



American Academy of Nursing

transforming health care policy and practice through nursing knowledge

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American Academy of Nursing Designates Dr. Jill Bormann an Academy Edge Runner for Mantram Repetition Program

Nurse-Designed Mind-Body-Spiritual Intervention Aids PTSD Veterans, HIV/AIDS Patients, and Others with Significant Psychological Distress

Washington, D.C. (March 28, 2017) — The American Academy of Nursing today announced the designation of Jill E. Bormann, PhD, RN, FAAN as an [Academy Edge Runner](#) for the Mantram Repetition Program (MRP): Mind-Body-Spiritual Approach to Symptom and Stress Management. Dr. Bormann is research health scientist, VA San Diego Healthcare System and clinical professor, Hahn School of Nursing and Health Sciences/Beyster Institute of Nursing Research, University of San Diego. The Edge Runner initiative recognizes nurse-designed models of care that impact cost, improve healthcare quality and enhance consumer satisfaction.

“The Academy is delighted to recognize Dr. Jill Bormann for her 18 years of research on spirituality’s influence on health. Her Mantram Repetition Program has proven to be a viable non-pharmacological option for treating populations suffering from symptoms of psychological distress,” said Academy President Bobbie Berkowitz, PhD, NEA-BC, FAAN. Through its *Raise the Voice* Edge Runner campaign, the Academy is mobilizing its fellows, health leaders and partner organizations to recognize nurses who are leading the way with new ideas to transform the health system.

Dr. Bormann’s research received funding from the National Institutes of Health’ and the Department of Veterans Affairs that contributed to the development of the MRP. The research included Veterans with chronic illness and post-traumatic stress disorder, family caregivers of Veterans with dementia, adults with HIV, childbearing women in labor, and healthcare employees.

A mantram is a self-selected sacred word or phrase which, when repeated silently in the mind, slows down thoughts and behaviors and helps the individual develop a focused, one-pointed attention for symptom and stress management.

“My research has demonstrated that MRP serves as a *“pause button for the mind”* and decreases reactivity,” said Dr. Bormann. “From reduced PTSD symptom severity to improved coping for HIV/AIDS patients, the program holds promise for a variety of groups – and is cost-effective as well.” The MRP estimated cost per person of \$163 was \$400 to \$4,450 less than other types of meditation programs delivered to Veterans with PTSD.

[A summary profile of the Mantram Repetition Program model of care is available here.](#)

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About the American Academy of Nursing

The American Academy of Nursing (<http://www.AANnet.org>) serves the public and the nursing profession by advancing health policy and practice through the generation, synthesis, and dissemination of nursing knowledge. The Academy’s more than 2,500 fellows are nursing’s most accomplished leaders in education, management, practice, policy, and research. They have been recognized for their extraordinary contributions to nursing and health care.