

Scottish Partnership for Palliative Care Annual Conference October 31st 2013

Mindfulness Workshop
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St Columba's Hospice

Outline

- What is Mindfulness
- Core Mindfulness practices (some along the way)
- Mindfulness Based Interventions – MBSR

What's the evidence for benefit in:

- Cancer patients
- Health Care Staff
- Scientific research
- Hospice Mindfulness Study

Helpful “Definitions” of Mindfulness

- “paying attention in a particular way: on purpose, in the present moment, and without judgement”

Kabat-Zinn

- “the art of conscious living” “the direct opposite of taking life for granted” Kabat-Zinn

- “most of the time we are unwittingly practicing the opposite” Thich Nhat Hanh

What is Mindfulness?

- **Mindful Awareness**

- deep knowing/ felt sense/ way of inhabiting the body/ mind/emotions
- a deep awareness/ a knowing and experiencing life as it arises and passes away in each moment
- deepest level its about freedom from reflexive patterns, from reactivity and ultimately suffering

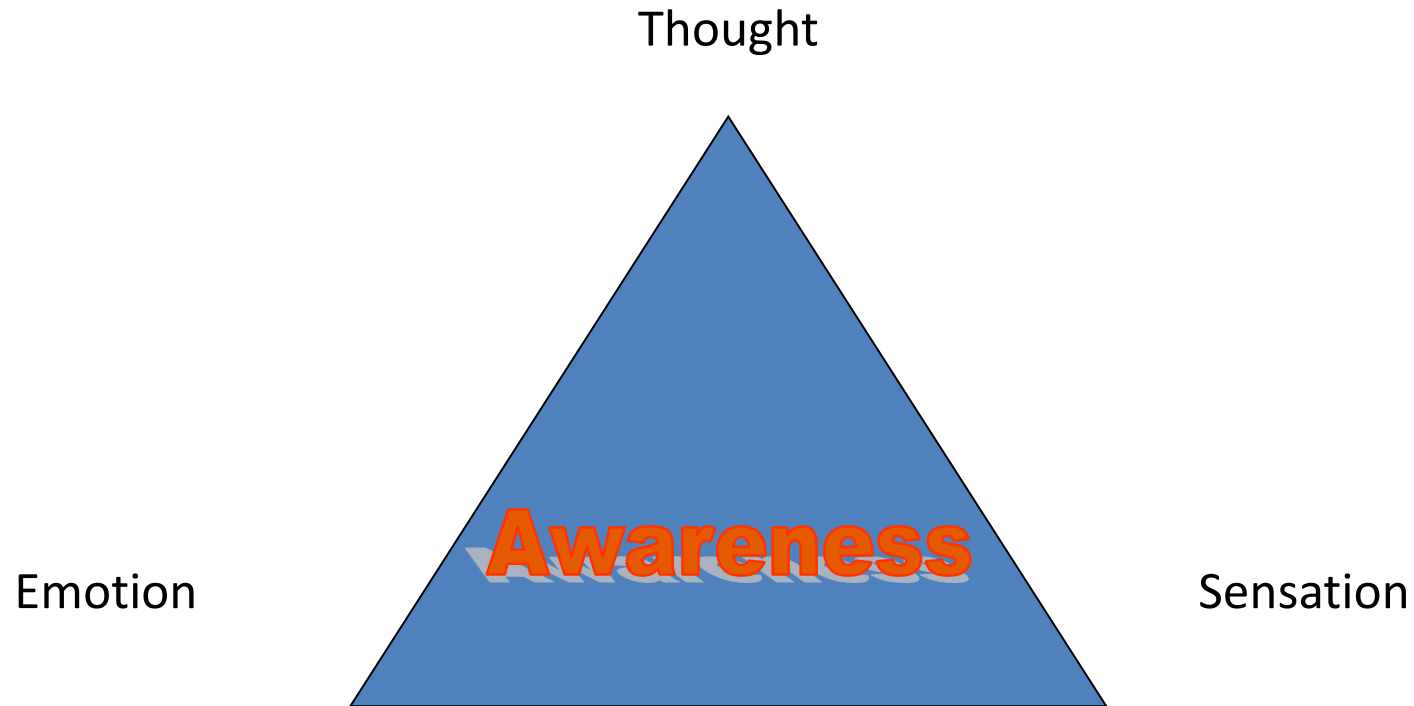
- **Mindful Practice**

- a way of intentionally pursuing Mindful Awareness
- conscious development of skills

Core Practices

- Body scan
- Sitting meditation
- Gentle yoga
- Walking meditation
- Informal daily practices

Triangle of Awareness



Mindfulness Based Stress Reduction

- 8 week programme initially designed for chronic pain patients in 1980's
- Found to ↓ pain measures
- And ↓ mood disturbance
- Regular meditation may improve the way people cope with pain
- And may reduce emotional suffering

(Kabat-Zinn 1982)

Mindfulness Based Stress Reduction

- 8 weeks, 2 hours/week
- Teaches core practices: e.g. sitting meditation
- Informal practices: e.g. bringing mindfulness into daily life
- Info on stress
- “homework”/practice is integral
- Themes:
 - “ more right than wrong with you”
 - “ perception and creative responding”
 - “ pleasure and power in being present”
 - “ how to get unstuck”
 - “ reacting vs responding to stress”
 - “ mindful communication” “cultivating kindness”

MBSR and Health Benefits (meta analysis)

- Improvement in psychological wellbeing, anxiety and depression
- Improvement in symptoms and pain
- Clinical pops: pain; fibromyalgia, cancer and heart disease
- Methodological flaws
- ‘MBSR’ may help a wide variety of individuals to cope with clinical and non clinical problems.

(Grossman *et al* 2004)

TIPS TO RESIST YOUR TEMPTATIONS *page 45*

SCIENTIFIC AMERICAN
MIND

BEHAVIOR • BRAIN SCIENCE • INSIGHTS

Stress
and the
City
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March/April 2013

www.ScientificAmerican.com/Mind

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How the science of mindfulness can improve
attention and lift your mood

PLUS

Giving Addicts
the Power to Quit

Learn to Master
Your Brain Waves

Why Placebos
Work So Well



Science and research

- Can meditation slow cellular aging?
- Mothers of children with chronic disorders
- High perceived stress
- Accelerated telomere shortening
- Longer mother had taken care of child the shorter the telomere length and lower telomerase activity

(Epel, E *et al* 2004)

Science and research Shamatha project

RCT prolonged meditation

Team of scientists assessing

Sharpened and sustained attention

Increased empathy

Increased wellbeing

Increased telomerase activity

Improvements endured after project

(Clifford Saran Centre for Mind and Brain, University of California)

Pause and ask yourself what was on the last slide.

Can you remember in detail or was your mind wandering?



