ROME 2016 New England

"Behavioral Medicine: Resilience for Osteopathic Professionals – Practical Approaches to Avoid Burnout"

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Disclosures

Nothing to Disclose

Objectives

- Discuss the Impact of Pathophysiologic Effects of Stress on Physician Resiliency
- Practice Mindfulness Approaches to Decreasing Burnout
- Explain how Clinical Mindfulness could Improve Physician Resiliency
Practicing with Greater Ease

Principles of Osteopathic Medicine

- The body is a unit; the person is a unit of body, mind, and spirit.
- The body is capable of self-regulation, self-healing, and health maintenance.
- Structure and function are reciprocally interrelated.
- Rational treatment is based upon an understanding of the basic principles of body unity, self-regulation, and the interrelationship of structure and function.
Flight Surgeon Training

Pilot Training

Stress Physiology

- Stress Reaction: FIGHT/FLIGHT/FREEZE
- ANS: Epinephrine Immediate/Short-Lived
- HPA AXIS: Cortisol Delayed/Sustained
- Endorphins/Enkephalins
Impact on the Brain

- Amygdala
- Hippocampus
- Prefrontal cortex
- Neuroplasticity

Defining Mindfulness

Mindfulness is about paying attention, to the present moment, on purpose and with a sense of interest and curiosity.

Expert in Mindfulness
Mindfulness Supports Osteopathic Medicine Principle

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- The body is capable of self-regulation, self-healing, and health maintenance.

Participants

- 70 Primary care physicians
- 54% Male, 46% Female
- 49% Internists, 41% FP, 10% Peds
- 71% suburban, 25% urban
- 15.9 years in practice
Results

- Decreased Burnout:
  - Emotional Exhaustion: 26.8 to 20.0; 95% CI: 4.8-8.8
  - Depersonalization: 8.4 to 5.9; 95% CI: 1.4-3.6
  - Personal Accomplishment: 40.2 to 42.6; 95% CI: 1.2-3.6

- Improved Mood Disturbance:
  - Total Mood Disturbance: 33.2 to 16.1; 95% CI: 11-23.1

- Improved Personality:
  - Conscientiousness: 6.5 to 6.8; 95% CI: 0.1-5
  - Emotional Stability: 6.1 to 6.6; 95% CI: 0.3-0.7

- Greater Empathy:
  - Perspective taking: 116.6 to 121.2; 95% CI: 2.2-7.0

Mindfulness: Physician Benefits

- Improves Job Satisfaction
- Improves Physician-Patient Relationships
- Improves Patient Satisfaction
- Improves Physician Quality Scores
- Improves Physician Well-Being

Ann Fam Med 2013
JAMA 2009

Intentional Hand Hygiene: A Practice of Self-Care
Using a mindfulness strategy to reduce perceived stress in the patient care team

Before the program:
- 97% of the 65 participants responded using words like tense, stressed, rushed, tired

After the program:
- 98% of the participants responded using words like relaxed, calm, centered

As a result of this program, I learned…
- “To take a few minutes for myself throughout the work day.”
- “That I can incorporate a need (hand hygiene) with a relaxation/focus technique.”
- “A few moments of time can be used to relax my body and mind during my work day.”
Formal Mindfulness Practices

Resources (Handout)
- Apps
  - Headspace
  - Mental workout
  - Buddhify
- On-line resources
  - Sounds True
- Suggestions for Incorporating Mindfulness

STOP
Stop
Take a Breath
Observe
Proceed
Mindfulness in Action

Questions

References (Osteopathic)

References


Selected References

Selected References
(Neurophysiology)