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## POSTER

# EXPLORING EFFECTIVE LEARNING SESSIONS TO ENHANCE SELF-AWARENESS AND PROMOTE INTEREST IN SELF-CARE AMONG MEDICAL PROFESSIONALS

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**Keywords:** Self-awareness, self-care

## BACKGROUND

**S**elf-awareness among medical professionals is becoming more important. However, it is difficult to practice self-awareness unless consciously. We held in-hospital learning sessions to enhance self-awareness and to support self-care of medical professionals. The session introduced mindfulness, meditation, and self-care from the perspectives of "psychological safety" and "end-of-life care."

## OBJECTIVE

To investigate the effects of sessions based on participants' reactions.

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## **METHODS**

A self-administered questionnaire was distributed to 128 medical professionals who participated in the sessions, and the free description was analyzed according to the qualitative coding procedure.

## **RESULTS**

As a result of analyzing the contents of 97 entries described in the free description of the questionnaire six categories were generated in the end: Stressful experience, Active practice of meditation, The need for self-care, Knowledge of mindfulness, Healing through narrative, Self-awareness through the learning session.

## **DISCUSSION**

Stressful experience about "psychological safety" and "end-of-life care" were narrated. We found that they are receptive to mindfulness, meditation, and self-care, and want to actively incorporate it. The experience of self-awareness was enhanced through the learning sessions. Introducing meditation, mindfulness, and self-care as methods of coping with specific stresses in clinical settings was effective in enhancing self-awareness among medical professionals. ■