MBSR and Cancer Patients

- RCT (wait list) of 90 ca pts
- 65% ↓ in mood disturbance
(mean effect size .60)
- 35% ↓ in symptoms of stress
- Time spent meditating significantly predicted change in mood scores
- 6 month follow up - improvement maintained

(Speca 2000; Carlson 2001)

MBSR in Breast Cancer

- RCT (wait listed)
- 229 Breast cancer patients (Stage 0-3)
- MBSR ↑ mood (anxiety and depression)
- MBSR ↑ QoL (FACT B)
- MBSR ↑ well being (WHO-5)
- Benefits persisted for 3 months

(Hoffman 2012)

MBSR and Cancer Patients

- 2 Qualitative studies (9pts; 8 pts)
- Opening to change; journeying toward acceptance
- Self control
- Shared experience
- Personal growth
- Spirituality
- Spirit of openness/ connectedness

(Mackenzie 2007; Dobkin 2008)

MBSR and Cancer patients

“its changed my mindset completely. I am much more conscious all the time of what I’m doing and why I’m doing it, and even if it’s not right, at least I’m conscious”

“It’s helping me to be more aware of the way things are....not as you wish things to be or how they were in the past”

(Dobkin 2008)

MBSR and Cancer Patients

“ I don’t think the disease has gotten to me as stressfully and as horribly as it could have. I am a fairly emotional women. If I hadn’t taken mindfulness I would be a mess”

“ Its changed my outlook on life, my relationship to other people and, most importantly my relationship to myself. That’s the person I have to deal with every day”

(Mackenzie 2007)

Notice the quality of your awareness right now
without judging it; simply notice

Mindfulness for Health Care Staff

MBSR and Nurses

- Pilot RCT (waitlist)
- Community Teaching Hospital
- ↓ Burnout maintained at 3/12
- ↑ Mindfulness maintained at 3/12
- Limitations: small sample size

(Cohen-Katz 2005)

MBSR and Nurses

- *“I'm much more aware of my thoughts and feelings during stressful events”*
- *“every time I practice, I'm encouraged that I can do this, and I can take care of myself”*
- *“by listening to others, I realise that I'm not so different”*
- *“I find I'm reacting less and stepping back and looking at the bigger picture”*
- *“patients and co workers benefit from the change in me”*

(Cohen-Katz 2005)

Think about your most recent clinical encounter

Were you truly present with the patient (or family) ?

MBSR for Groups of Health Professionals

- Pilot RCT 38 HCP's
- Significant ↓ in stress
- Significant ↑ in self-compassion
- Limits: small numbers; high drop out; power

(Shapiro 2005)

Mindfulness and Physicians

- “before and after” study
- “Intensive educational programme in Mindfulness” over 1 year
- ↑ mindfulness up to 15/12
- Improvement in burnout
in mood disturbance
in empathy
- Limits: self selected (10%), non randomised

(Krasner 2009)

Benefits to Patients after Staff receive Mindfulness Training

- ↑ in 'levels of happiness' in severely mentally disabled residents in group homes
- ↓ in interventions by staff for aggressive behaviour in residents with developmental disabilities in group homes
- ↓ use of restraints, stat meds, staff/patient injuries in residents with intellectual disabilities in a group home
- Better team functioning in inpatients psychiatric teams, and ↑ patient satisfaction and therapy attendance.

Benefits to Patients after Staff receive Mindfulness Training

- RCT
- Psychotherapists – meditation 1 hr/day
- Patients: mood/anxiety disorders
- Patients did better with meditating therapists
- Better understanding of own psychodynamics
- Symptoms improved
- Demonstrates power of mindfulness training for therapists to enhance patient outcomes.

(Grepmaier 2007)



Hospice Mindfulness Study

Mindfulness Based Stress Reduction for Hospice Staff

Ethics Approval from Bangor University

Ethics Approval from the Research Hospice

Hospice Study

- **Aims:**
- Effects of MBSR on Hospice Staff
- Predicted
- **Methods:**
- Quantitative measures
- Qualitative Focus group interviews

Hospice Study

- **Quantitative Measures:**
- Questionnaires looking at
 - PSS (Stress)
 - HADS (Anxiety and Depression)
 - FFMQ (Mindfulness)
 - SCS (Self-compassion)
 - At 3 time frames: T1, T2 and T3

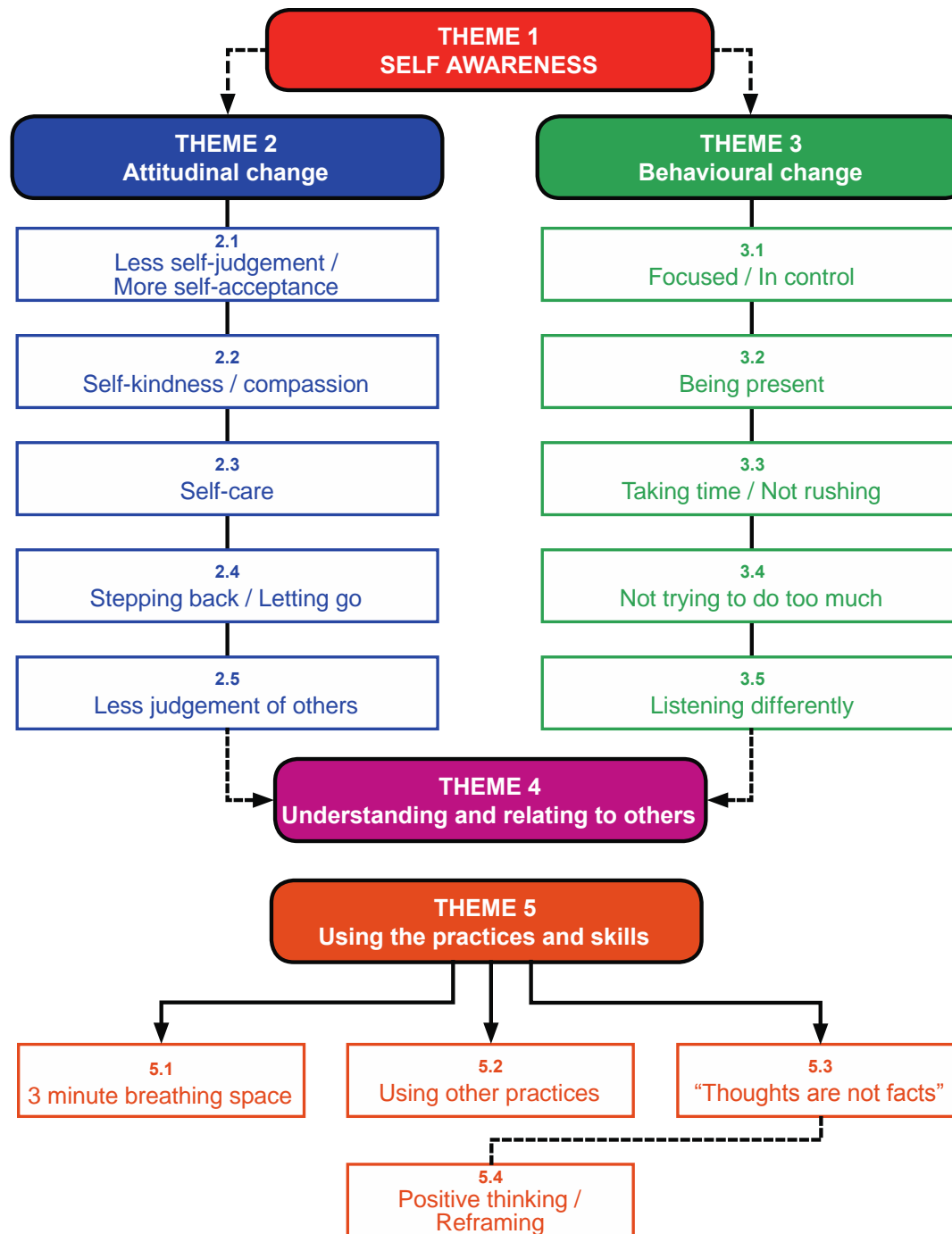
Hospice Study

- **Results:**
 - 11 Staff participated – 9 completed
 - Significant reduction in Stress at T2
 - Significant ↑↑ in Mindfulness at T2 and T3
 - Significant ↑↑ in Self-compassion at T2 and T3

