

“Tell me, what is it you plan to do with your one wild and precious life?” Mary Oliver

Supporting Patients with Mindfulness-based Strategies

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LETS PRACTICE

- We do it
- You do it

EXPLORE



Do you do anything that you would call mindfulness?



What is mindfulness to you?



What calms you down, gets you in the present moment?



Would you try something with me?



sati: awareness;
re-member

mindfulness:
paying attention on
purpose, in the
present moment,
nonjudgmentally
(Jon Kabat-Zinn)

portals: breath,
body, senses

LETS STOP



- S-Stop or Slow down
- T-Take a breath or more
- O-Observe nonjudgmentally
 - Body, Mind, Heart
 - How are you?
 - Note what's obvious
- Proceed with intention
 - What's called for now?
 - What needs my attention next?

What did you like best?
What was challenging?
What did you discover?

Randomized Controlled Trial of Brief Mindfulness Training and Hypnotic Suggestion for Acute Pain Relief in the Hospital Setting

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BACKGROUND: Medical management of acute pain

KEY WORDS: acute pain; analgesia; hypnosis; mindfulness; non-opioid

therapy; opioid

1/3 OF PATIENTS WITH MIND BODY INTERVENTIONS REPORTED A 30% REDUCTION IN PAIN INTENSITY, COMPARABLE TO 5 MG OXYCODONE

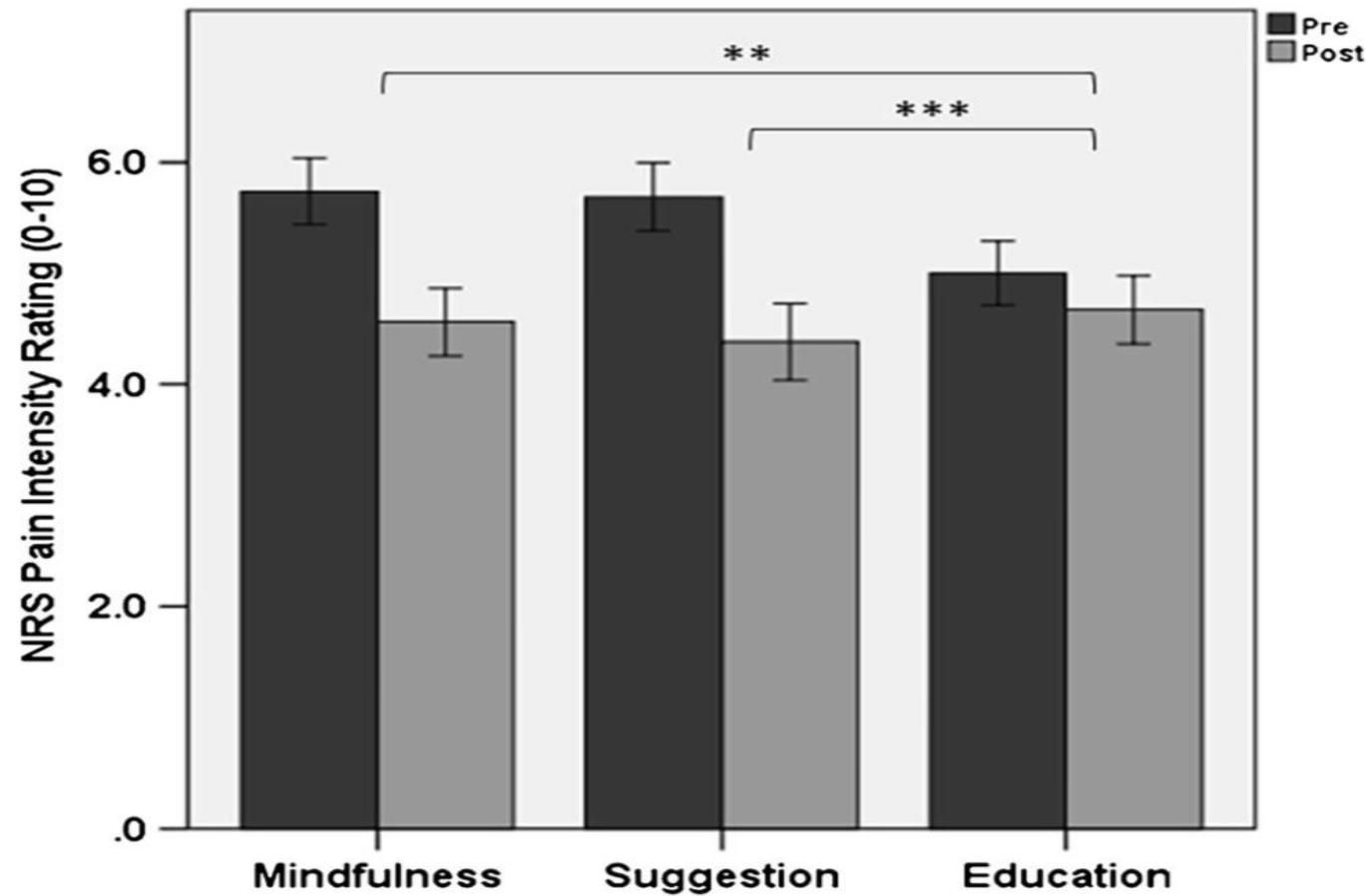


Figure 2 Numeric rating scale (NRS) pain intensity ratings (\pm 95% confidence intervals). Participants assigned to mindfulness ($p = 0.001$) and hypnotic suggestion ($p < 0.001$) reported significantly lower baseline-adjusted pain intensity ratings post-intervention compared with a psychoeducation control condition. Within-subject pain intensity reduction: * $p < 0.05$, ** $p < 0.01$, ***

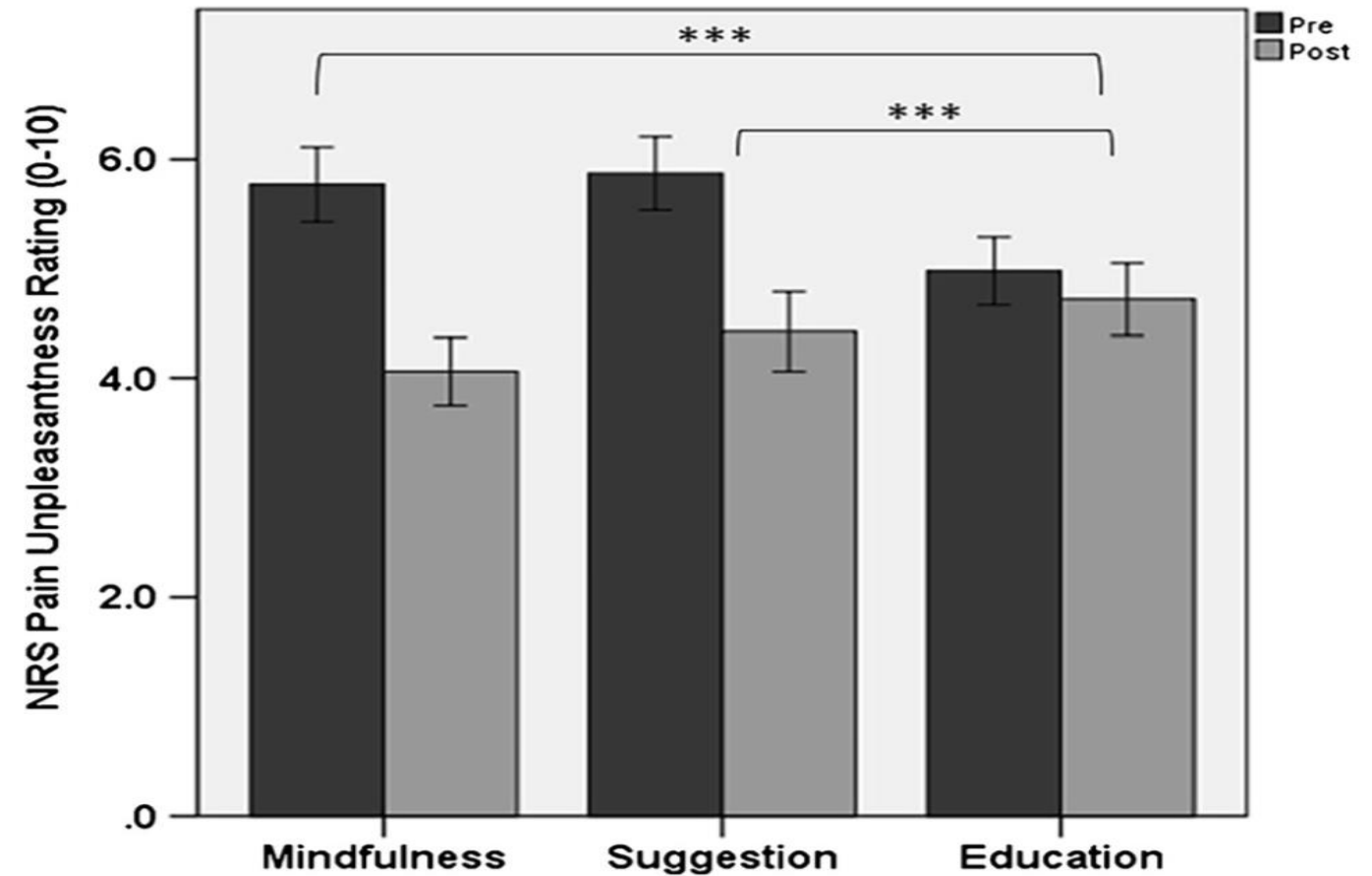


Figure 3 Numeric rating scale (NRS) pain unpleasantness ratings (\pm 95% confidence intervals). Participants assigned to mindfulness ($p < 0.001$) and hypnotic suggestion ($p < 0.001$) reported significantly lower baseline-adjusted pain unpleasantness ratings post-intervention compared with a psychoeducation control condition. Within-subject pain unpleasantness reduction: * $p < 0.05$, **

