

Evidence Based Mindfulness Meditation Techniques For Use In A Busy Medical Practice

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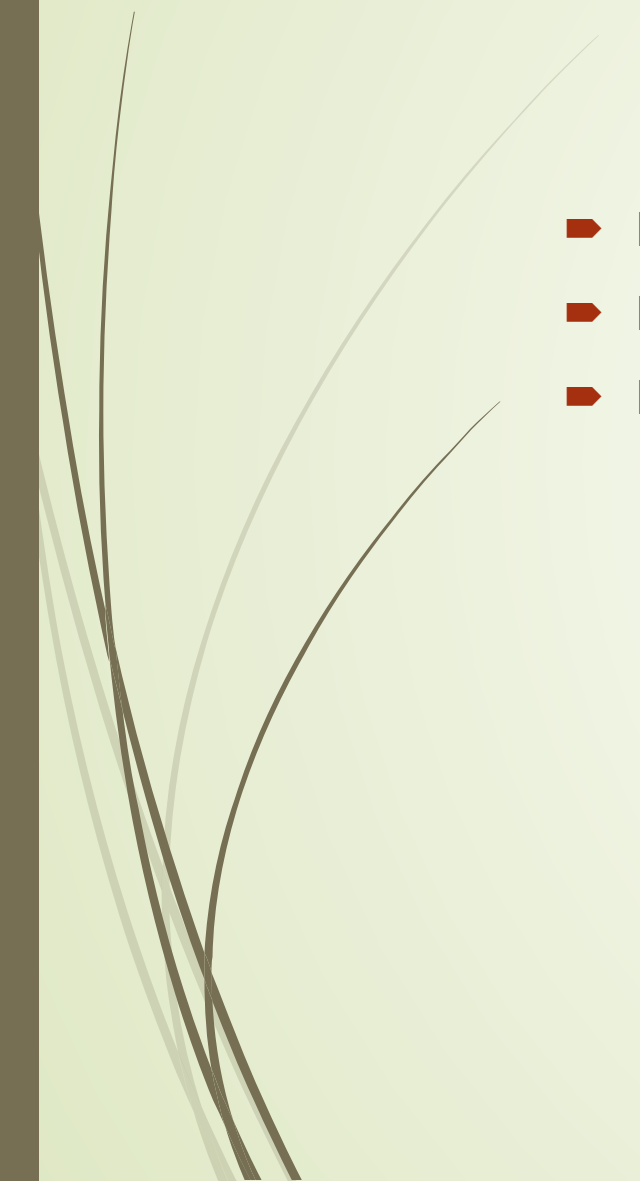
Advocacy and Excellence

- ▶ Advocacy: Lifting barriers to care for patients in poverty
- ▶ Excellence: Improving Teaching Performances
 - Improving Practice Outcomes
 - Improving Student Performances

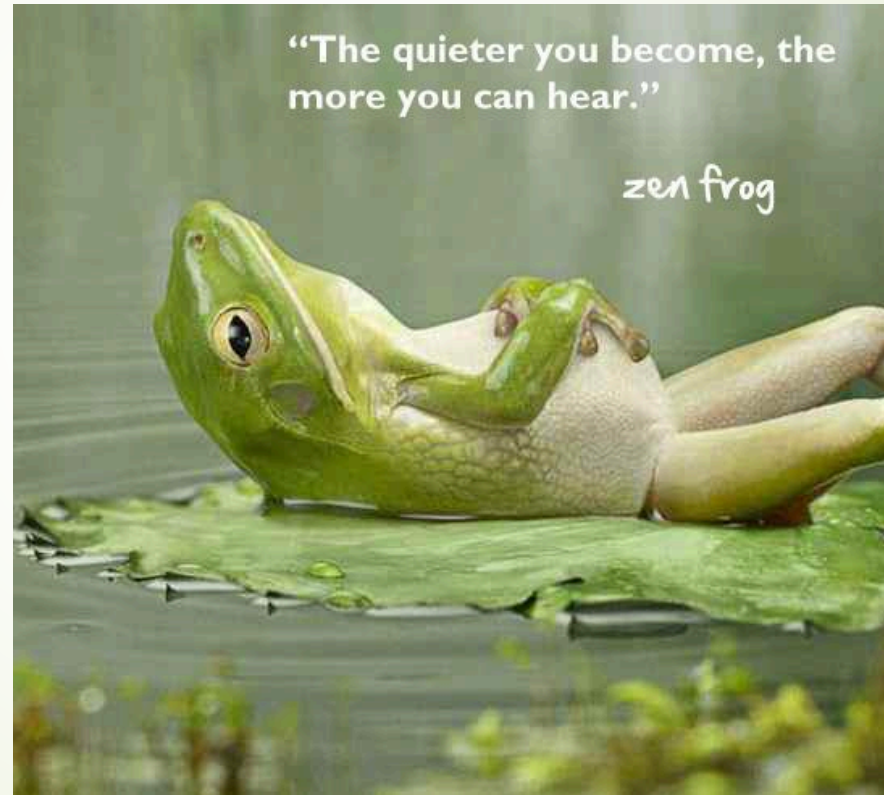
INCORPORATING MINDFULNESS INTO OUR DAILY LIFE