Hospice Study

- **Results:**
- Qualitative Interviews

FULL IMAGE



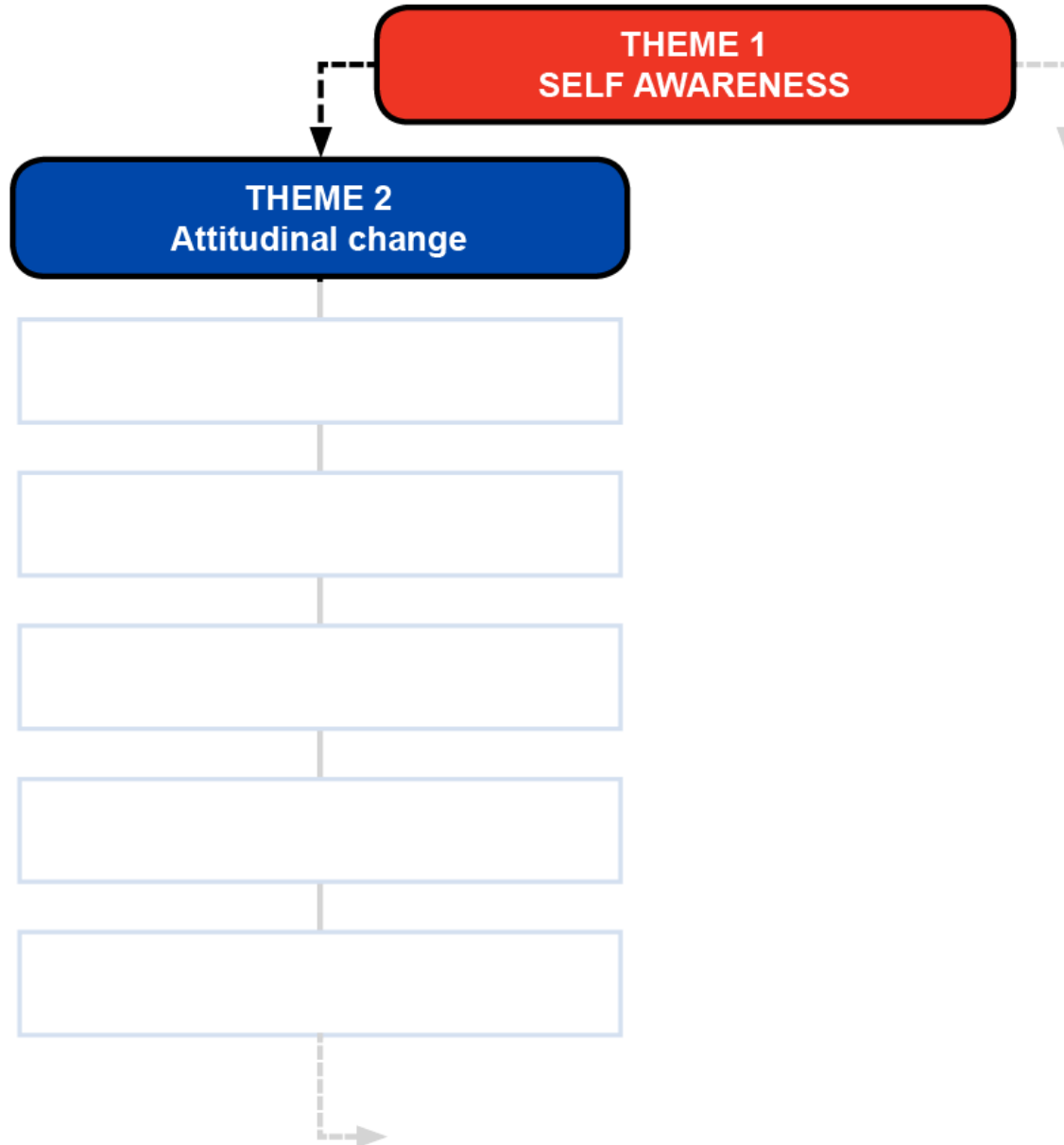
THEME 1: SELF AWARENESS



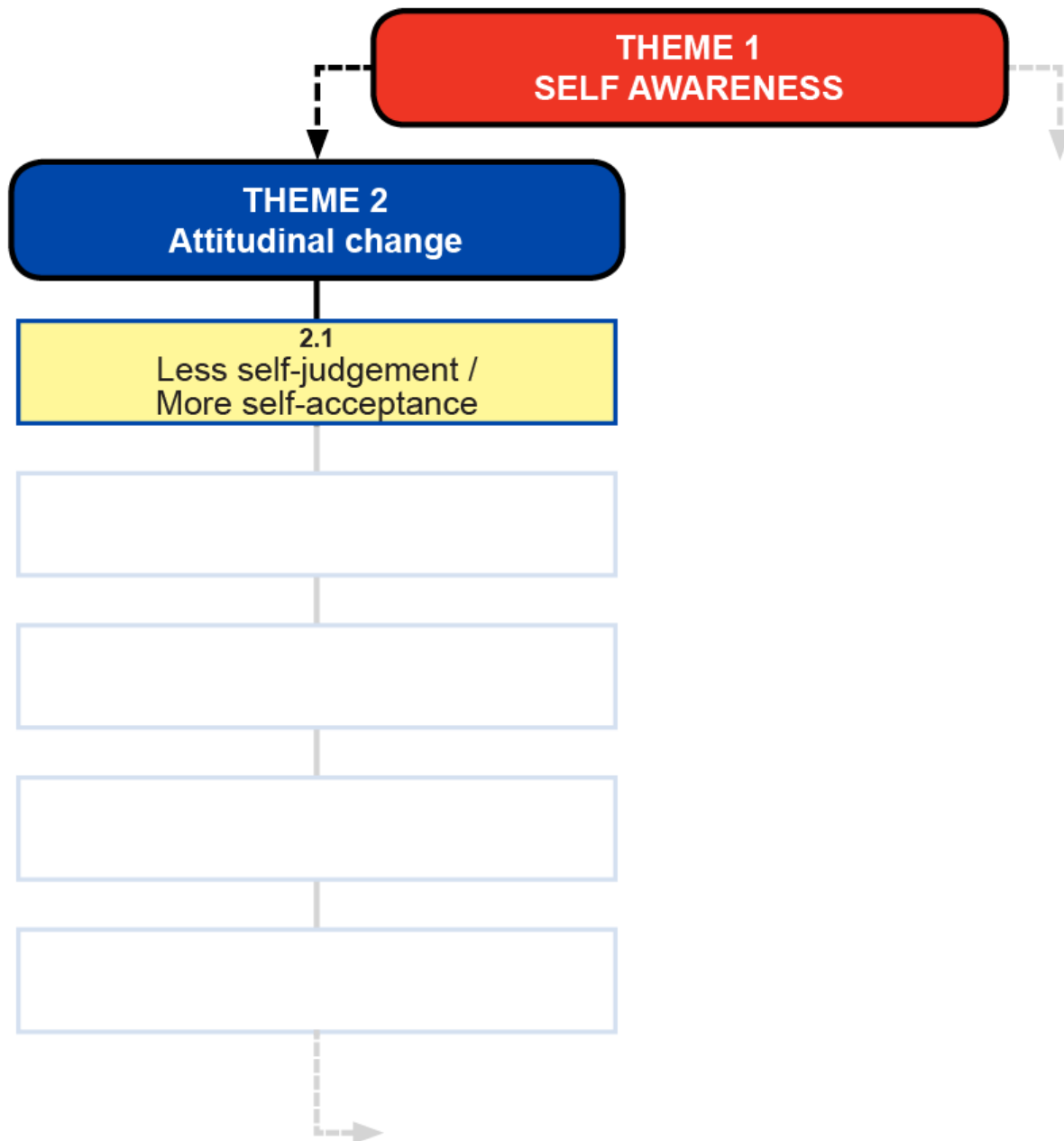
THEME 1

“ I realized that the stress was completely self imposed because I wanted to do everything for everyone... and I don't have to... ”

