

## **PODIUM 2.2 -- 10:15-10:30 [10-min presentation followed by 5-min Q&A]**

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### **Aim for the Peak: A Scoping Review of Cognitive Flow in Clinical Practice**

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**Background:** Cognitive flow is a state in which individuals experience heightened focus, awareness, performance, and satisfaction in their work. Although this state has been deeply explored and applied in elite sport for optimal performance, little is known about the flow state in healthcare settings. This scoping review sought to summarize the current information on flow in healthcare and identify gaps in knowledge on this concept.

**Methods:** An initial search using keywords related to cognitive flow, positive psychology, clinical practice, and healthcare was conducted in MEDLINE, PsychINFO and EMBASE. All articles discussing flow in healthcare disciplines published between 1806 to July 9 2019 were considered. Two independent reviewers screened all articles, and extracted data pertaining to study location, population, measures, key findings, and manuscript type.

**Results:** 4824 unique abstracts were identified. After title and abstract screening, 207 articles were included for full-text review. In total, 15 articles were included. Overall, there was a paucity of literature on flow in healthcare. Publications described the experience of flow in healthcare workers, potential benefits of flow, and the relationship between flow and other positive states, namely work engagement.

**Conclusions:** Flow is an understudied concept in healthcare. Understanding flow states in healthcare may help combat burnout, enhance career satisfaction, and promote wellness among providers. Further research is needed to more deeply understand how flow is experienced in clinical settings, and how we can support flow in individuals and institutions.