

Enhancing Practice of Pediatric Hospital Medicine Through use of Mindfulness

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Disclosures

No financial relationships to disclose

No off-label medications

Objectives

By the end of this workshop the participants will be able to:

Define mindfulness and realize the evidence behind utility of mindfulness in medicine

Develop self-awareness and predict signs of burnout

Identify methods to decrease stress and burnout

Mindfulness



What is burnout?

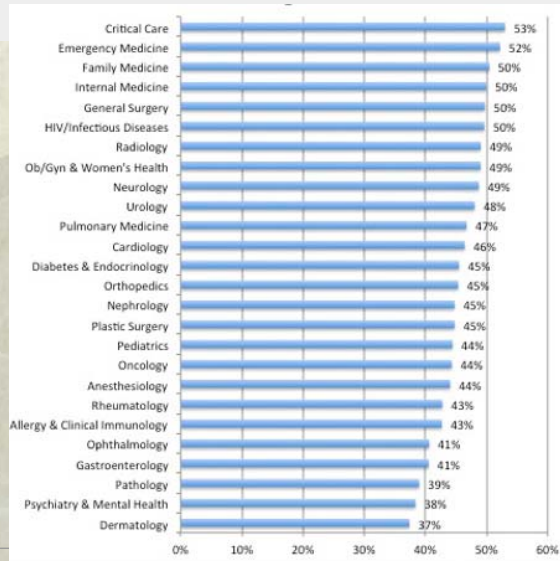
Burnout is not the same as stress or depression

Symptoms characterizing burnout

- ◆ Emotional Exhaustion
- ◆ Depersonalization and
- ◆ Lack of Personal Accomplishment/Joy with work

2014 mindful practice program University of Rochester
Citation: Maslach C, Psychological Review

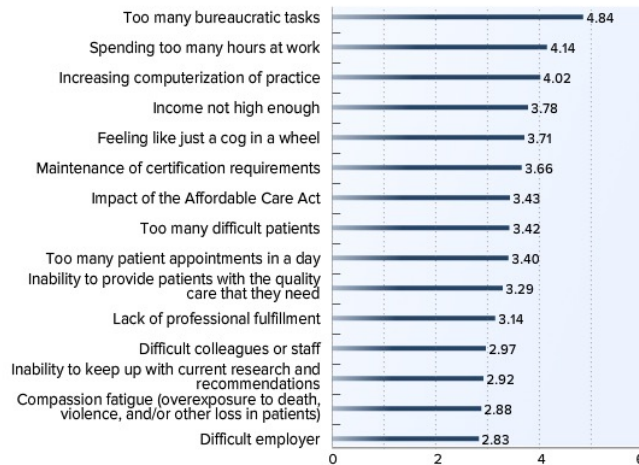
Burnout by specialty



hanafelt et al, Burnout and Satisfaction With Work-Life Balance Among US Physicians Relative to the General US Population. *J Gen Intern Med*. 2012;47(4):427-435. doi:10.1093/gim/mkr319

Burnout

What Are the Causes of Burnout?



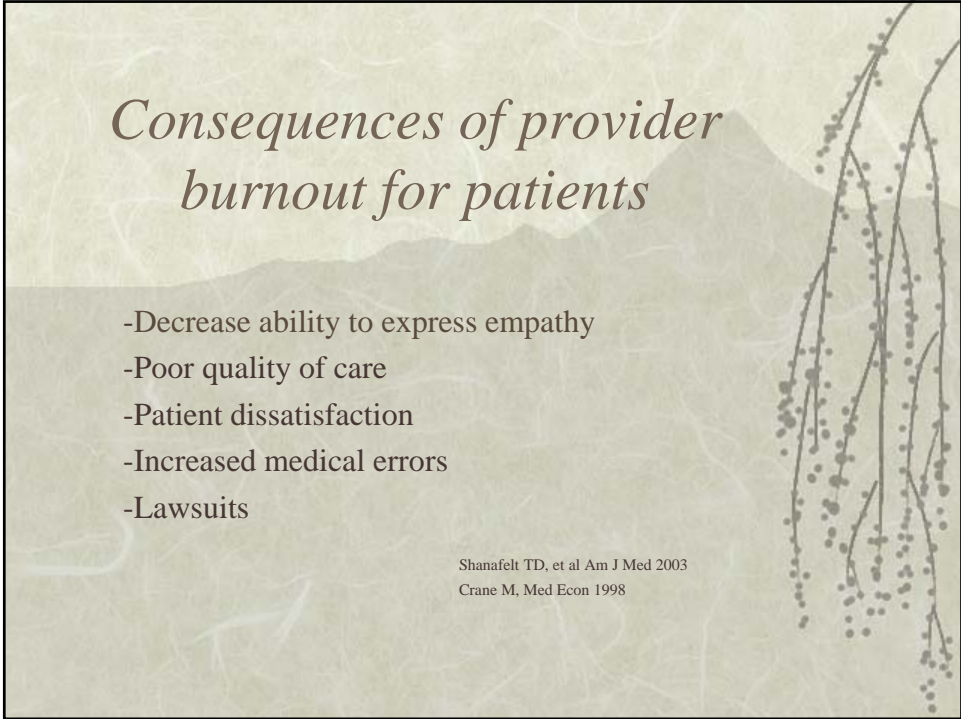
Shanafelt et al, Burnout and Satisfaction With Work-Life Balance Among US Physicians Relative to the General US Population. *Arch Intern Med.* 2012;172(18):1377-1385. doi:10.1001/archinternmed.2012.3199

