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

Baseline

Meditation

Mindfulness Based Stress Reduction

FULL CATASTROPHE LIVING
Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness

Jon Kabat-Zinn, Ph.D.

Children's National
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. Freedemberg · Sue A. Thomas · Erika Friedmann
Randomized Two-Group Study

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

System-Wide

Patients/Families

Staff

Mindful Mentors
Your Thoughts and Ideas!

Looking for Thoughts, Opinions and Ideas From You!