Disclosure

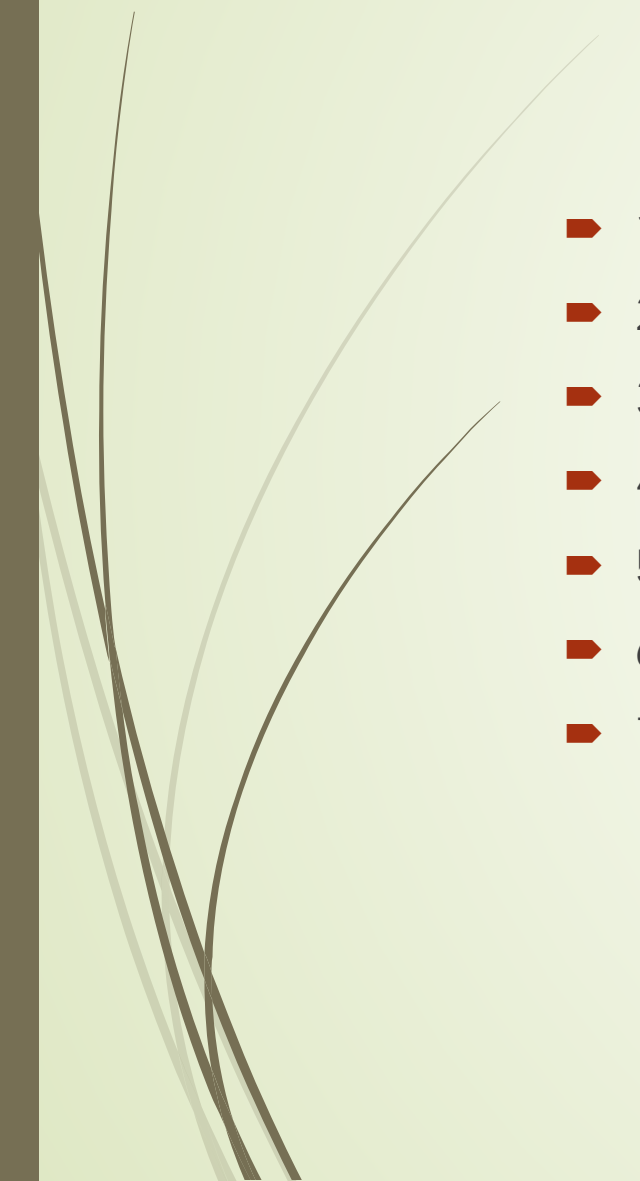
- No Financial Grant
 - No employment interest
 - No conflict of interest to declare
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ZEN – Mindfulness – Meditation – Quiet Mind





Mindfulness

- 1- Is it effective?
 - 2- Will the effect last?
 - 3- How does it work?
 - 4- How long does it take to work?
 - 5- What can be done at my office?
 - 6- Is it safe?
 - 7- Practice
- 