Personal consequences of burnout

Reported by providers:

- Substance abuse
- Marital and family discord
- Automobile accidents
- Stress-related health problems

Spickard A et al *Jama* 2002
Dunn, PM et al *J Gen Intern Med* 2007



Consequences of provider burnout for patients

- Decrease ability to express empathy
- Poor quality of care
- Patient dissatisfaction
- Increased medical errors
- Lawsuits

Shanafelt TD, et al Am J Med 2003
Crane M, Med Econ 1998



Mindfulness definition

“Mindfulness is the aware, balanced acceptance of the present experience. It is opening to, or receiving the present moment, pleasant or unpleasant, just as it is, without either clinging to it or rejecting it.”

—Sylvia Boorstein

Mindfulness in medicine

“Mindfulness is the cultivation of present-moment awareness through nonjudgmental presence, which is the foundation of the healing encounter.”

Jon Kabat-Zinn

Mindfulness Qualities

- ⑩ Non-judging
- ⑩ Patience
- ⑩ Beginner's Mind
- ⑩ Trust
- ⑩ Non-striving
- ⑩ Acceptance
- ⑩ Letting Go (non-attachment)

William Osler

One of the first essentials in securing a good-natured equanimity is not to expect too much of the people amongst whom you dwell.... Deal gently then with this deliciously credulous old human nature in which we work, and restrain your indignation.

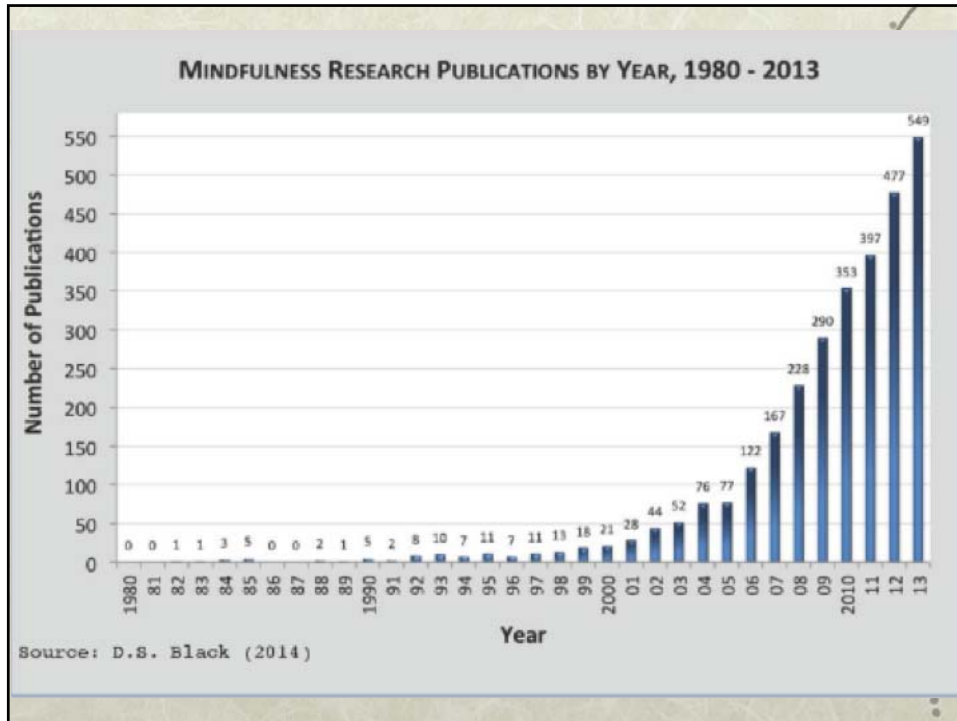
AEQUANIMITAS, IN AEQUANIMITAS, 6.

A rare and precious gift is the Art of Detachment, by which a man may so separate himself from a life-long environment as to take a panoramic view of the conditions under which he has lived and moved; it frees him from Plato's den long enough to see the realities as they are, the shadows as they appear.

CHAUVINISM IN MEDICINE, IN AEQUANIMITAS, 265.

