Mindfulness: Physician Heal Thyself

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OBJECTIVES

• Define mindfulness and its potential role in health care worker’s wellbeing

• Summarize some of the potential benefits based on the current evidence

• Explain how mindfulness affects resilience and quality of life.

• Learn some quick and simple mindfulness tools for use in the workplace setting.

• Review CentraCare Health’s Mindfulness Program
What is Mindfulness?

Paying attention, on purpose, in the present moment, nonjudgmentally

( Jon Kabat-Zinn)
LOST
IN MY
THOUGHTS
MIND WANDERING STATE

A WANDERING MIND IS AN UNHAPPY MIND

(Killingsworth & Gilbert, 2010)
“The faculty of voluntarily bringing back a wandering attention over and over again is the very root of judgment, character, and will. An education which should improve this faculty would be the education par excellence. But it is easier to define this ideal than to give practical directions for bringing it about.”

William James, 1890
MINDFULNESS/HEARTFULNESS
HABITS OF THE MIND

Stimulus | PAUSE | Reaction

PAUSE
TWO PRACTICES OF MINDFULNESS

Formal Practice

Informal Practice
WHY IS MINDFULNESS BECOMING POPULAR?
WHY ARE CONTEMPLATIVE PRACTICES LIKE MEDITATION FLOURISHING IN THE U.S.A.?

Four themes:

1. Neuroplasticity

2. Science of epigenetics

3. The bidirectional highway between brain and body

4. Innate basic goodness
FOUR CHARACTERISTICS OF WELLBEING

Based on the 2015 Report on World Happiness:

1. Resilience
2. A background glow of positive emotion or a sense of innate human goodness
3. Generosity
4. Attention
Changes in Profile of Mood States
Health Care Providers
2002 cohort
STRONG EVIDENCE THAT MINDFULNESS IS BENEFICIAL FOR:

1. Anxiety
2. Depression
3. Sleep
4. Psychological distress including burnout in:
   a. Med. Students
   b. Practicing physicians
   c. Nursing students and graduate nurses
   d. Managers
CENTRACARE HEALTH’S MINDFULNESS PROGRAM
CCH 8 – WEEK MINDFULNESS PROGRAM

• Week 1  Course overview, introduction to meditation and mindfulness
• Week 2  Perception and introduction to mindfulness in daily life
• Week 3  Stress reactivity and the role of the mind
• Week 4  Stress responding versus reacting in difficult situations
• Week 5  Interpersonal mindfulness communication skills
• Week 6  Silent meditation retreat
• Week 7  Mindful movement
• Week 8  Keeping up the momentum
CLASS SEQUENCE

• Discussion, discoveries, and questions

• Presentation of this week’s theme

• Meditation practice

• Review the homework for the upcoming week.
Mindfulness Program

Four classes — weeks 2, 4, 5, and 7 — are included here. You may wish to print the content and keep it in a folder for future reference. The meditations (body scan and sitting meditation) are in the column on the left. The format for each online week is standardized and includes:

1. An overview of the week’s theme
2. YouTube videos related to the theme
3. Home practice plan for the week
4. Journal topics for reflection

Although it may be tempting, please don’t work ahead. There is a rationale for focusing on certain concepts each week.

- Week 2
- Week 4
- Week 5
- Week 7

If you have any questions please feel free to contact Kathleen Mahon, 320-309-8753.

Wishing you all the best as you learn to cultivate your natural capacity to actively engage in caring for yourself and find greater balance, ease and peace of mind.
Mindfulness Program Week 7

Daily Meditations
- Body Scan Meditation
- Introduction to the Body Scan
- Sitting Meditation

Mindfulness Program

Week 2 – Perception and Introduction to Mindfulness in Daily Life (Online)

“The range of what we think and do is limited by what we fail to notice. And because we fail to notice that we fail to notice there is little we can do to change until we notice how falling to notice shapes our thoughts and deeds.” – R.D. Laing

Overview

Videos

Week 2 Home Practice

Journal Topics

Mindfulness Program main page

Access MyChart
- Pay My Bill
- Request an Appointment
- Refill a Prescription
- Make a Donation
- Send a Cheer Card
- Gift Gallery
- Volunteer
<table>
<thead>
<tr>
<th></th>
<th>Pre-Pilot Baseline</th>
<th>1 Month Post-Pilot</th>
<th>6 Months Post-Pilot</th>
</tr>
</thead>
<tbody>
<tr>
<td>Survey Window</td>
<td>12/10/15 - 1/5/16</td>
<td>2/23/16 - 4/20/16</td>
<td>8/15/16 - 9/28/16</td>
</tr>
<tr>
<td># of Survey Recipients</td>
<td>12</td>
<td>11</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>(1 participant dropped out)</td>
<td></td>
<td></td>
</tr>
<tr>
<td># of Surveys Completed</td>
<td>12</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>Average Roll-Up Score for all Survey Participants</td>
<td>3.4</td>
<td>4.3</td>
<td>4.5</td>
</tr>
<tr>
<td>Average Roll-up Score for the 8 Participants Completing All 3 surveys</td>
<td>3.7</td>
<td>4.2</td>
<td>4.5</td>
</tr>
</tbody>
</table>
Mindfulness Self-Assessment for the 8 Pilot Participants Completing All 3 Assessments -- Rollup Score

