



Mindful Mentors Program Conway Chair Conversations

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March 20, 2018

Grounding Meditation

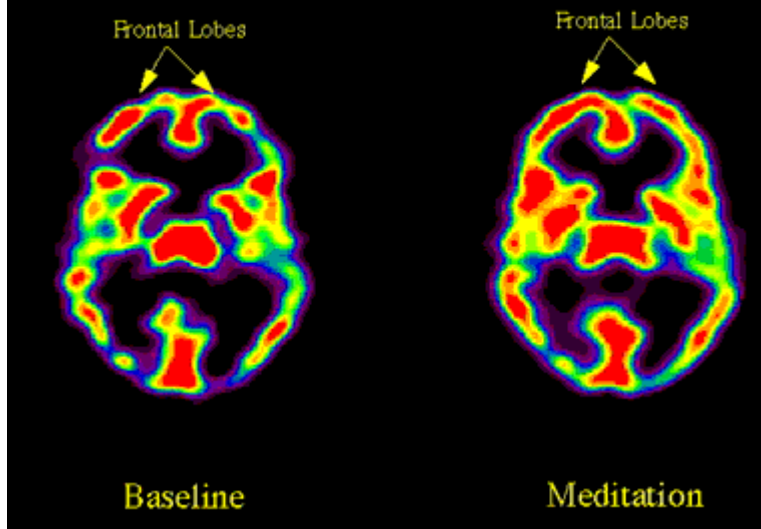


How Did We Get Here?

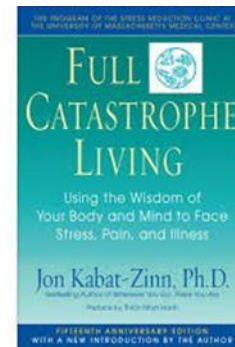
- Thanks to Dr. Gerard Martin!
- C. Richard Beyda Professorship in Cardiology at Children's National
- Support from Drs. Berul, Wessel, and Steinhorn



SPECT Images at Baseline and During Meditation



Mindfulness Based Stress Reduction



MBSR Intervention

Includes training in formal and informal MBSR practices:

- Deep breathing exercises
- Guided imagery
- Meditation
- Yoga
- Group discussions about specific stressors, pleasant/unpleasant events, positive/negative thinking



Pilot/Feasibility Study

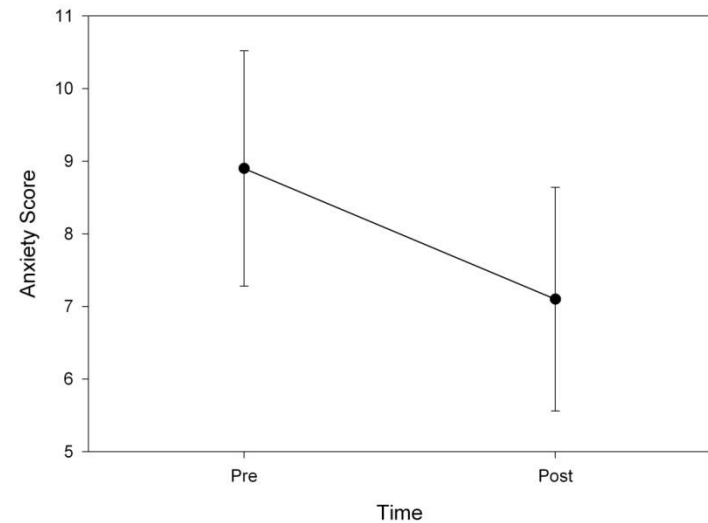
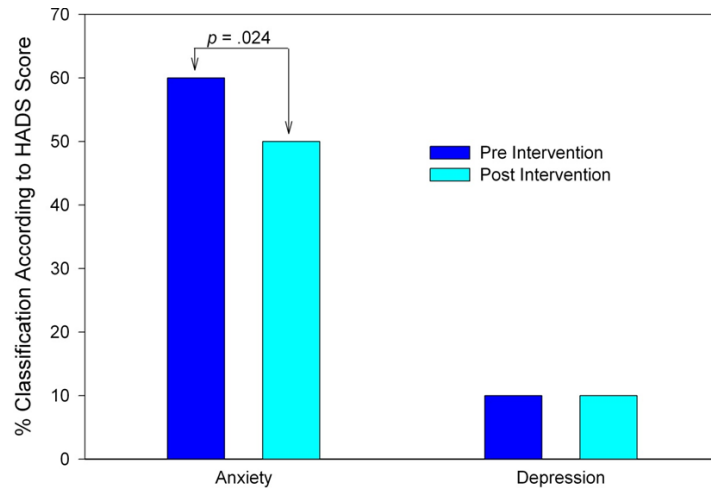
Pediatr Cardiol (2015) 36:786–795