Mindfulness gaining Popularity in Press

- Time Magazine
- Anderson Cooper
- Was featured in a new episode in the popular TV show *Scrubs*
- NPR show "On Being"
- NYT "To Jump-Start Your Exercise Routine, Be Mindful"



Mindfulness-based stress reduction (MBSR) for patients

Originated by Dr. Jon Kabat-Zinn in 1979

A structured group program/course that employs mindfulness meditation to alleviate stress due to physical and emotional conditions

Based upon a systematic, secular procedure, to develop enhanced awareness of moment-to-moment experience

Mindfulness-based stress reduction course for patients

Structure:

Structured 8-10 week program
Groups 10-40 participants
~2 hours/session
Daily 45 minutes of meditation

Content:

Mindfulness, meditation, and mind-body connection
Experiential practice a variety mindful meditation techniques
Discussion focused on barriers to effective practice

MBSR evidence for patients

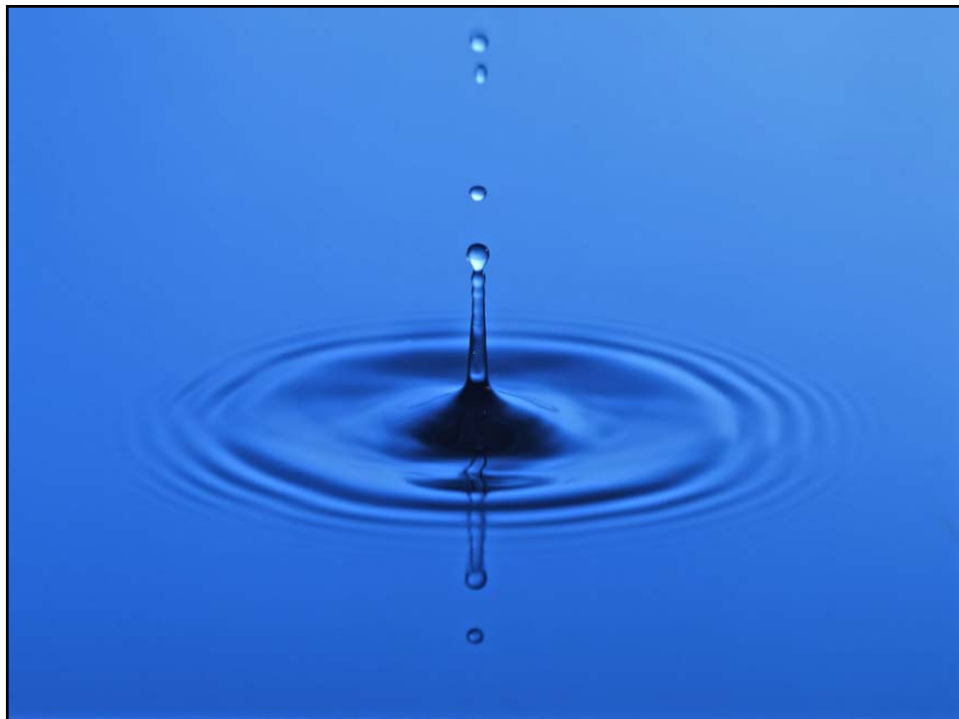
- Improvement in both everyday stress, and conditions of serious disorders such as depression, anxiety
- Improvement in physical impairment caused by chronic pain
- Improvement in quality of life, job satisfaction
- Improvement in immune parameters

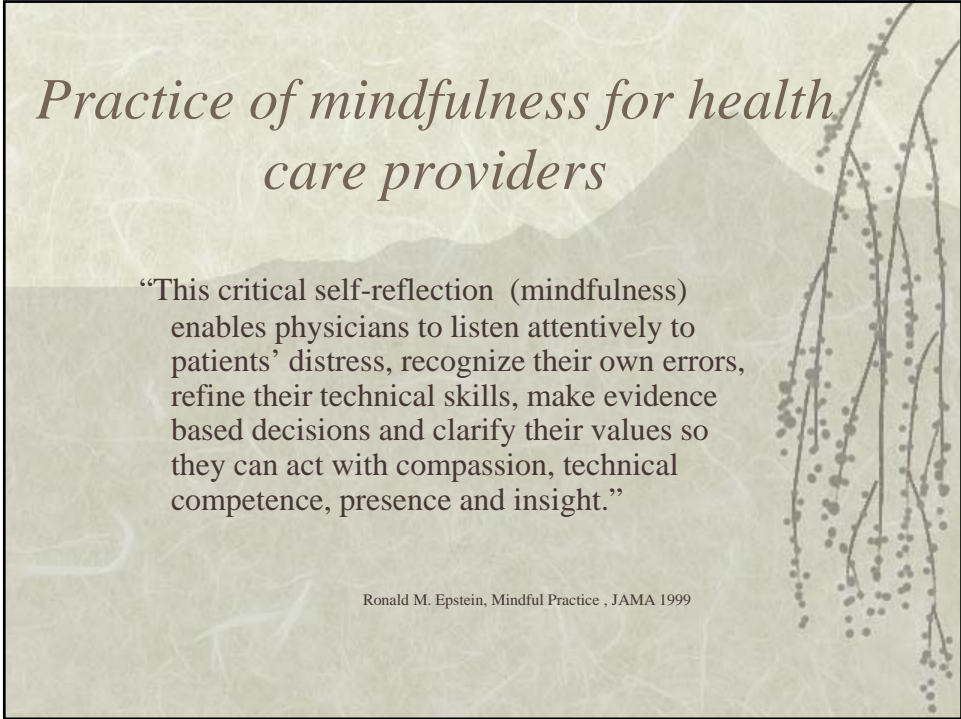
MBSR evidence for patients

A meta-analysis of about 47 trials with 3515 participants suggested:

- Moderate evidence for improved anxiety, depression, and pain.
- Low evidence for improved stress/distress and mental health-related quality of life
- No or insufficient evidence for substance abuse, sleep, weight, or attention disorders.