Mindfulness Meditation

- ▶ Mindfulness: Paying attention on purpose, in the present moment and nonjudgmentally to things as they are
- ▶ Meditation: Practice of Mindfulness
- ▶ Mindfulness Meditation is the core of MBCT
- ▶ Purpose: To cultivate the BEING MODE of Mind
- ▶ ZEN: Japanese school with focus on Mindfulness and intuition
- ▶ Secular Mindfulness, Zen, Meditation



Evidence of Effect

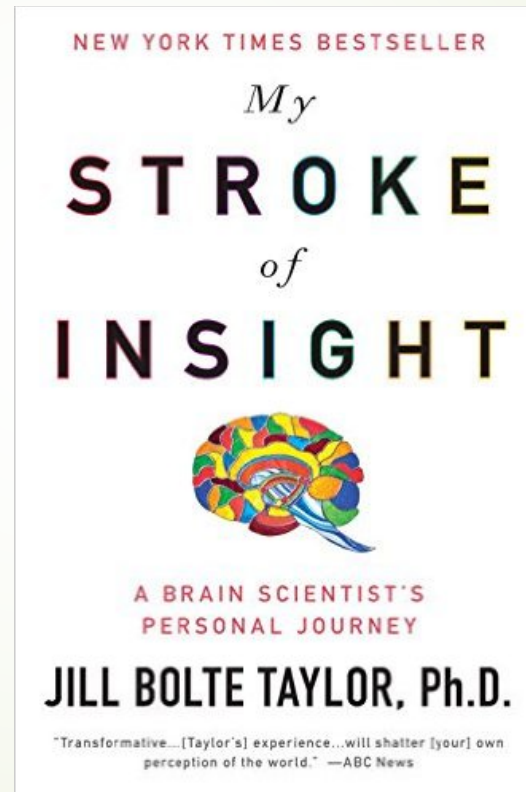
- ▶ Proven effect for Depression and Anxiety:
- ▶ Journal of Counselling and Clinical Psychology 2010 S.G Hoffman, meta analytic review of 1140 patients demonstrating reduction of Depression and Anxiety symptoms
- ▶ Clinical Psychology 2011 J. Piet and E. Hougaard, systematic review and meta analysis of six clinical trial, 593 patients 43% reduced risk of relapse and as effective as anti-depressants
- ▶ UK NICE (National Institute for Care and Health Excellence) Guidelines for unipolar depression endorsed MBCT since 2004 for relapse prevention
- ▶ Jon Kabat-Zinn U.Mass. Center for Mindfulness- Publications- 22 studies including works on the effect of MBSR on psoriasis, pain, anxiety, brain function, and immune function



Mind Modes

- ▶ Doing Mode: Effective in solving problems and getting the job done. Connected to the past experiences and future problems (Left Brain)
- ▶ Being Mode: Focused on being at the moment and not connected to the past and future (Right Brain)
- ▶ Doing mode's efforts to solve unpleasant emotional experiences may further complicate the situation: What is wrong with me? I will NEVER get it right, succeed, be happy, etc.
- ▶ Unpleasant feelings – Negative thinking – Automatic Negative thinking
RUMINATING
- ▶ Negative Thoughts - Negative Feelings – Negative Body sensations:
VICIOUS CYCLE


How Does It Work?






BEING HERE AND NOW

- ▶ The best time of your life, the only time there is, the present time
- ▶ The only time any problem can be solved
- ▶ The only place you really are
- ▶ The freedom from regrets of past and worries of future
- ▶ Practice makes perfect but don't expect perfection
- ▶ Any school of practice will do, just do it
- ▶ Brain Plasticity Associated with Meditation Experience, Neurofunctional Approach and Structural Findings Carlos Valiente 2014 International Journal of Brain and Cognitive Sciences



The effect of mindfulness-based therapy on anxiety and depression: A meta-analytic review

- ▶ Journal of Counselling and Clinical Psychology, Hoffman April 2010
 - ▶ Meta-analysis was based on 39 studies totaling 1,140 participants receiving mindfulness-based therapy for a range of conditions, including cancer, generalized anxiety disorder, depression, and other psychiatric or medical conditions.
 - ▶ Conclusions: These results suggest that mindfulness-based therapy is a promising intervention for treating anxiety and mood problems in a variety of clinical populations
- 



Mindfulness meditation versus relaxation training!

