WHY ARE YOU HERE AND NOT SOMEWHERE ELSE?
Mindfulness in Practice: When, How and Why

Primary Care in Internal Medicine
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Center for Mindfulness and Compassion
Introduction to mindfulness:
- practice
- definitions

Neuroscience of mindfulness

Mindfulness for patients and healthcare providers
“Can I call you back, Ed? I’m in the moment here.”
3-Minute Breathing Space
What was that like?
Where did your mind go?
what is that?

oh, just my mind
What is mindfulness?
“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and non-judgmentally.”

Jon Kabat-Zinn
Mind Full, or Mindful?

Awareness of present experience with acceptance

Germer 2013
Mindfulness is...

• A secular evidence-based practice that can benefit patients and clinicians

• A basic human capacity
Mindfulness isn't...

• Religion, superstition or spirituality
• Trance or escape
• Another name for relaxation
• Multitasking
A Wandering Mind Is an Unhappy Mind

Matthew A. Killingsworth* and Daniel T. Gilbert

12 NOVEMBER 2010 VOL 330 SCIENCE

Track Your Happiness

How do you feel right now?

Very bad

Very good

Next

Happiness

PRESENT FOCUSED

MIND-WANDERING

Mind-Wandering State

• True for every activity, even the least enjoyable
Activity decreases during task performance:

- Posterior cingulate
- Ventral medial prefrontal cortex

- autobiographical memory
- planning for the future
- emotional and social judgments

50-80% of time in DMN

The Attention “Muscles”
Meditation and Brain Structure
Changing the Default Mode Network

Meditation experience is associated with differences in default mode network activity and connectivity

Judson A. Brewer\textsuperscript{a,1}, Patrick D. Worhunsky\textsuperscript{a}, Jeremy R. Gray\textsuperscript{b}, Yi-Yuan Tang\textsuperscript{c}, Jochen Weber\textsuperscript{d}, and Hedy Kober\textsuperscript{a}
Mindfulness Research

MINDFULNESS RESEARCH PUBLICATIONS BY YEAR, 1980 - 2013

Source: D.S. Black (2014)
Benefits of Mindfulness in Clinical Care

• Reduces stress
• Enhances self-management
• Clinically beneficial for:
  – Depression
  – Anxiety
  – Addiction
  – Chronic pain
  – Stress associated with chronic illness
Abstract

CONCLUSIONS AND RELEVANCE:
Clinicians should be aware that meditation programs can result in small to moderate reductions of multiple negative dimensions of psychological stress. Thus, clinicians should be prepared to talk with their patients about the role that a meditation program could have in addressing psychological stress. Stronger study designs are needed to determine the effects of meditation programs in improving the positive dimensions of mental health and stress-related behavior.
MINDFUL-PC:

Integrating Mindfulness into the Patient-Centered Medical Home

PI: Zev Schuman-Olivier, MD
Overview: Specific Aims

- **Behavioral Health Outcomes Aim:** Evaluate the effects of Mindfulness Training for Primary Care (MTPC) for primary care patients on anxiety, depression, stress, and self-management of chronic illness.
- **Medical Regimen Adherence Aim:** Investigate the effects of MTPC for primary care patients on initiation of a collaboratively-selected medical regimen adherence action plan.
- **Self-Regulation Mechanisms Aim:** Assess the effect of MTPC on neuroimaging targets of inhibitory control, self-compassion, emotion regulation, and interoceptive attention. This study also aims to evaluate the effect size of these mechanistic targets on medical regimen adherence outcomes.
### Overview: Current Study Design

**RCT**

8-week MTPC vs 60 min introduction and community referral

<table>
<thead>
<tr>
<th>Mindfulness Training for Primary Care (MTPC) (66% of participants)</th>
<th>Referral to standard community mindfulness resources (33% of participants)</th>
</tr>
</thead>
</table>
| • **Insurance-reimbursed**: Billed as group psychotherapy with ~10 patients  
  • **Co-located**: Delivered by mental health clinicians in primary care  
  • **Group program**: MTPC groups are 2 hours long for 8 weeks + 7-hour day of silent practice | • 60-minute introduction to mindfulness  
  • Referral to community mindfulness resources (classes, top mobile apps, books, websites)  
  • Placed on a 6-month waitlist for group |
# MTPC Pilot Curriculum - Phase 1