- Baseline: 3.7
- 1 Month Post-Pilot Measurement: 4.2
- 6 Month Post-Pilot Measurement: 4.5
# Mindfulness 8 Week Pilot

Evaluating Participant Mindfulness Using the "Mindful Attention Awareness Scale" (MAAS)

<table>
<thead>
<tr>
<th>Statement</th>
<th>Baseline</th>
<th>Remeasurement-1 Month</th>
<th>Remeasurement-6 Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>I could be experiencing some emotion and not be conscious of it until some time later.</td>
<td>3.8</td>
<td>4.6</td>
<td>4.7</td>
</tr>
<tr>
<td>I break or spill things because of carelessness, not paying attention, or thinking of something else.</td>
<td>4.9</td>
<td>4.2</td>
<td>4.1</td>
</tr>
<tr>
<td>I find it difficult to stay focused on what's happening in the present.</td>
<td>3.5</td>
<td>4.3</td>
<td>4.1</td>
</tr>
<tr>
<td>I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.</td>
<td>2.3</td>
<td>3.1</td>
<td>3.0</td>
</tr>
<tr>
<td>I tend not to notice feelings of physical tension or discomfort until they really grab my attention.</td>
<td>3.8</td>
<td>4.4</td>
<td>4.2</td>
</tr>
<tr>
<td>I forget a person's name almost as soon as I've been told it for the first time.</td>
<td>4.4</td>
<td>4.3</td>
<td>4.5</td>
</tr>
<tr>
<td>I rush through activities without being really attentive to them.</td>
<td>3.7</td>
<td>4.4</td>
<td>4.7</td>
</tr>
<tr>
<td>It seems I am &quot;running on automatic&quot; without much awareness of what I'm doing.</td>
<td>3.7</td>
<td>4.6</td>
<td>4.7</td>
</tr>
<tr>
<td>I get so focused on the goal I want to achieve that I don't really think about what I am doing right now to get there.</td>
<td>2.9</td>
<td>3.8</td>
<td>4.7</td>
</tr>
<tr>
<td>I do jobs or tasks automatically, without being aware of what I'm doing.</td>
<td>3.7</td>
<td>4.7</td>
<td>4.7</td>
</tr>
<tr>
<td>I find myself listening to someone with one ear, while doing something else at the same time.</td>
<td>2.9</td>
<td>3.8</td>
<td>4.7</td>
</tr>
<tr>
<td>I find myself preoccupied with the future or the past.</td>
<td>3.7</td>
<td>3.8</td>
<td>4.5</td>
</tr>
<tr>
<td>I find myself doing things without paying attention.</td>
<td>3.9</td>
<td>3.8</td>
<td>4.7</td>
</tr>
<tr>
<td>I snack without being aware that I'm eating.</td>
<td>4.7</td>
<td>4.3</td>
<td>4.7</td>
</tr>
</tbody>
</table>
PARTICIPANT EVALUATIONS

• All 11 participants felt the program was worthwhile and would recommend it to colleague.

• “I am more cognizant of my responses, more aware of others needs, stronger belief in myself and my abilities.”

• “I loved how relaxed I felt after the in-person sessions.”

• “Group sharing was great!”

• “I liked the in-person meditation and the flexibility and variety of using it in different ways in my life.”

• “Liked our cohort and being with the same people for class.”

• “It was really wonderful – I liked all of it!”
INFORMAL PRACTICES TO INCORPORATE INTO THE WORKPLACE

• 1. Mindful hand washing
• 2. Mindful breathing exercise
• 3. Mindful walking
STRATEGIES TO HELP INCORPORATE MINDFULNESS INTO YOUR WORK

S - stop before you go in to see a patient
T - take a few deep breaths in and out
O - observe how you feel (mind and body)
P - Proceed on with what you were doing


REFERENCES


• Zolnierczyk-Zreda, D. et al., (2016), Mindfulness-based stress reduction for managers: a randomized control trial, Occupational Medicine, 66, 630-635.
REFERENCES


• Ponte, P.R., et al., (2015), Cultivating mindfulness to enhance nursing practice, American Journal of Nursing, 115(6), 48-55.