Goyal, M et al JAMA Intern Med 2014

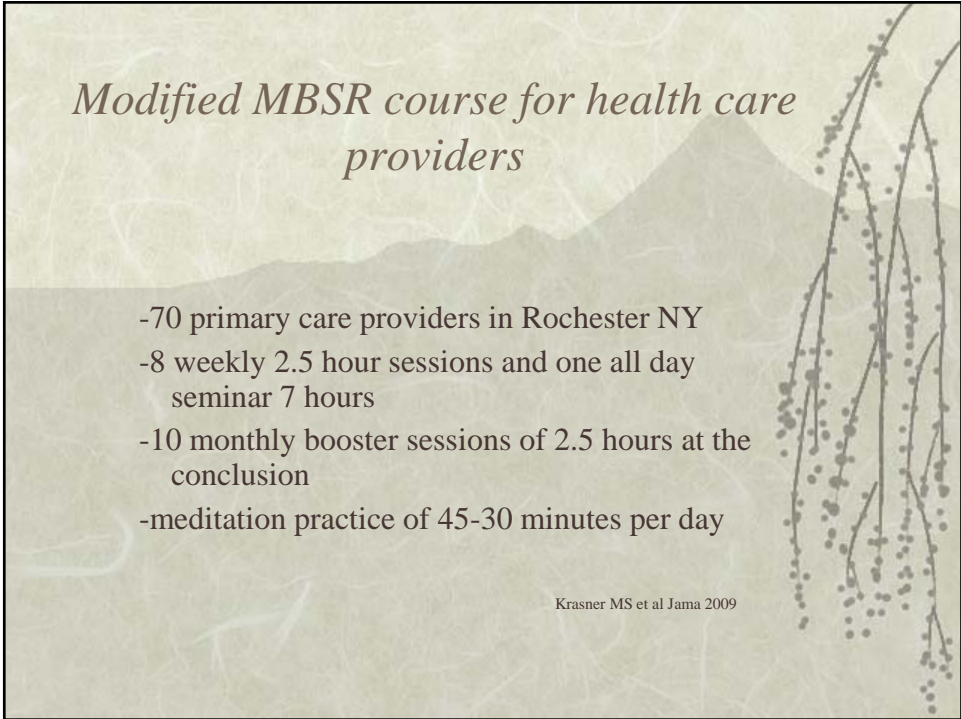




Practice of mindfulness for health care providers

“This critical self-reflection (mindfulness) enables physicians to listen attentively to patients’ distress, recognize their own errors, refine their technical skills, make evidence based decisions and clarify their values so they can act with compassion, technical competence, presence and insight.”

Ronald M. Epstein, Mindful Practice , JAMA 1999



Modified MBSR course for health care providers

- 70 primary care providers in Rochester NY
- 8 weekly 2.5 hour sessions and one all day seminar 7 hours
- 10 monthly booster sessions of 2.5 hours at the conclusion
- meditation practice of 45-30 minutes per day

Krasner MS et al Jama 2009

Modified MBSR course results for health care providers

Improved personal well being

Improved mood

- More vigor
- Less tension
- Less anger
- Less fatigue

Burnout reduction

- Less depersonalization
- Less emotional exhaustion
- More personal accomplishment

Krasner MS et al Jama 2009

Abbreviated MBSR course for health care providers

-University of Wisconsin

-Total of 18 hours

(14 hours in 1 weekend & two, 2 hour evening sessions)

-10-20 minutes per day of meditations

-Website to help clinicians with their continued study

-Same contents

-No cost

Fortney L et al Ann fam Med 2013

Abbreviated MBSR course results for health care providers

- 30 participants
- Outcomes were measured by 3 online surveys
- No controls
- Significant reduction in measures of burnout
 - Depression
 - Anxiety
 - Stress

Fortney L. et al Ann Fam Med 2013

Benefits shown from MBSR courses for providers

- Increased self-compassion
- Reduced stress, burnout, distress, emotional exhaustion
- Reduced anger, anxiety, depression, fatigue
- Improved overall mood state

