

Introduction to Mindfulness in Medicine Workshop

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Summary: Interest in mindfulness has skyrocketed among clinicians, researchers, and the public. Research has demonstrated that practicing mindfulness meditation can change brain structure and function. Several mindfulness-based clinical interventions have been demonstrated to benefit patients with a range of conditions, particularly chronic pain, depression, anxiety, and addictions. Furthermore, mindfulness practices benefit clinicians by reducing burnout and increasing capacity for empathy and improved mood. Finally, there is growing evidence that clinician mindfulness practices may actually lead to better patient outcomes and patient satisfaction.

We will review the scientific and clinical evidence supporting the benefits of mindfulness-based interventions for patients and healthcare providers. Then we will encourage participants to think about the potential role of mindfulness in their clinical practices and their own lives. Discussing specific clinical/workplace scenarios amongst the group will allow participants to think about applying mindfulness principles in practical and flexible ways. Anyone who has already integrated mindfulness into their work will be invited to share their experience.

Clinicians unfamiliar with mindfulness can start with informal practices that do not require extensive training. We will explore opportunities as well as obstacles to incorporating some of these practices into clinical practice. Resources for learning more will be provided.

Learning Objectives:

1. Participants will understand the basic principles underlying mindfulness meditation.
2. Participants will understand the scientific and clinical evidence supporting mindfulness-based interventions for patient care and for healthcare provider well-being.
3. Participants will identify potential benefits of integrating some degree of mindfulness practice into their own clinical work and in their own lives, and obstacles to making these changes.

Presentation:

1. Mindfulness
 - a. Overview, definitions
 - b. What mindfulness is; What mindfulness isn't
2. Neuroscience research
3. Established clinical mindfulness-based interventions: MBSR, MBCT, MBRP, MSC
4. Benefits of mindfulness-based interventions for patients
 - a. Chronic pain, depression, anxiety, addictions, other clinical conditions
 - b. Emphasis on healing, acceptance, active self-care, participatory medicine
5. Benefits of mindfulness for healthcare providers
 - a. Reduced burnout and psychological distress
 - b. Greater sense of meaning and satisfaction in work
 - c. Good fit with changes in health care delivery systems such as ACO
6. Evidence for improved patient satisfaction and patient outcomes

Workshop Portion:

1. Review informal practices for introduction to mindfulness principles
2. Share practices and applications currently being used or considered by participants
3. Discuss cases that demonstrate benefits, challenges, potential contraindications

References

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3. Fortney L et al. **Abbreviated Mindfulness Intervention for Job Satisfaction, Quality of Life, and Compassion in Primary Care Clinicians: A Pilot Study.** *Ann Fam Med* 2013;412-420.
4. Holzel B. **How Does Mindfulness Meditation Work? Proposing Mechanisms of Action from a Conceptual and Neural Perspective.** *Perspectives on Psychological Science* 2011; 6:537-559
5. Pollak SM, Pedulla T, Siegel RD. **Sitting Together: Essential Skills for Mindfulness-Based psychotherapy.** Guilford Press, 2014.