DOI 10.1007/s00246-014-1081-5

A Pilot Study of a Mindfulness Based Stress Reduction Program in Adolescents with Implantable Cardioverter Defibrillators or Pacemakers

Vicki A. Freedenberg · Sue A. Thomas ·

Erika Friedmann

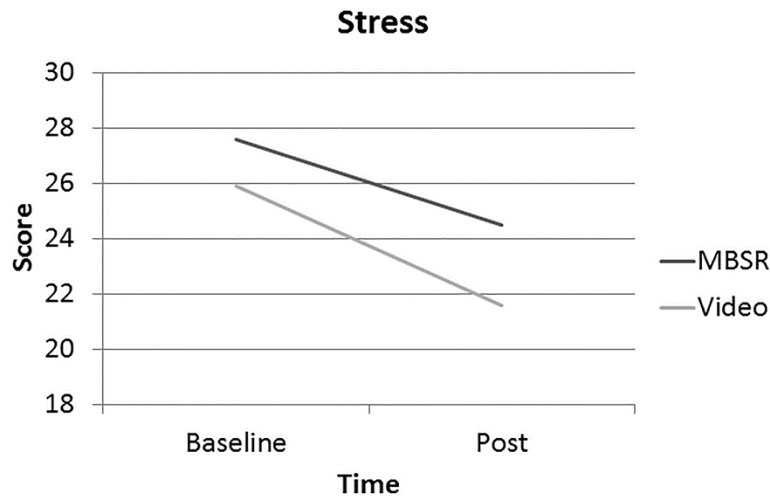


Randomized Two-Group Study

Pediatr Cardiol (2017) 38:1415-1425

Mindfulness-Based Stress Reduction and Group Support Decrease Stress in Adolescents with Cardiac Diagnoses: A Randomized Two-Group Study

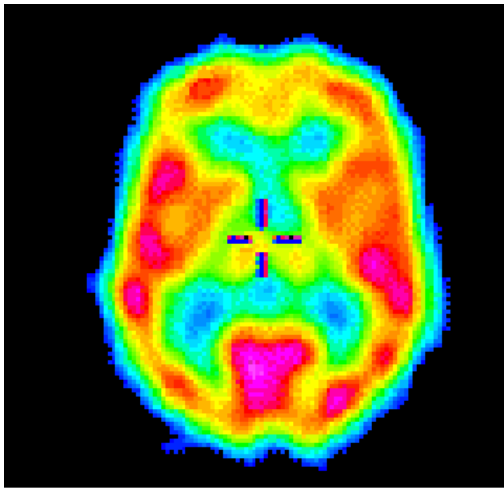
Vicki A. Freedenberg, Pamela S. Hinds & Erika Friedmann