Fortney 2013, Krasner 2009, Shapiro 2005, and Galantino 2005

Books for beginners

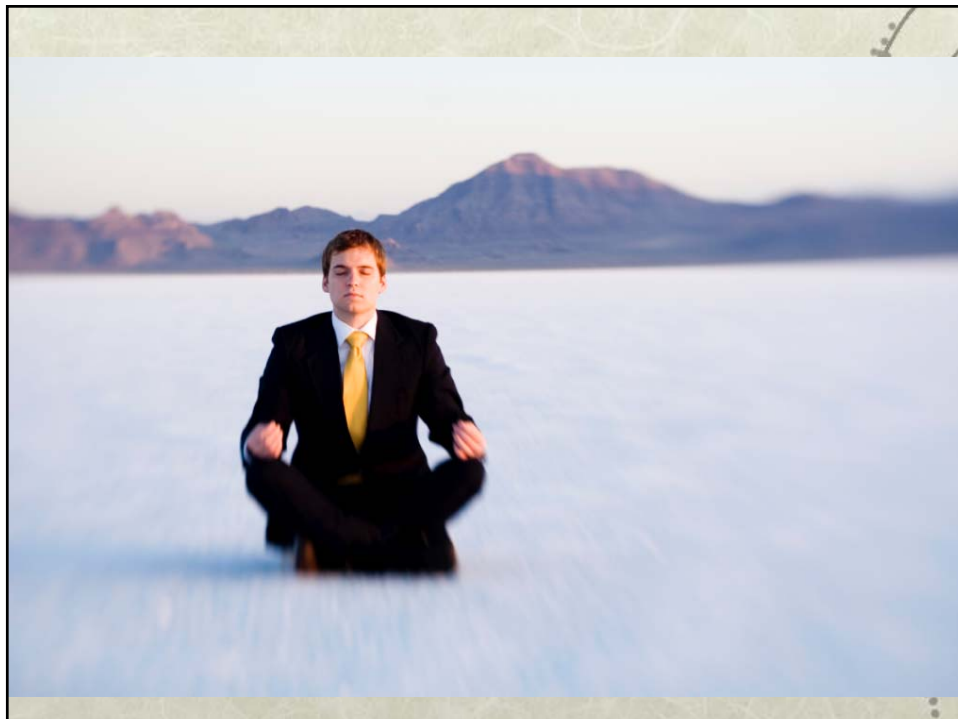
*Peace Is Every Step: The Path of
Mindfulness in Everyday Life*

Thich Nhat Hanh 1992

Wherever You Go, You Are There

Jon-Kabat-Zinn 2005

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Techniques for mindful communication

Incorporate these three mindfulness steps
in to your daily life and clinical
practice:

[Pause](#)

[Presence](#)

[Proceed](#)

<http://www.fammed.wisc.edu/mindfulness>
Rakel, D. Et al. Explore 2011. 7:124-6

Techniques for mindful communication

Pause:

- Stop and focus your attention on the task at hand
- Before entering the patient room, take one or two deep breaths
- Remind yourself why you went into medicine

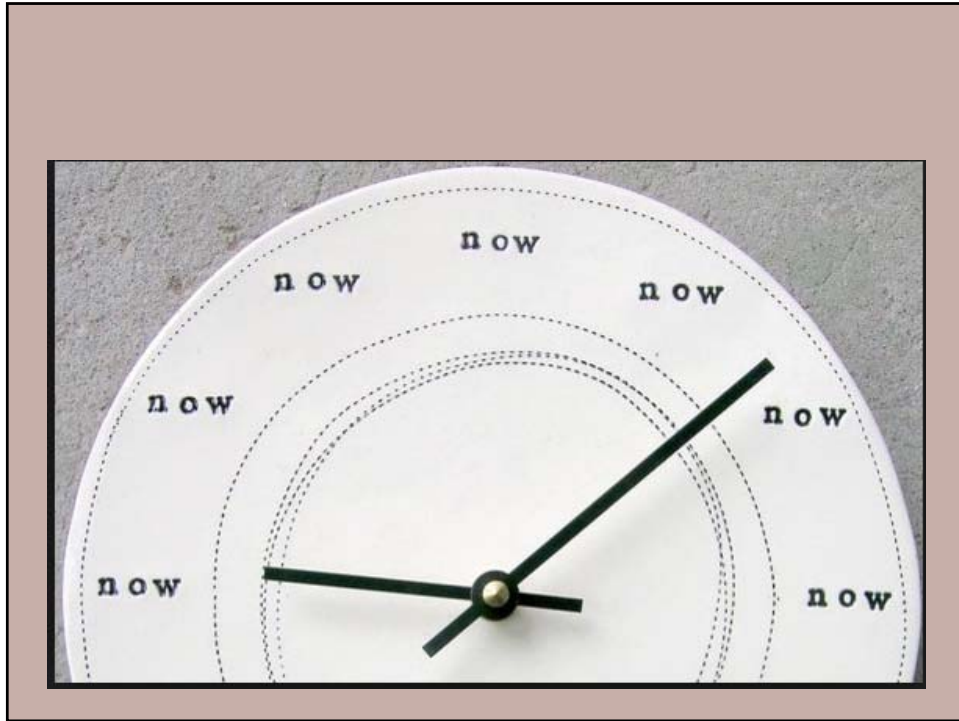


Techniques for mindful communication

Presence:

-Drop in the moment and become aware of the of thoughts, emotions, and conditions that affect the provider-patient encounter

