

# **Mindfulness Skills for Health Professionals Working with HIV/AIDS**

**John A Patterson MD, MSPH, FAAFP  
Stress Management Educator / Consultant  
Mind Body Studio  
517 Southland Drive, Lexington KY 40503  
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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 Meditation Slows Progression Of HIV,  
Study Suggests." ScienceDaily. 27 July 2008.

[www.sciencedaily.com/releases/2008/07/080724215644.htm](http://www.sciencedaily.com/releases/2008/07/080724215644.htm)

# 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***

[http://data.unaids.org/publications/irc-pub02/jc717-caringcarers\\_en.pdf](http://data.unaids.org/publications/irc-pub02/jc717-caringcarers_en.pdf)

# Mindfulness for HIV/AIDS Nurses



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

Pan C, Wang H, Chen M, Cai Y, Xiao C, Tang Q, Koniak-Griffin D. Mindfulness-Based Intervention For Nurses In AIDS Care In China: A Pilot Study. *Neuropsychiatr Dis Treat*. 2019;15:3131-3141





# 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**

Beach MC, Roter D, Korthuis PT, et al. A multicenter study of physician mindfulness and health care quality. *Ann Fam Med*. 2013;11(5):421-428. doi:10.1370/afm.1507

# 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**

Shapiro, S. L., Brown, K. W., & Biegel, G. M. (2007). Teaching self-care to caregivers: Effects of mindfulness-based stress reduction on the mental health of therapists in training. *Training and Education in Professional Psychology, 1*(2), 105–115



**BENSON-HENRY INSTITUTE  
FOR MIND BODY MEDICINE**  
AT MASSACHUSETTS GENERAL HOSPITAL



**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



HARVARD MEDICAL SCHOOL  
TEACHING HOSPITAL

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

**Therapy, research and community outreach**

**<https://www.chacmc.org/>**



**Berkeley**  
UNIVERSITY OF CALIFORNIA

**‘Science-based insights for a meaningful life’**

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

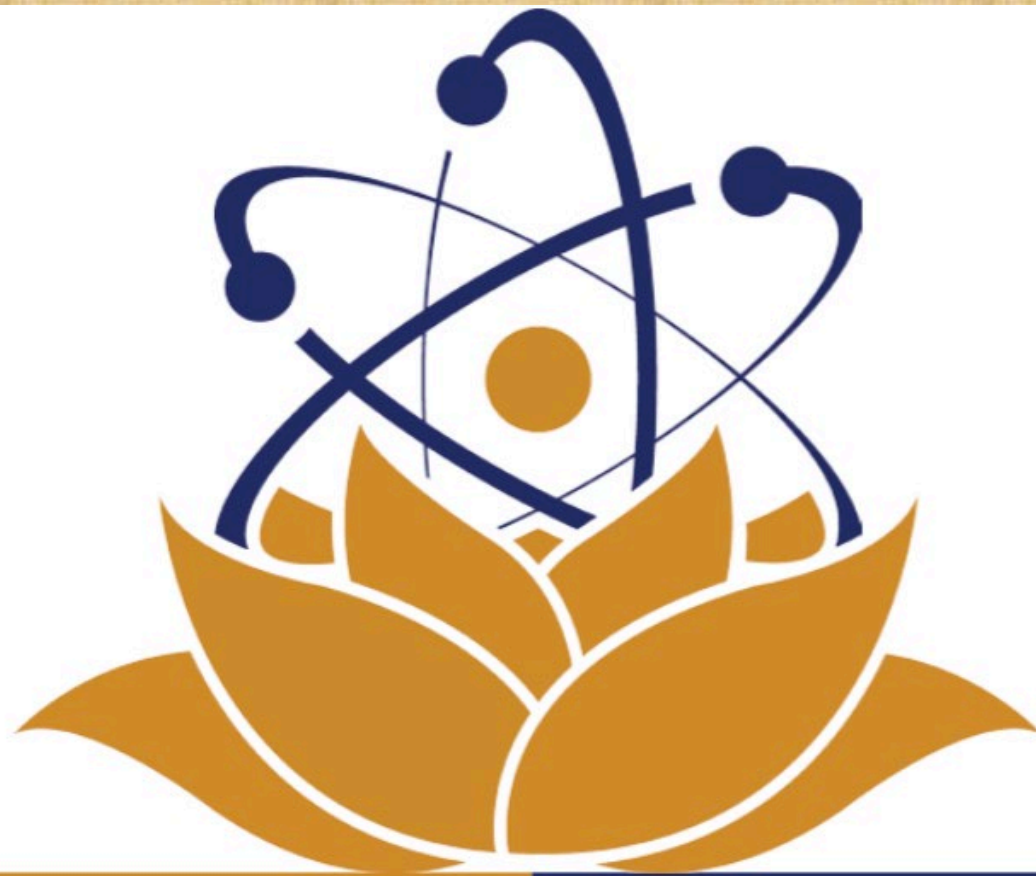
**[https://greatergood.berkeley.edu/mind\\_body](https://greatergood.berkeley.edu/mind_body)**



**‘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/>**



*The First International*  
**EMORY**  
**TIBET**  
**SYMPOSIUM**  
*of Scholars and Scientists*