THEME 2: ATTITUDINAL CHANGE

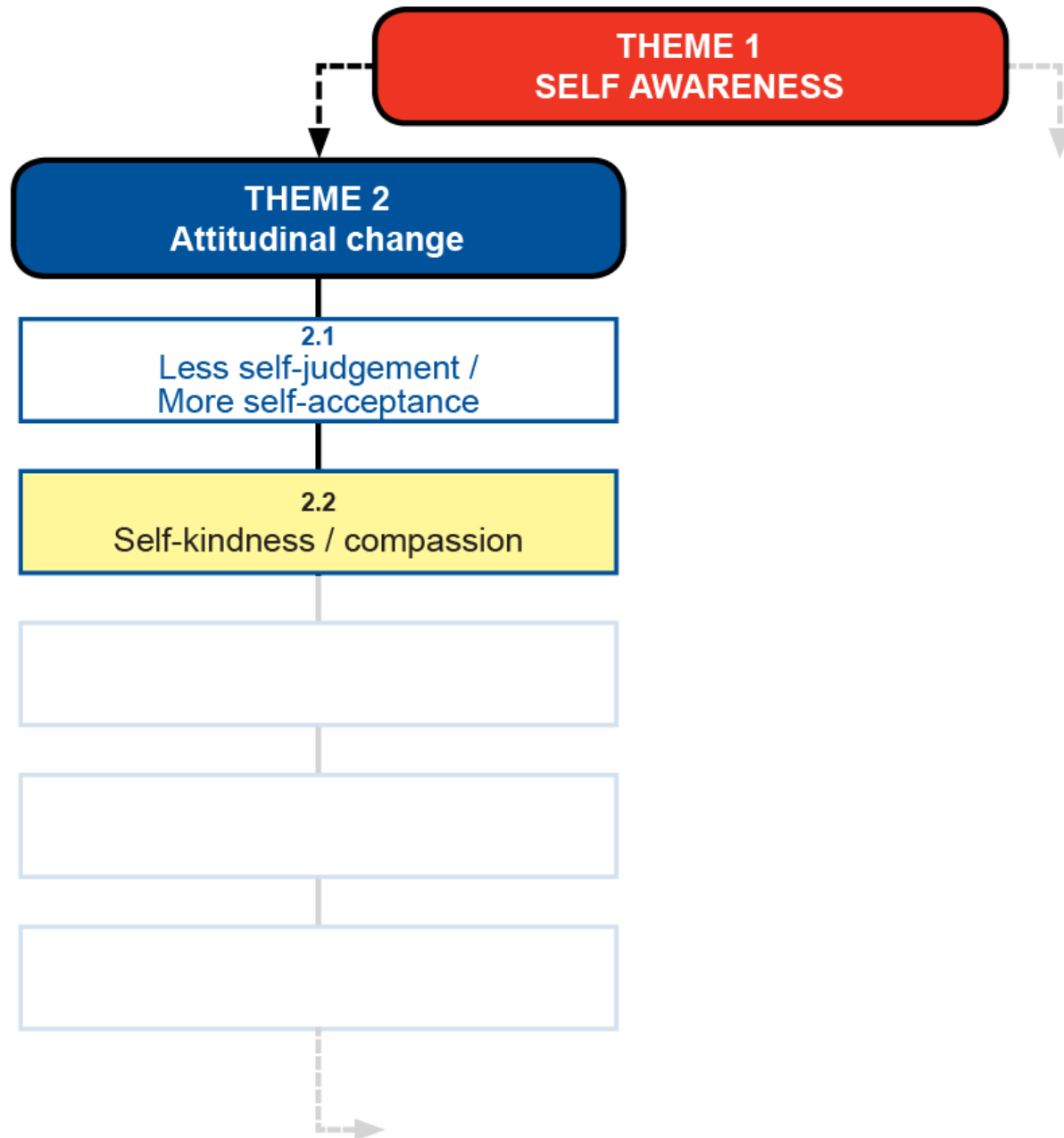


THEME 2.1



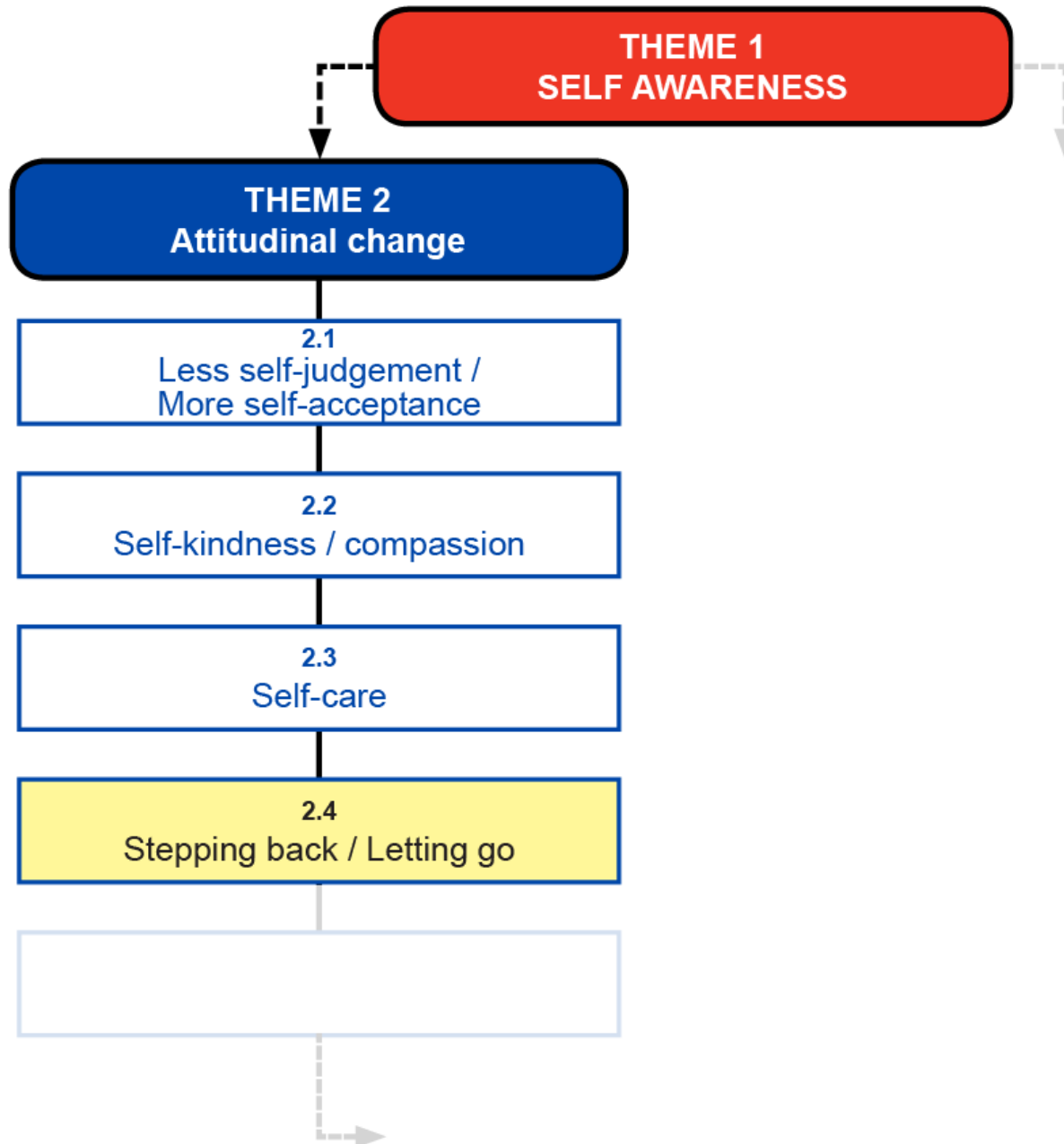
*“just trying to accept more that its as good as
I can do... rather than feeling I've got to do