-Remember the importance of now



Techniques for mindful communication

Presence:

Acknowledging that there are two experts in the room: The patient and the physician

- Patients are the expert of their knowledge of their symptoms and lives
- Doctors are the experts of medical conditions



Techniques for mindful communication

Presence

- Be aware of how long the patients have waited
- Know their names
- Repeat the patient's name several times to make the encounter more personal



Techniques for mindful communication

Presence

- Do not be judgmental
- Do not give up on a teen who is not initially fully engaged
Sometimes they need time to warm up
- Do not become angry with difficult parents (practice empathy)



*Techniques for mindful
communication*

Proceed

- Encourages health oriented action that responds in a skillful and compassionate way by using insight from steps one and two



*Techniques for mindful
communication*

- Attentive listening
- Not interrupting (The Rain Stick)

The Rain Stick

Upend the stick again. What happens next

Is undiminished for having happened once,
Twice, ten, a thousand time before.
Who cares if all the music that transpires

Is the fall of grit or dry seeds through a cactus?
You are like a rich man entering heaven
Through the ear of a raindrop. Listen now again.

Seamus Heaney

Techniques for mindful communication

Touching patients

- During introduction
Hand shake or “high five”
- During the examination
Support and compassion
- During other interactions
Gentle touch of the elbow
Touch during emotional parts of the history



Techniques for mindful communication

Patient Centeredness

- What do they think is going on
- What have they done at home to address the problem
- What are their concerns
 - If the patient or families are sad, anxious, or angry, first address these emotions before going on with the interview



Techniques for mindful communication

Smile and make eye contact

“Our smile affirms our awareness and determination to live in peace and joy.....Wearing a smile on your face is a sign that you are master of yourself.”

Thich Nhat Hanh

Evidence regarding mindful communication

- Providers that smiled, established eye contact and were not angry when discussed patients' wrong choices, were instrumental in helping their patients achieve positive goals.

Slepian ML et al Annu Rev Clin Psychol. 2014; 10:131-

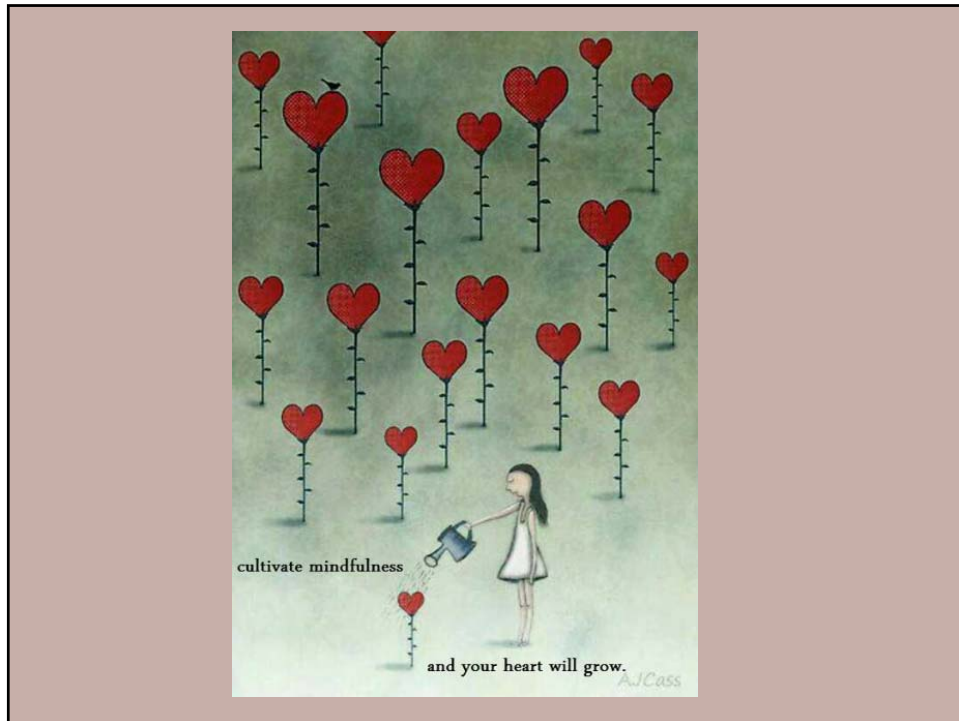
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Techniques for mindful communication

- Become more forgiving of self
 - May not have solved all the problems
 - May not feel that you helped the patient
 - May not have enough time to sit and listen
 - May be feeling self criticism and personal guilt

But Sometimes.....

Your caring presence is just enough



*Practicing mindfulness in
everyday life*

“We don’t have to travel far away to
enjoy the blue sky. We don’t have
to leave our city or even our
neighborhood to enjoy the eyes of
a beautiful child. Even the air we
breathe can be a source of joy.”