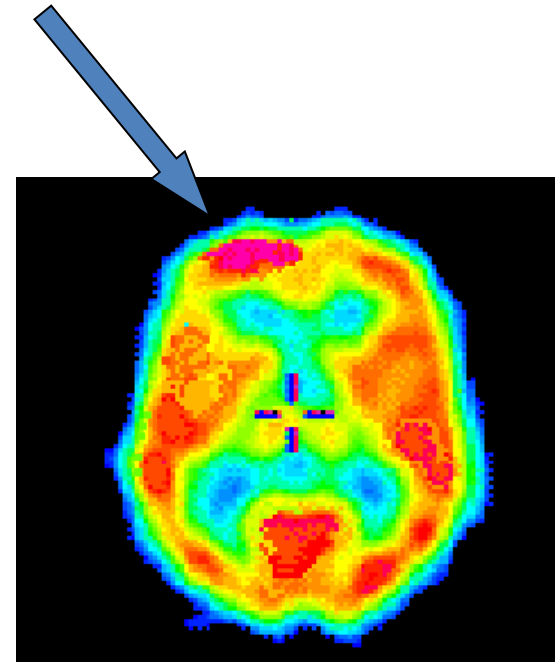
Program Elements



Mindfulness and the Brain (Davidson, 2003)



Pre-Meditation

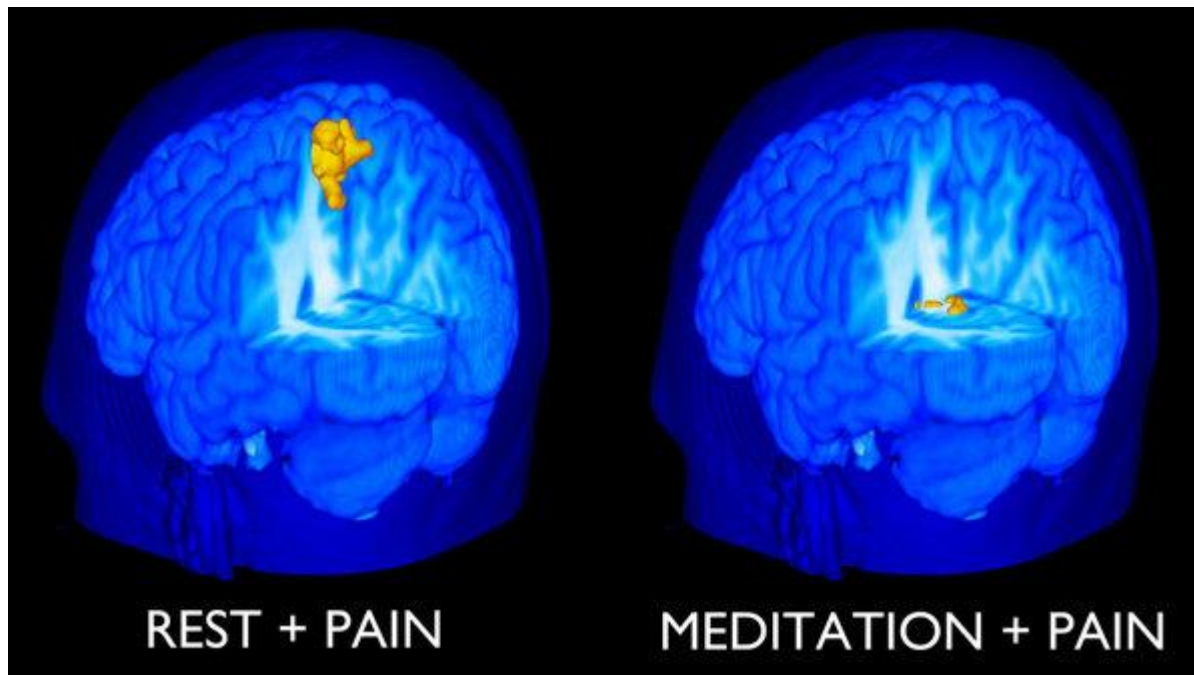


Post-Meditation

Brain Mechanisms Supporting the Modulation of Pain by Mindfulness Meditation

Fadel Zeidan, Katherine T. Martucci, Robert A. Kraft, Nakia S. Gordon, John G. McHaffie and Robert C. Coghill

Journal of Neuroscience 6 April 2011, 31 (14) 5540-5548



The First Cohort (N=37)

Who

RN=18

Tech (echo, PCT)= 6

MD= 5

Social Work=3

Child Life Specialist=3

PsyD=1

AA=1

Where

Cardiology =15

(clinic, MD, CPRU)