this... just accepting that you are only human ”*

THEME 2.2



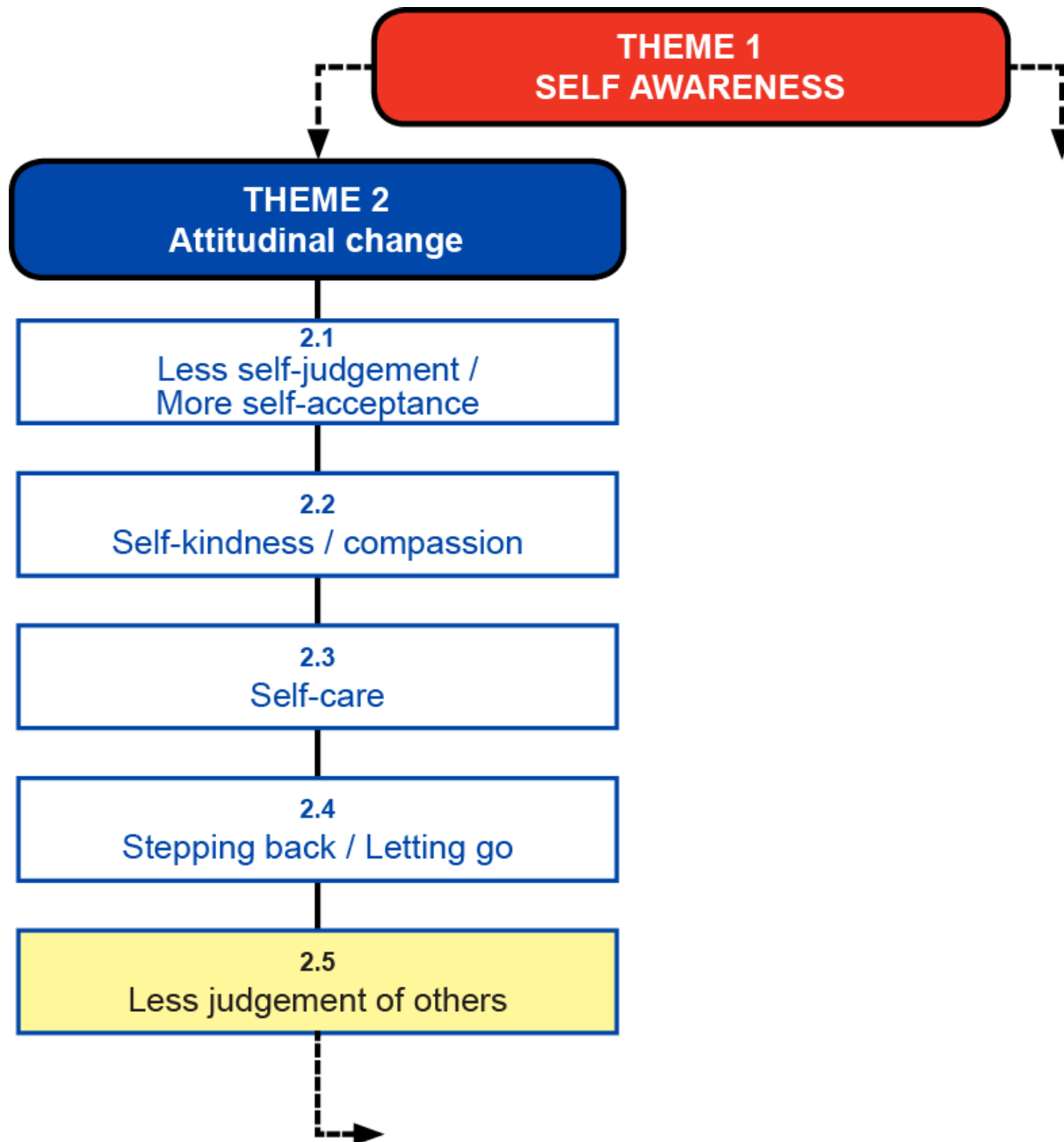
*“ it’s a combination of being kind to myself
and allowing myself... not to have to...
spend all my time working ”*