Why Mindfulness?

- ▶ Annals of Behavioral Medicine Feb 2007 Shamini Jain
- ▶ A randomized controlled trial of mindfulness meditation versus relaxation training: Effects on distress, positive states of mind, rumination, and distraction
- ▶ **Purpose:** This randomized controlled trial examines the effects of a 1-month mindfulness meditation versus somatic relaxation training as compared to a control group in 83 students (M age=25; 16 men and 67 women) reporting distress.
- ▶ **Conclusions:** Compared with a no-treatment control, brief training in mindfulness meditation or somatic relaxation reduces distress and improves positive mood states. However, mindfulness meditation may be specific in its ability to reduce distractive and ruminative thoughts and behaviors, and this ability may provide a unique mechanism by which mindfulness meditation reduces distress.
- ▶ MINFULNESS: LEARNING A SKILL TO FEEL BETTER



Observing the Effects of Mindfulness-Based Meditation on Anxiety and Depression in Chronic Pain Patients - Kim ROD

- ▶ International Journal of Psychology and Behavioral Sciences- 2015; 5(4): 143-147
- ▶ Cambridge University Mental Health Conference September 2015
- ▶ **Results:** Forty-seven (47) patients completed the Mindfulness Meditation Training program. Over the year-long observation, patients demonstrated noticeable improvement in depression, anxiety, pain, and global impression of change
- ▶ **Conclusions:** Chronic pain patients who suffer with anxiety and depression may benefit from incorporating Mindfulness Meditation into their treatment plans.



Evidence of Brief Mental Training

- ▶ Journal of Consciousness and Cognition - Volume 19, Issue 2, June 2010, Pages 597–605 Fadel Zeidan

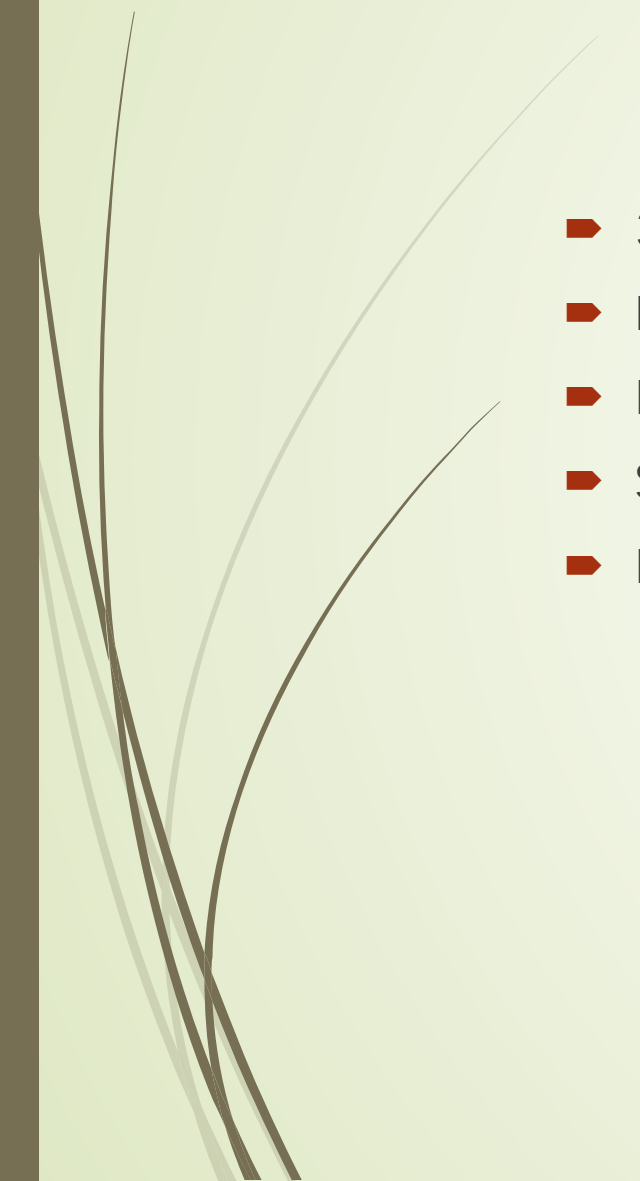
Mindfulness meditation improves cognition: Evidence of brief mental training:

4 days of meditation training can enhance the ability to sustain attention; benefits that have previously been reported with long-term meditators.