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>From Autopilot to Befriending the Body and Mind</td>
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<tr>
<td>Week 2</td>
<td>Perception and Rediscovering “Beginner’s Mind”</td>
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<td>Week 3</td>
<td>Pleasure and Freedom in Being Present</td>
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<td>Week 4</td>
<td>Staying Present with Pain, Difficulty, Illness and Stress</td>
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<tr>
<td>Week 5</td>
<td>Allowing What Is: The Bedrock to Support Change</td>
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<tr>
<td>Week 6</td>
<td>Skillful Action and Skillful Communication</td>
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<tr>
<td>PCP Visit</td>
<td>PCP and patient collaborate to create action plan</td>
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<tr>
<td>Full-Day Session</td>
<td>Deepening Formal Mindfulness Practice</td>
</tr>
<tr>
<td>Week 7</td>
<td>Cultivating Kindness Towards Self and Others</td>
</tr>
<tr>
<td>Week 8</td>
<td>The Rest of Your Life</td>
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</tbody>
</table>
Your Well-Being in Your Workplace Matters
Mindful Practice

Moment-to-moment purposeful attentiveness to one’s own physical and mental processes during everyday work with the goal of practicing with clarity and compassion.

Epstein RM 1999
Mindful Communication 2009

• Year-long Pre-post study of 70 PCPs
• Focus is “mindful practice”
  – MBSR for 8 weeks
  – Followed by monthly group for 10 months
    • Didactic presentations on challenging issues
    • Narrative and appreciative inquiry
• Improvements in measures of mindfulness correlated with less burnout, improved empathy
MP Key Components

• Attentive observation
  – Awareness of the unexpected

• Critical curiosity
  – Flexibility, interest

• Beginner’s mind
  – Seeing things as novel
  – Holding contradicting truths simultaneously

• Presence
  – Regulating reactivity, emotional engagement and mental stability
Clinical applications

• Witnessing & responding to suffering
  – Being present, avoiding the fixing reflex, self-compassion

• Managing bad outcomes
  – Avoiding reaction, engaging, being curious, self-compassion

• Working with grief & loss
  – Reflection, sharing, self-compassion

• Dealing with uncertainty
  – Awareness of limits, self-compassion

• Recognizing and counteracting burnout
  – Cultivating resilience, learning to say “no”, self-compassion
What does “resilience” look like?

<table>
<thead>
<tr>
<th>Positive values</th>
<th>The dark side</th>
<th>Resilience</th>
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</thead>
<tbody>
<tr>
<td>Service, altruism</td>
<td>Over-commitment, self-deprivation, entitlement</td>
<td>Reframing, balance, gratitude</td>
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<tr>
<td>Excellence</td>
<td>Perfectionism, invincibility, hiding errors</td>
<td>Self-compassion, reflective self-questioning</td>
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<td>Curative competence</td>
<td>Omniprovince, imposter syndrome, self-deprecation</td>
<td>Knowing one’s limitations</td>
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<tr>
<td>Knowledge</td>
<td>Need for certainty</td>
<td>Knowing what’s unknown, comfort with uncertainty</td>
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<tr>
<td>Empathy</td>
<td>Personal distress, fatigue</td>
<td>Compassionate action</td>
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<tr>
<td>Caring</td>
<td>Neglecting oneself and family</td>
<td>Self-care</td>
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<tr>
<td>Equanimity</td>
<td>Distancing</td>
<td>Engagement</td>
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After Nedrow, A et al 2013
Self-Compassion Break
Short Practices for Work

• Mindfulness Reminders
  – Reminders around clinic: “embrace your imperfect self”, “while you wait... breathe”

• Small rituals for common tasks
  – Hand on the doorknob – 2 feet 1 breath
  – Logging into EMR
  – Before returning a page
  – Just after sitting down with the patient

• Mindful Movement in a Chair

• 3-Minute Breathing Space

• Self-Compassion Break
Bringing Mindfulness to Your Patients

• Starting simply: Explain mindfulness and how it can help
• Simple practices:
  – “Grounding” by feeling sensations of feet on floor, body in seat
  – 1 min mindfulness of sounds
• Longer guided practices in clinic
  – From website or smartphone app
• Presenting resources – free local sits, recommended reading, guided practices (see handouts)
• Following up / encourage
  – Just because you are not an expert you now know about an hour’s worth more about mindfulness than most of your patients!
• Set the tone/ Be the example
Small group exercise - Setting an intention

S - Specific
M - Measurable
A - Attainable
R - Relevant
T - Timely

Goal: ____________________________________
“We’re so busy watching out for what’s just ahead of us that we don’t take time to enjoy where we are.”

– Calvin & Hobbes

Questions?
Contacts

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