THEME 2.4



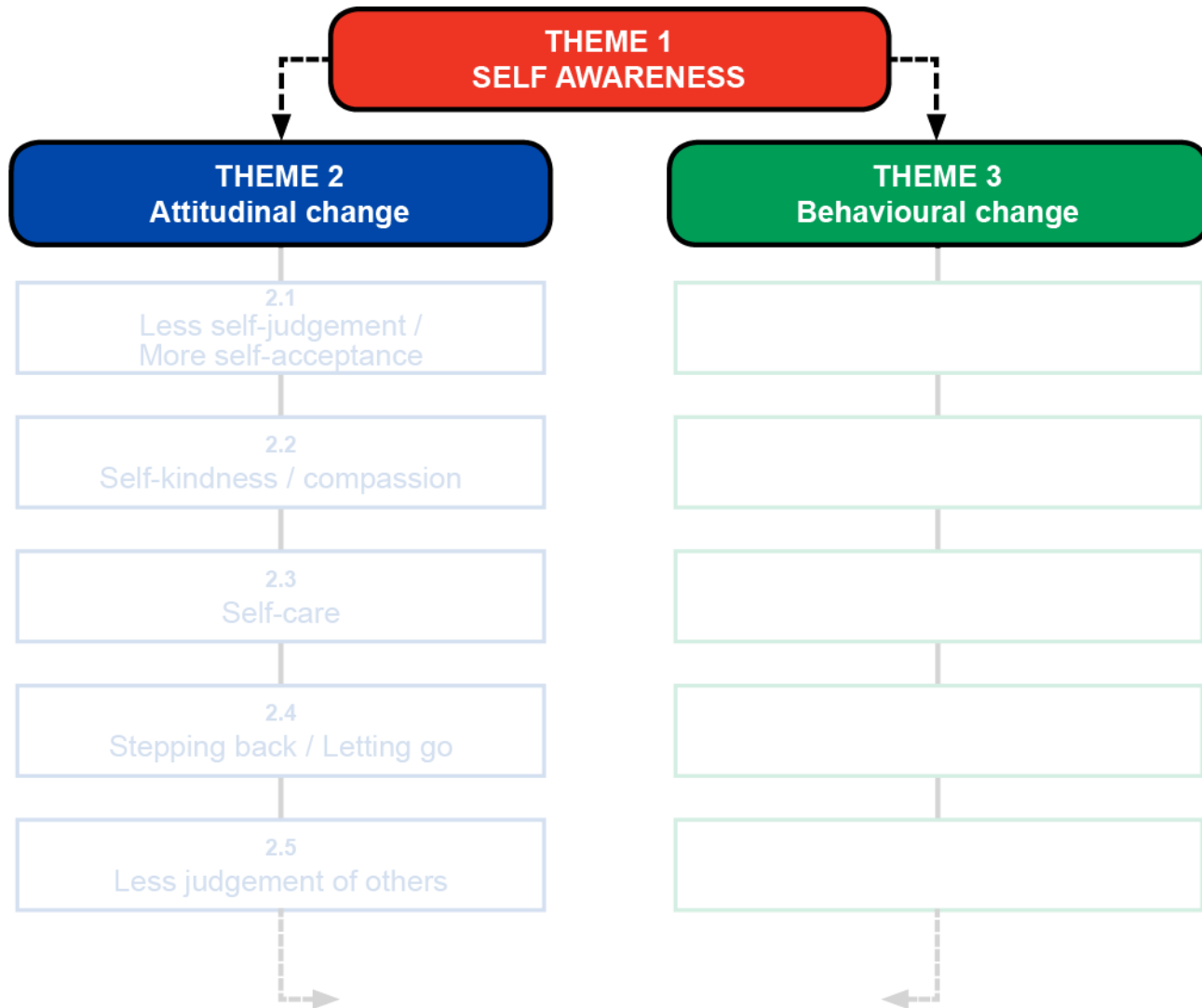
“ Its been significant for me. The ability to notice something, but let it go rather than get paranoid about it, worry about it, loose sleep over it... Its just kind of stepping away from perfectionism... ”

THEME 2.5



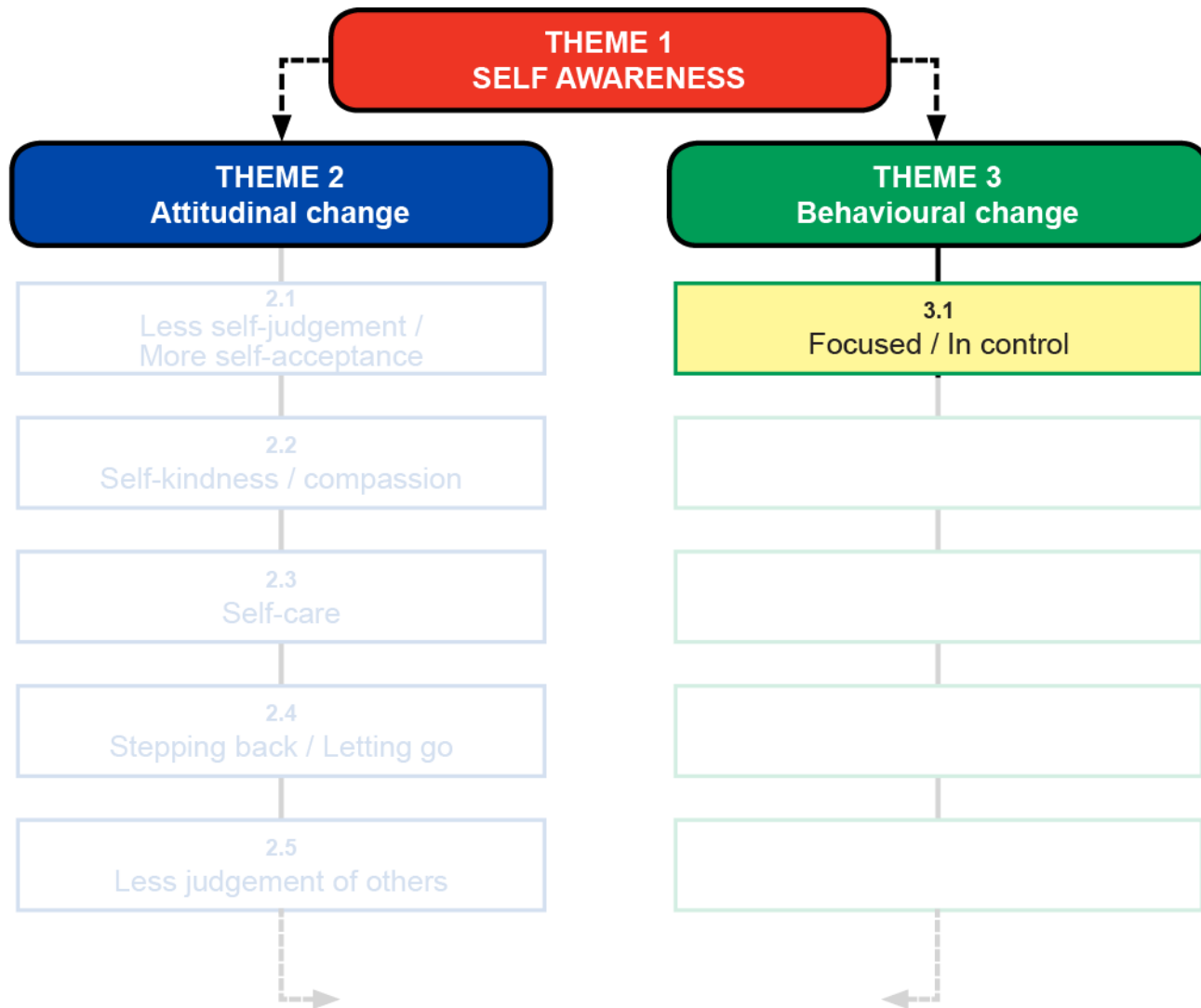
*“ I've changed the way I relate to a few colleagues...
I've a tendency to have a preconceived idea about
them... I've changed the way I think... and
I no longer go in with these preconceived ideas... ”*