OPENING A DOOR TO BRIEF OFFICE INTERVENTIONS

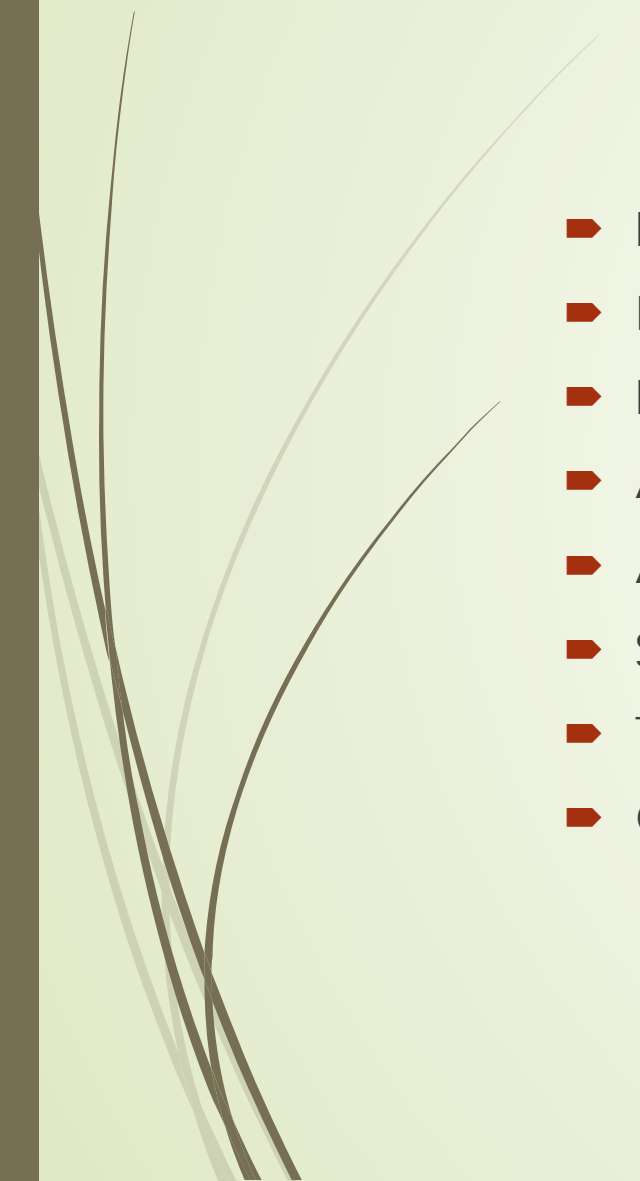



Office Based Quick Mindfulness Techniques

- ▶ 3 Minutes Breathing Space
 - ▶ Body Scan
 - ▶ Mindful Imagery
 - ▶ Sitting Meditation – Mindfulness of Body, Thoughts, Sounds
 - ▶ Practicing with Intense Sensations of Physical Discomfort
- 



Reflect on Your Experience

- 
- ▶ Living with Awareness and Conscious Choice
 - ▶ Knowing Experience Directly Through the Senses
 - ▶ Being Here and Now
 - ▶ Approaching All Experiences with Interest
 - ▶ Allowing Things To Be As They Are
 - ▶ Seeing Thoughts As Mental Events Not Absolute Realities
 - ▶ Taking Care of Yourself with Kindness and Compassion
 - ▶ Connecting with Your Heartfelt Reason to Practice



Observing the Outcomes of Internet-Based Self-Management Education-Tools for Chronic Pain Patients

