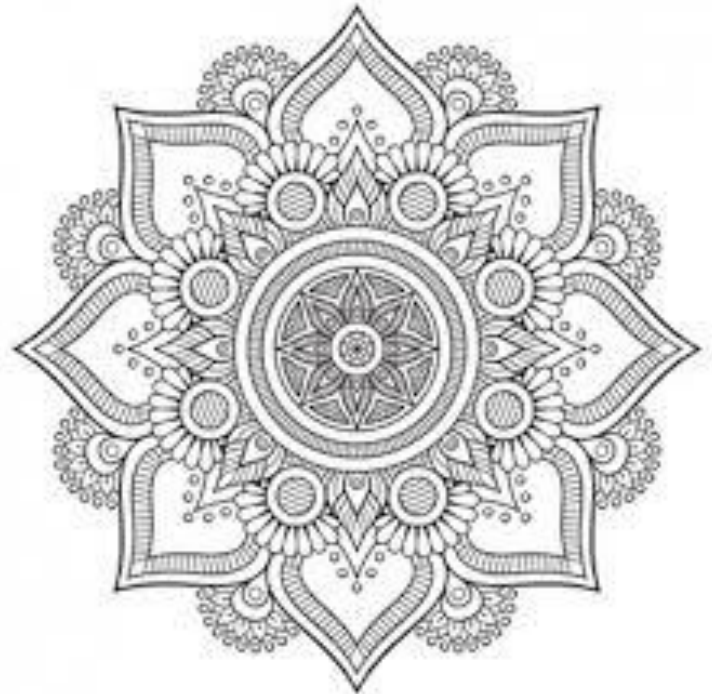
- ✓ Restraints: Level II
- ✓ Code Green Emergencies
- ✓ Length of Stay (LOS)
- ✓ Falls