THEME 3: BEHAVIOURAL CHANGE



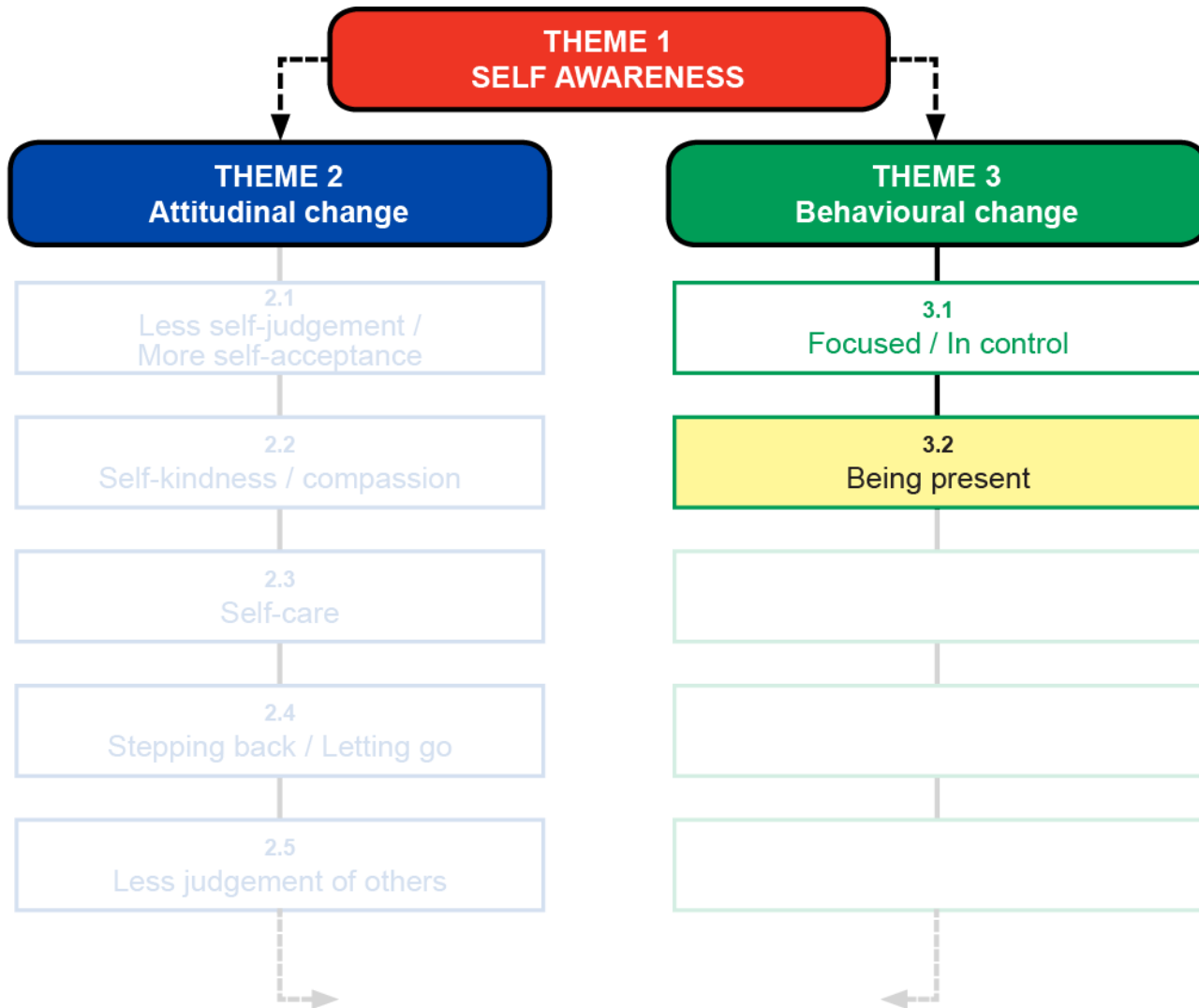
“ I think it’s almost coming in a more unconscious way... sometimes I recognize that my behavior is changing without me being consciously aware of it ”

THEME 3.1



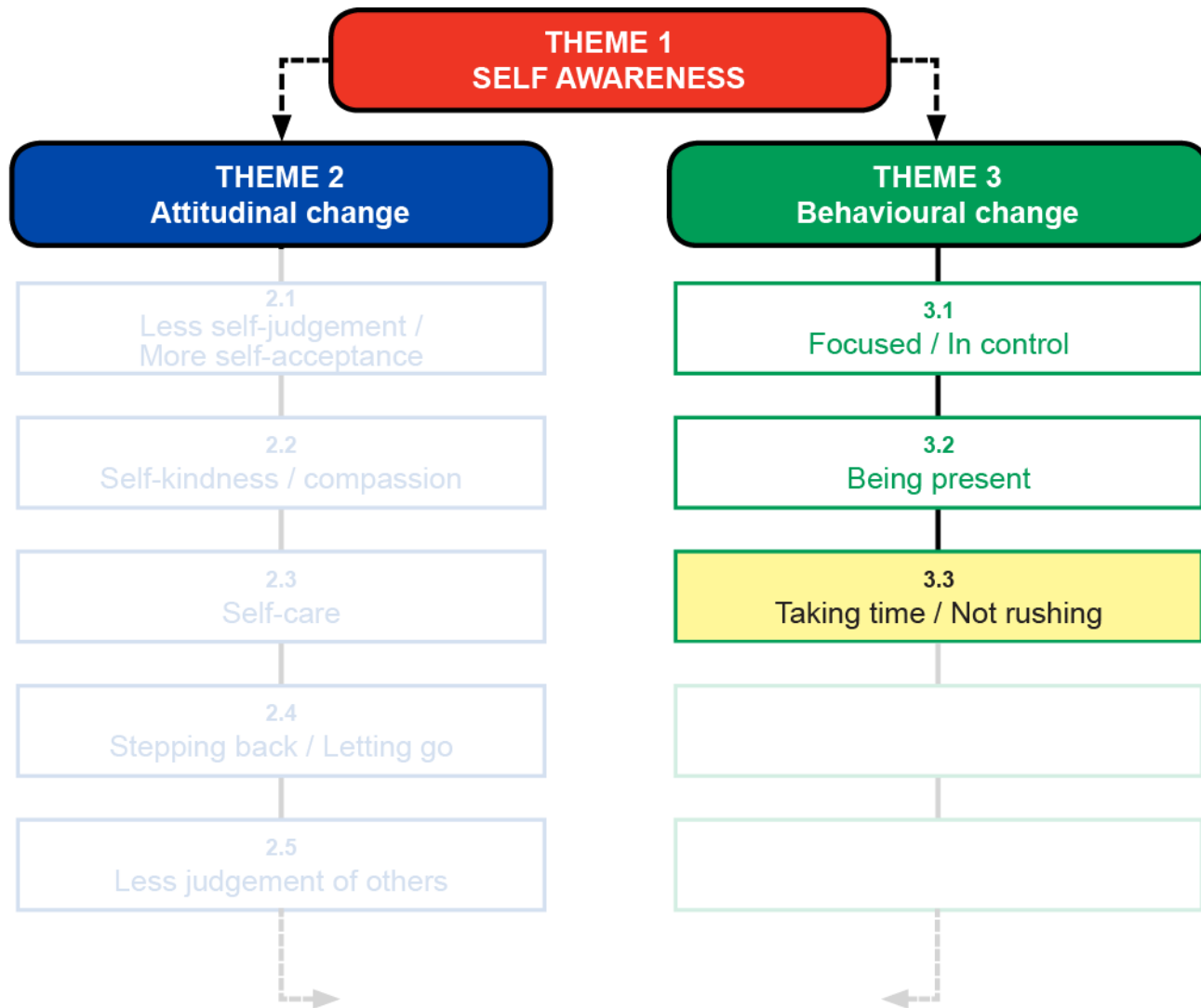
“ I am able to be more focused on something and try and put aside everything else at that moment...like when speaking with families or to patients to try and clear my mind of everything else whilst I'm doing that ”