HKU=7

CICU=5

Palliative Care=4

HSC=2

CHC=2

Hem/Onc=2

Program Vision

- Train the trainer approach
- 16 hours initial intensive training
(Mindfulness techniques, emotional boundaries, self-compassion, difficult emotions, non-violent-communication, misconceptions, overcoming barriers to practice, debriefing, support group)
- Monthly support/debriefing/new technique
- 3 in-depth educational sessions

Outcomes Measured

- Course Evaluation
- SEND (Self Efficacy in Helping Patients Using Non-Drug Therapies)
- Cognitive and Affective Mindfulness Scale-Revised (CAMS-R)
- Perceived Stress Scale (PSS)
- Physician's Well Being Index (mental QOL, fatigue, negative impact of distress on practice)
- Burnout
- Brief Resilience Scale
- Confidence in Calm Compassionate Care Scale (CCCS)
- PROMIS-Anxiety Short Form

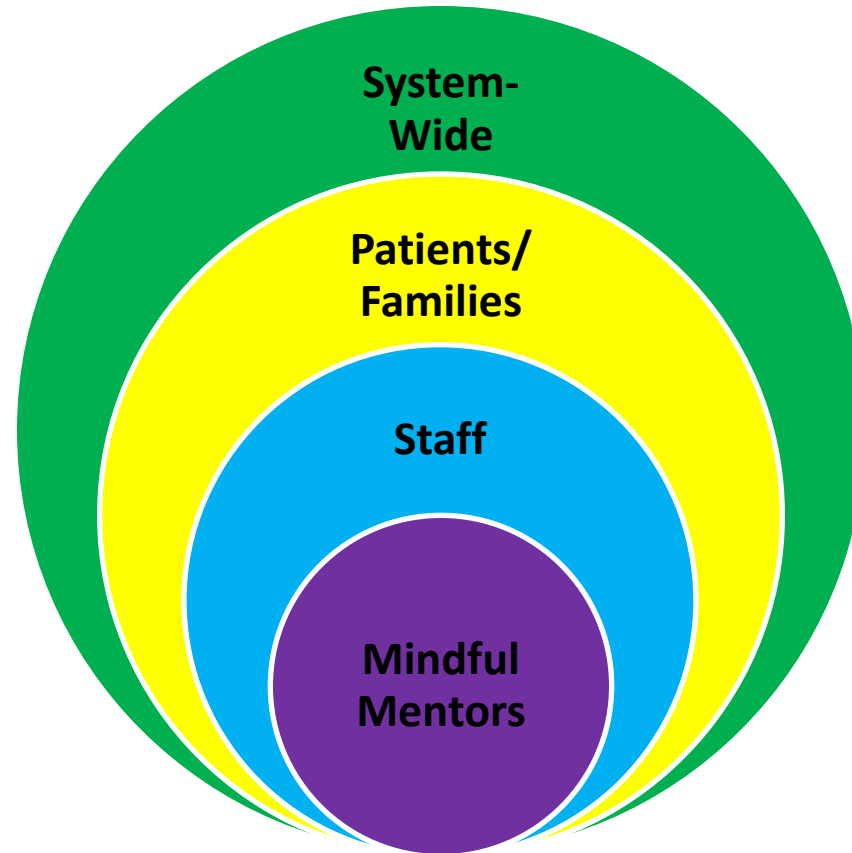
Initial Results

- Course Evaluation-**overwhelmingly positive, $p=.027$**
- SEND (Self Efficacy in Helping Patients Using Non-Drug Therapies)- **$p<.001$**
- Cognitive and Affective Mindfulness Scale-Revised (CAMS-R)- **$p=.043$**
- Perceived Stress Scale (PSS)-**NS**
- Physician's Well Being Index- **$p=.039$**
- Burnout-**NS**
- Brief Resilience Scale-**NS**
- Confidence in Calm Compassionate Care Scale (CCCS)- **$p=.009$**
- PROMIS-Anxiety Short Form- **$p=.046$**

Questions and Directions from Here

1. What can we do to monitor this group to know it's positive impacts?
2. How would we know if there were positive impacts?
3. How do we reach beyond this group to other healthcare providers and ultimately the patients?

Conceptual Model



Your Thoughts and Ideas!