Thich Nhat Hanh





Meditation

Medicine and Meditation share the same
Latin origin:

Mederi = to heal



A daily meditation practice

- Enhances concentration
- Eliminates the effects of distraction
- Focuses attention
- Leaves lasting calmness

Meditation



Narrative exercise

Take about 5 minutes and write a brief story about a time when you took some action during your daily work in order to reduce stress, enhance your effectiveness or improve your sense of well-being. It might have been in a small or big way. (If you cannot think of something at work, perhaps choose something in your personal life.)



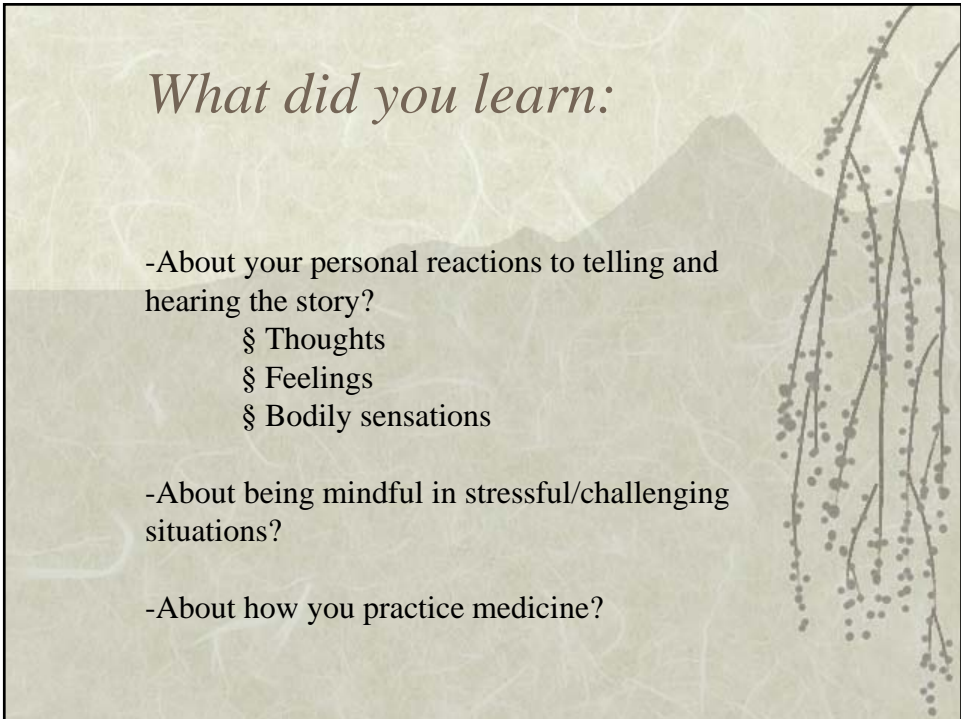


For the storyteller:

- § What happened?
- § What helpful qualities did you bring to that moment?
- § Who else was involved, and how did they contribute?
- § What aspects of the context made a difference?
- § What lessons from this story are useful to you?

For the listener:

- § Be attentive, don't interrupt
- § Ask questions to help your partner clarify and provide details
- § Don't talk about your own ideas or experiences
- § Use reflective questions and empathy when appropriate
- § If you get done sooner, just be silent. We'll let you know when it is time



What did you learn:

- About your personal reactions to telling and hearing the story?
 - § Thoughts
 - § Feelings
 - § Bodily sensations
- About being mindful in stressful/challenging situations?
- About how you practice medicine?

Research on how to avoid burnout

- Adopt a healthy philosophical attitude toward life
 - Not taking yourself too seriously, simplifying, balance, self-forgiveness
- Find support in the workplace
 - Good mentoring, setting limits, administrative support
- Engage and find meaning
 - Sense of self-worth and self-efficacy
- Develop healthy relationships
 - Time with friends and family, supportive partner, support group
- Take care of yourself
 - Exercise, nutrition, treat depression, avoid intoxicants, vacation
- Cultivate self-awareness
 - Meditation, support groups, narrative writing

Shanafelt TD et al. 2003 and 2005, Horowitz 2003

Home Practice

Every day, find 2 brief opportunities during the work day to stop briefly, take a breath and pay attention to the moment

Notice the things in your environment you are reacting to

Notice any bodily sensations, thoughts and emotions

Take 2 minutes each morning and 2 minutes each evening to breathe. Perhaps do 20 breaths – 10 in the morning, 10 in the evening

Increase as tolerated

Conclusion

- Practice of mindfulness can enhance self-awareness and provide tools to predict signs of burnout
- Few concepts in practice of mindfulness in medicine include: empathetic presence, attentive observation, critical curiosity and beginner's mind
- Practicing mindfulness improves provider wellbeing by focusing on what nourishes them during their work day as oppose to getting away
- Improved provider wellbeing leads to better patient doctor relationships and leads to patient wellbeing.

Narrative exercise: Stress reduction and self-care

Divide into Pairs. Share a brief story about a time when you took some action during your daily work in order to reduce stress, enhance your effectiveness or improve your sense of well-being. It might have been in a small or big way. After 5-7 minutes, switch the role of the storyteller and listener. After both have finished in the next five minutes discussed what you have learned from each other and create a list of pearls to share with the large group.