THEME 3.2



“ my strongest experience was just being present with people... I’m confident to sit with patients/families in silence rather than filling the space with talking ”

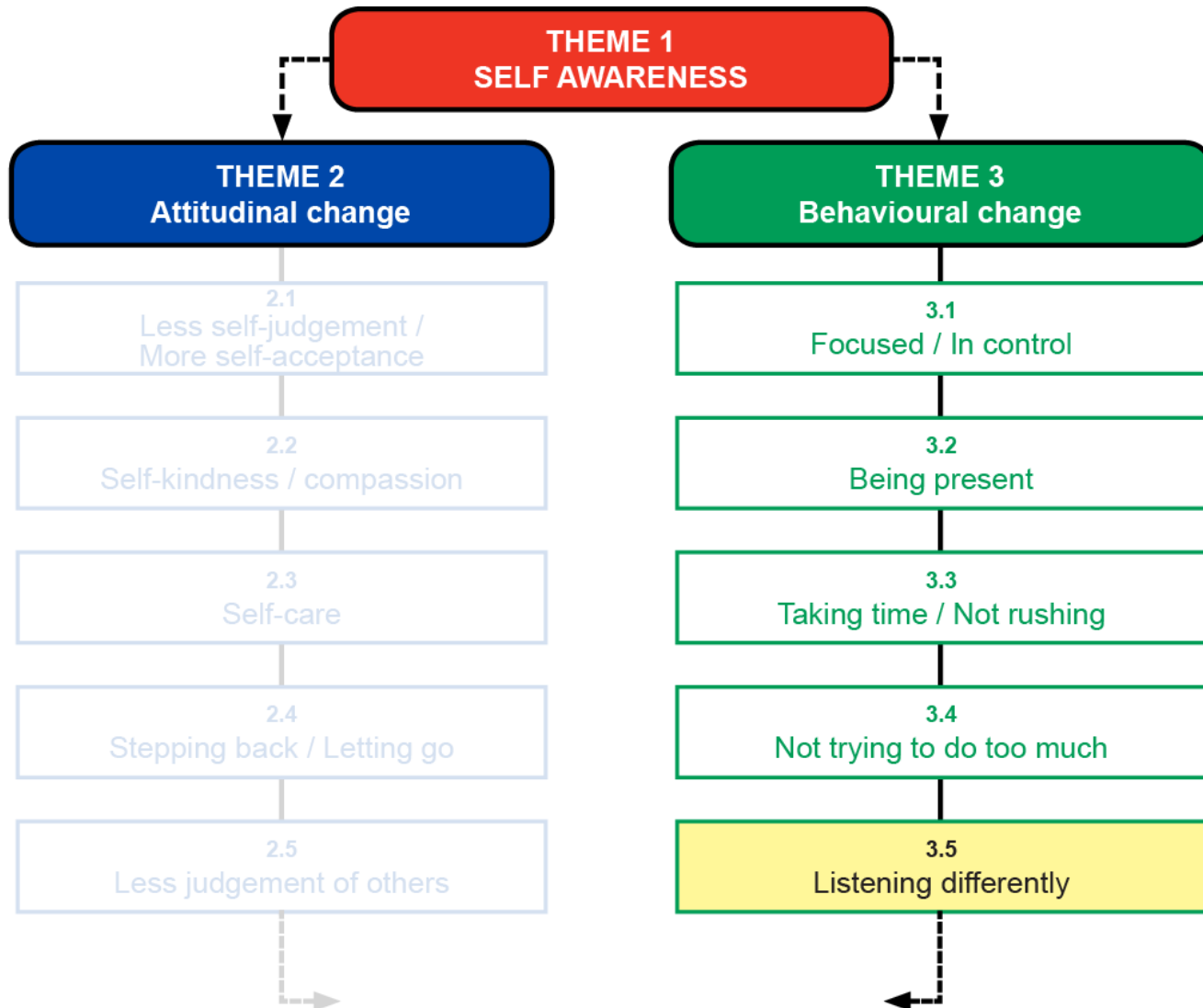
THEME 3.3



THEME 3.3

“ I think its made me less impulsive in a sense... I'm going to give myself permission not to rush and its more likely that I'm not going to make mistakes ”

THEME 3.5



THEME 3.5

*“ its not that you don't listen, but its that
your more aware to listen ”*

*“ I think being aware of how our ideas can
influence or block their communication
[patients], or block what they are trying
to say to you ”*

Summary of Research

- Small study
- Benefits: ↓ Stress
- ↑ Mindfulness and Self-compassion
- Interviews supported these findings
- Compares favourably with other studies of health care staff
- Limits ++

Future Research

- Possibilities ?
- Larger study...
- Benefits for staff wellbeing...
- Benefits for whole teams...
- Benefits for patient care and safety...
- Benefits re: direct application for patients...

Summary

- What is Mindfulness
- Experienced some practices
- Clinical applications of Mindfulness
- MBSR
- Evidence for cancer patients
- Benefits for staff
- Hospice Study
- Science

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Websites:

www.bangor.ac.uk/mindfulness/

Centre for Mindfulness Research and Practice, University of Bangor

www.umassmed.edu/cfm/mbsr

Centre for Mindfulness in Medicine, Health Care and Society

www.mbct.co.uk

Oxford cognitive therapy centre – follow links for Mindfulness

Look on YouTube for “Mindfulness and Jon kabat Zinn”; “Professor Mark Williams and Mindfulness”