Mindfulness Skills for Health Professionals Working with HIV/AIDS

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Faculty Disclosure

John A. Patterson MD, MSPH, FAAFP
reports no financial conflict of interest
Educational Need / Practice Gap

Gap =
Health professionals are not routinely educated on best practices for promoting resilience, managing stress, preventing burnout and cultivating compassion

Need =
Health professionals report stress and burnout that diminish the quality of their personal lives and patient care
Objectives

Upon completion of this educational activity, you will be able to-

*Identify* exemplary national programs dedicated to mindfulness education and research

*Describe* simple stress management skills for your personal self-care

*Extrapolate* your experience of personal self care to improve the care of your patients
Expected Outcome

Participants will be able to practice mindfulness skills for promoting self-care and improving patient care.
Mindfulness for HIV/AIDS Patients

Stress can accelerate CD4 T cell decline. UCLA researchers report mindfulness meditation slowed decline of CD4 T cells in HIV-positive patients suffering from stress, slowing the progression of the disease.

Mindfulness for HIV/AIDS Caregivers

Caring for Carers- Managing Stress in Those Who Care for People with HIV and AIDS, UNAIDS Case Study, May 2000

Review causes of caregiver stress
Management of stress and burnout

Stress management is a necessity, not a luxury

Mindfulness training helped nurses caring for people living with HIV to manage stress and emotions, and improve attention and their acceptance of others.

Mindfulness for HIV/AIDS Physicians

Clinicians caring for HIV patients who rated themselves as more mindful engaged in more patient-centered communication and had more satisfied patients

Mindfulness for Therapists

Therapists are at risk for occupationally related psychological problems. MBSR training led to significant declines in stress, negative affect, rumination, state and trait anxiety, and significant increases in positive affect, self-compassion and self-reported mindfulness.

Stress reduction groups
CME courses
Research
Founded by Herbert Benson MD 1970s

The Relaxation Response

https://www.bensonhenryinstitute.org/
Harvard Center for Mindfulness and Compassion

‘Access to mindful healthcare and opportunities for healing and transformation’

Therapy, research and community outreach

https://www.chacmc.org/
‘Science-based insights for a meaningful life’

Mind Body Education
Mindfulness
Positive Personality Traits
Relationships
Parenting and Family
Workplace

https://greatergood.berkeley.edu/mind_body
'Envisions a kinder, wiser, more compassionate world. Our mission is to cultivate well-being and relieve suffering through a scientific understanding of the mind'

Primarily mindfulness research emphasis
Inspired by Dalai Lama’s description of Buddhism as “a science of mind”

https://centerhealthyminds.org/
Founded in 2019 with $20 million grant
Bedari Family Foundation

‘To advance scientific research into kindness, the barriers to it and building more humane societies’

https://kindness.ucla.edu/
School of Public Health

‘Academic research with leading educators in mindfulness... and student-centered education, our goal is to offer programs that improve individual lives and organizational effectiveness’

https://www.brown.edu/public-health/mindfulness/home
University of Rochester School of Medicine Mindful Practice Program
Mindfulness is Heartfulness
Mindfulness Operational Definition

We propose a two-component model of mindfulness. The first component involves the self-regulation of attention so that it is maintained on immediate experience, thereby allowing for increased recognition of mental events in the present moment. The second component involves adopting a particular orientation toward one’s experiences in the present moment, an orientation that is characterized by curiosity, openness and acceptance.

Bishop SR, Shapiro S, et al

Mindfulness: A Proposed Operational Definition
Figure 1. The three axioms of mindfulness, Intention, Attention, and Attitude, are not separate stages. They are interwoven aspects of a single cyclic process and occur simultaneously. Mindfulness is this moment-to-moment process.
Mindfulness Based Stress Reduction
MBSR
Over 40 years research
Jon Kabat-Zinn PhD founder

Full Catastrophe Living-
Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness

Wherever You Go- There You Are
(Mindfulness Meditation in Everyday Life)
3 Foundational Practices of MBSR

Mindful yoga

Body scan

Sitting practice- Awareness of Breathing

*Let’s Practice*
S.T.O.P.
One Minute Breathing Space
Mindfulness at Work

Let’s Practice

- Simple awareness
- Contemplating hands
- Mindful hand washing
- Mindful hand on doorknob / S.T.O.P. practice
- Gratitude Practice - What Went Well and Why
- Kindness / Friendliness

WHEN? Waking Up, Bedtime, Eating, Anytime