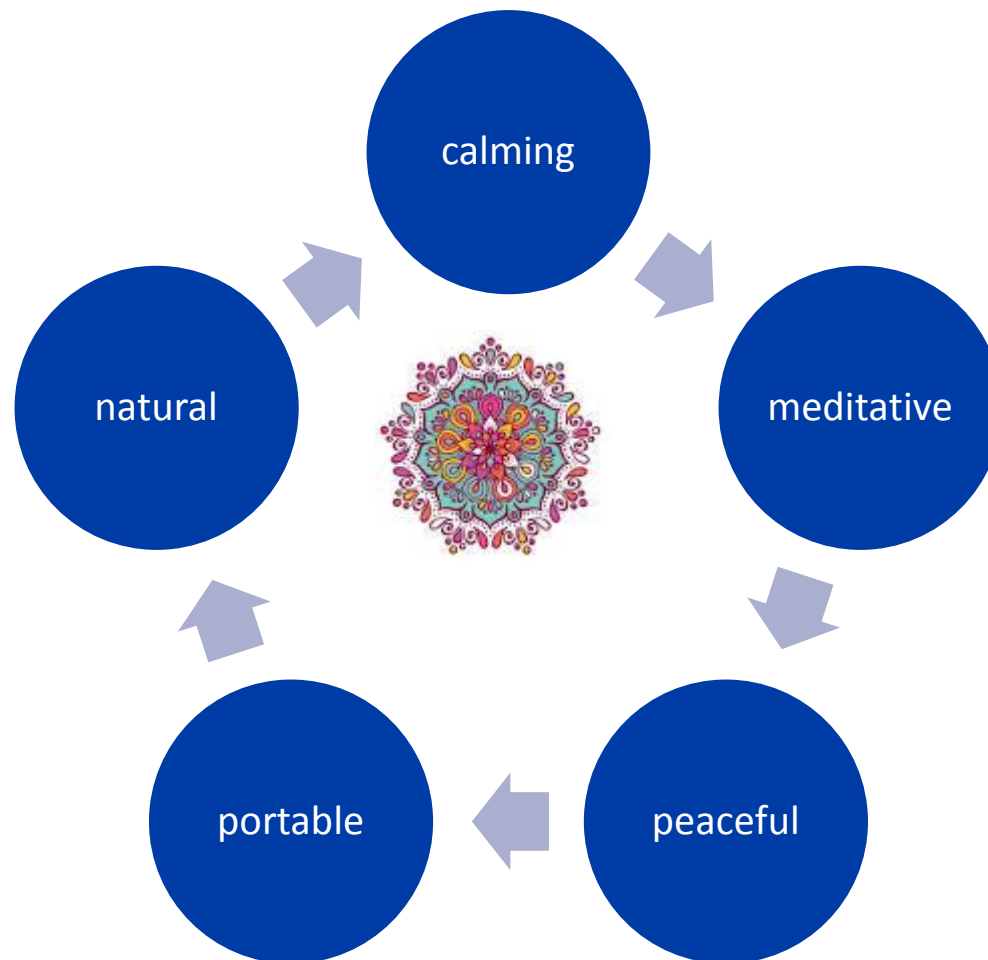
Anxiety

1. Fear that is lingering, disabling
2. Irritability and impulsivity
3. Problems with concentration, memory, cognition
4. Somatic complaints
5. Problems with normal sleep
6. Problems making decisions
7. Substance abuse/dependence
8. Appetite

“Mandala”

Reasonably complex
symmetrical
images dating
back thousands of
years found in
churches,
synagogues,
mosques,
temples, Native
American symbols
and other spiritual
places





Question

Does coloring mandalas on an adult psychiatric unit reduce anxiety?

Literature Reviews

1. 2015,2016,2017 and 2018
2. CINAHL
3. PubMed
4. EBSCO
5. ClinicalKey
6. Google Scholar

Adult Coloring Global Phenomenon

1. Global publishing sales explosion
2. Coloring less stigmatized, more trendy
3. Inexpensive
4. Accessible
5. Personalized to the preference of the person coloring

Gap in Nursing Literature

1. Spirit of Inquiry
2. Opportunity for new knowledge
3. Innovation

Early Leadership Support

- Suzanne Mateo
- Mary McDermott
- CNS Educator Group, Organizational Development
- Nurse Managers (medical/surgical units)
- Volunteer Department

Initial Dissemination (pre IRB)

1. Northwell Health Westchester Finalists for the 2016 President's Award for Teamwork
2. American Psychiatric Nurses Association annual conference Poster Presentation 2016
3. Northwell Behavioral Health Nursing Conference Podium Presentation October 2016
4. Feinstein Institute encouragement

Magnet Journey

1. Evidence Based Practice
2. Mentoring
3. Northwell Research Librarians
4. Judy Dillworth, PhD.
5. Peggy Tallier, PhD.
6. Northwell Institute for Nursing
7. Feinstein Biostatistician Myriam Kline, PhD.
8. Northwell Scientific Review Committee

Study Purpose

1. Inform Nursing and Interdisciplinary practice
2. Address gaps in nursing literature
3. Non-pharmacologic
4. Portable coping skill
5. Reduce anxiety and increase wellness
6. Reduce Psychiatric Emergencies
7. Increase patient engagement
8. Reduce stigma

How can we measure?

Beck Self Inventory Anxiety Scale

- Evidence Based Tool
- 4 Point Likert scale
- 21 items
- Self measure based on feelings and lived experience
- Includes self report of somatic complaints

Method

1. Non- experimental descriptive pretest post design
2. Nonrandomized convenience sample

Scientific Review Committee (SRC)

1. Northwell System
2. Institute for Nursing
3. Blind Review and Feedback
4. Validation
5. Feinstein IRB
6. CITI certification
7. REDcap

IRB Approval (pending)

1. June 2018: Feinstein IRB approval
2. Data Collection: Summer and Fall 2018
3. Tabulation Spring 2019
4. Dissemination at APNA October, 2019