Kevin ROD – Toronto Poly Clinic 2014-2015

- ▶ *Objective:* To observe the effect of online patient education tools on patients' pain, anxiety, and depression
- ▶ #ZENDOSE : Daily twitter Mindfulness messages with patient reflections and clinic follow ups
- ▶ Mypain.ca : patient self management education in Mindfulness –Diet-Exercise-Nutrition
- ▶ 200 patients observed for six months
- ▶ **Results:** Modest improvements were noted in Pain, Anxiety, Depression, and Quality of Life. There was a 60% reduction in pain scores from moderate level before treatment to mild level after treatment, with a reduction of severe pain from 40% before treatment to 25% after treatment

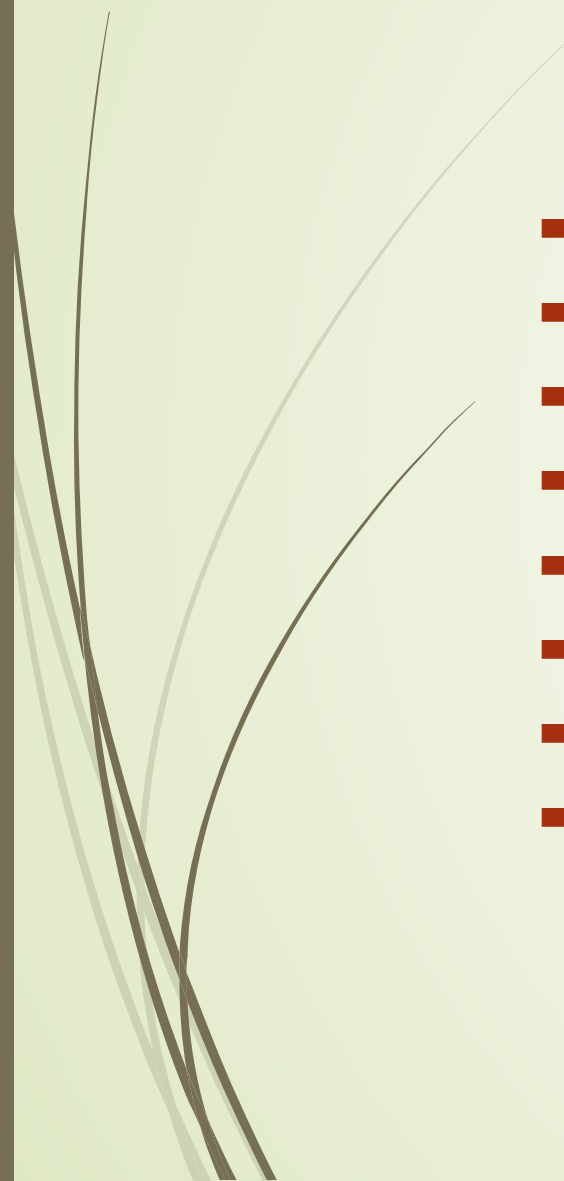


Life would be perfect if stories were one sided!!

- Adverse Effects:
- 1- Depersonalization: Feeling like observing self in a movie, Dr. Florian Ruths consultant psychiatrist at the Maudsley hospital in south London
- 2- Dark Night Project at Brown University, Professor Willoughby Britton, the lead psychiatrist: Recorded cognitive, perceptual and sensory aberrations
- 3- AEs are rare and usually after long and heavy periods of retreat meditations practices
- 4- Fast Food Enlightenment , Things may get worse before they get better, the importance of having experienced teacher or having referral resources ready



PRACTICE

- 
- ▶ 3 Minutes Breathing Space
 - ▶ Mindful Inquiry
 - ▶ Body Scan
 - ▶ Mindful Inquiry
 - ▶ Sitting Meditation
 - ▶ Mindful Inquiry
 - ▶ Practicing with Intense Sensations of Physical Discomfort
 - ▶ Discussion

www.mindfulnessstudies.com

Patricia Rockman MD CCFP FCFP

The Centre
for Mindfulness
Studies





#ZENDOSE

- ▶ Daily Dose of Secular #ZENDOSE on twitter - Mindful daily practices as a patient/practitioner companion tool
 - ▶ **Mypain.ca** Patient self management online educational resource
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