**BRIDGING**  
**Buddhism**  
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December 18-20, 2016

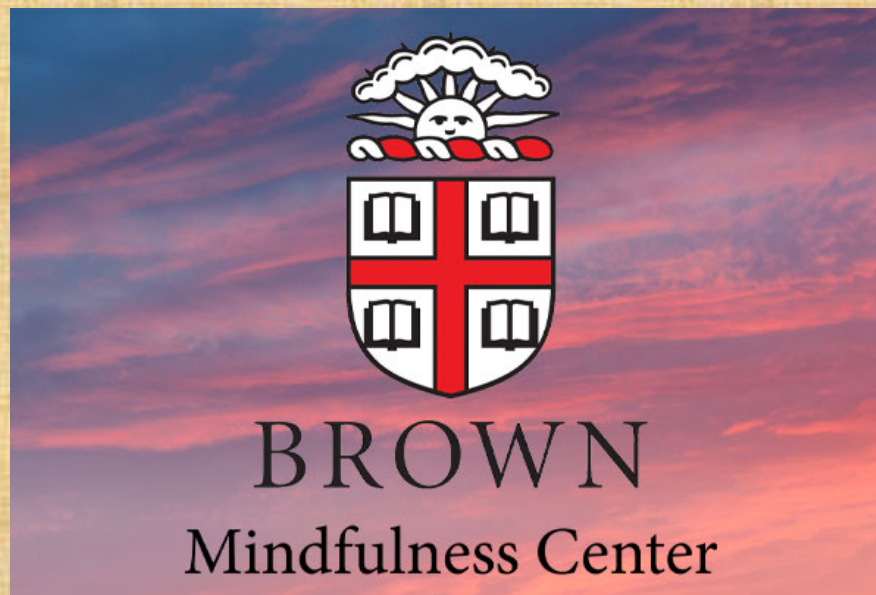
**UCLA** College | Social Sciences  
**Bedari Kindness Institute**

**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***

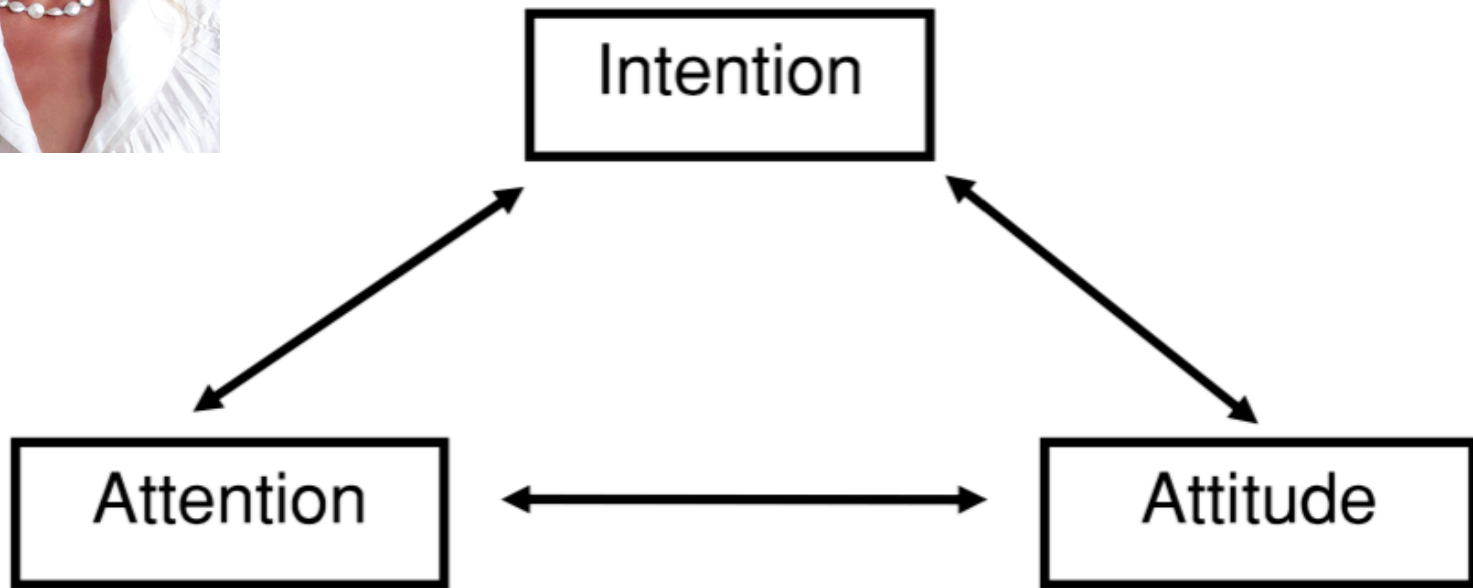
Bishop SR, Shapiro S, et al

## **Mindfulness: A Proposed Operational Definition**

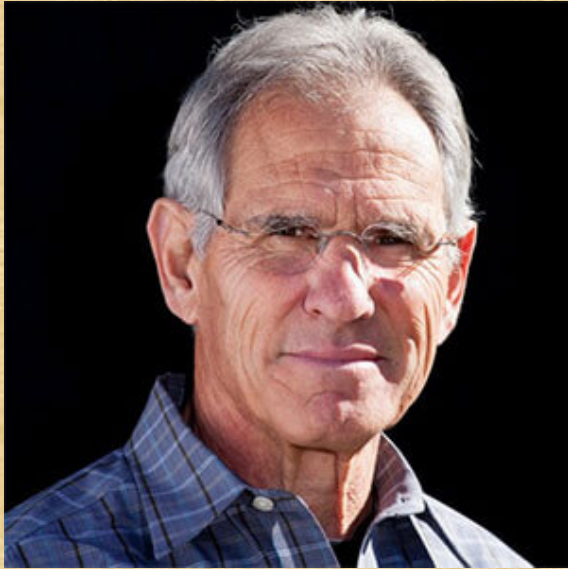
Clinical Psychology: Science and Practice, 11, 3: 230-241: Autumn 2004



# Shapiro's IAA Model



*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*