Instructions for the storyteller

Address:

- ☐ What happened?
- ☐ What helpful qualities did you bring to that moment?
- ☐ Who else was involved, and how did they contribute?
- ☐ What aspects of the context made a difference?
- ☐ What lessons from this story are useful to you?

Instructions for the listener

- ☐ Be attentive, and don't interrupt and be curious about your partner's experience.
- ☐ Ask questions to help your partner clarify, and deepen understanding and provide details.
- ☐ Don't talk about your own ideas or experiences and don't give advice.
- ☐ Use reflective questions and empathy when appropriate, and if you get done sooner, just be silent. We'll let you know when it is time.

Reflection at the conclusion

- What did you learn:
- About your personal reactions to telling and hearing the story? Thoughts, Feelings or Bodily sensations
 - About being mindful in stressful/challenging situations?
 - About how you practice medicine?

Home practice

Every day, find 2 brief opportunities during the work day to stop, take a breath and pay attention to the moment

Notice the things in your environment you are reacting to

Notice any bodily sensations, thoughts and emotions

Take 2 minutes each morning and 2 minutes each evening to breathe

Perhaps do 20 breaths – 10 in the morning, 10 in the evening and increase as tolerated.

At the end of the day think about three good things that happened that day

See the website below:

https://www.youtube.com/watch?v=hZ4aT_RVHCs

While you are taking notice of the stresses around you and the environment, be curious about how each of those factors is affecting you in a particular way. While there is often a way you can reduce the impact of stress and there are frequently things about the environment that can, in theory, be changed, for the moment, simply observe how the stress affects you -- how it does its work, without trying to push it away, make it disappear or change it in any way. Just notice. Paradoxically, by trying to push back or push away, sometimes the stress seems more unmanageable.

21 Ways to Reduce Stress During the Workday

By Saki Santorelli

1. Take five to thirty minutes in the morning to be quiet and meditate, and/or lie down and be with yourself... gaze out the window, listen to the sounds of nature, or take a slow quiet walk.
2. While your car is warming up, try taking a minute to quietly pay attention to your breathing.
3. While driving, become aware of body tension, e.g., hands wrapped tightly around the steering wheel, shoulders raised, stomach tight, etc., consciously working at releasing, dissolving that tension... Does being tense help you to drive better? What does it feel like to relax and drive?
4. Decide not to play the radio and be with your own sound.
5. On the interstate, experiment with riding in the right lane, going five miles below the speed limit.
6. Pay attention to your breathing and to the sky, trees, or quality of your mind, when stopped at a red light or toll plaza.
7. Take a moment to orient yourself to your workday once you park your car at the workplace. Use the walk across the parking lot to step in to your life. To know where you are and where you are going.
8. While sitting at your desk, keyboard, etc., pay attention to bodily sensations, again consciously attempting to relax and rid yourself of excess tension.
9. Use your breaks to truly relax rather than simply “pausing.” For instance, instead of having coffee, a cigarette, or reading, try taking a short walk – or sitting at your desk and renewing yourself.
10. For lunch, try changing your environment. This can be helpful..
11. Try closing your door (if you have one) and take some time to consciously relax.
12. Decide to stop for one to three minutes every hour during the workday. Become aware of your breathing and bodily sensations, allowing the mind to settle in as a time to regroup and recoup.
13. Use the everyday cues in your environment as reminders to “center” yourself, e.g., the telephone ringing, sitting at the computer terminal, etc.
14. Take some time at lunch or other moments in the day to speak with close associates. Try choosing topics that are not necessarily work related.
15. Choose to eat one or two lunches per week in silences. Use this as a time to eat slowly and be with yourself.
16. At the end of the workday, try retracing today’s activities, acknowledging and congratulating yourself for what you’ve accomplished and then make a list *for tomorrow*. You’ve done enough for today!

17. Pay attention to the short walk to your car – breathing the crisp or warm air. Feel the cold or warmth of your body. What might happen if you open up to and accept these environmental conditions and bodily sensations rather than resist them? Listen to the sounds outside your workplace. Can you walk without feeling rushed? What happens when you slow down?
18. At the end of the workday, while your car is warming up, sit quietly and consciously make the transition from work to home – take a moment to simply *be* – enjoy it for a moment. Like most of us, you’re heading into your next full-time job – home!
19. While driving, notice if you are rushing. What does this feel like? What could you do about it? Remember, you’ve got more control than you might imagine.
20. When you pull into the driveway or park on the street, take a minute to orient yourself to being with your family members or to entering your home.
21. Try changing out of work clothes when you get home. This simple act might help you to make a smoother transition into your next “role” – much of the time you can probably “spare” five minutes to do this. Say hello to each of your family members or to the people you live with. Take a moment to look in their eyes. If possible, make the time to take five to ten minutes to be quiet and still. If you live alone, feel what it is like to enter the quietness of your home, the feeling of entering your own environment.

Adapted from materials retrieved 7/26/2010 from
<http://www.bemindful.org/mindmastery.pdf>