Brief preoperative mind–body therapies for total joint arthroplasty patients: a randomized controlled trial

Adam W. Hanley^{a,b}, Jeremy Gililland^{c,d}, Jill Erickson^c, Christopher Pelt^c, Christopher Peters^c, Jamie Rojas^{a,b}, Eric L. Garland^{a,b,d,*}

Mindfulness
of Breath
(N=106)



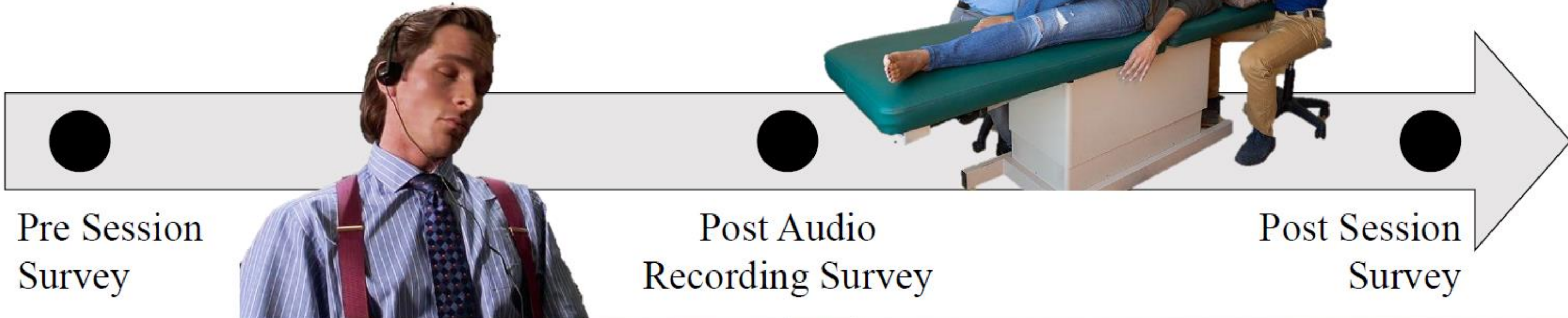
Hypnotic
Suggestion
(N=89)



Cognitive-Behavioral
Psychoeducation
(N=90)

Adam W. Hanley*, PhD, Eric L. Garland, PhD and Rebecca Wilson Zingg, DO

Mindfulness-based waiting room intervention for osteopathic manipulation patients: a pilot randomized controlled trial



FORMAL MINDFULNESS PRACTICE

- Intentionally setting aside time to “be,” to learn to attend or relate to our experience directly and non-judgmentally.



INFORMAL MINDFULNESS PRACTICE

In all that we do, we can bring attention & attitudes of mindfulness: curiosity, kindness, humor



Being with.....Doing to
Sense, feel, observe.....Think, judge
Acknowledge, allow..... React
Focus on task.....Auto-pilot, rush

“Minds will wander, you can just bring it back to...”

INVITATION TO TRY A PRACTICE

- Invitation to explore & experiment
- Roll with resistance
 - Yea, that's understandable
 - Yea, it's hard to shut down the mind... you don't have to in this practice
 - This will be about 1-2 minutes, are you willing to try it with me?

GUIDING: LANGUAGE, PACING, TONE

- Join them in the practice
- Use your normal inviting tone and language
- When you give an instruction, pause to let the person do it and feel it
- Note & normalize common experiences, e.g. mind wandering, restlessness

REFLECTION

- Thank you for experimenting
- What did you discover? How was that?
- Do you notice any shifts?
- Was there something you appreciated?
- Reinforce the good & normalize the hard
 - You feel a little calmer—that was only 3 breaths
 - Yea, the mind wanders, that's ok; helpful to be aware of what's on your mind

REFLECTION CONT.

- Normalize the hard:
 - Awareness of experience may be unpleasant
 - We can increase our tolerance to be with it, care for it, or shift attention
- Provide referrals and resources

BRIEF PRACTICES

- 3 Breaths (with hands on your stomach)
- Senses: 3 things you see, hear, feel
- [STOP practice](#)
- [Awareness of Breath](#)
- [Body Scan](#)
- [Accelerate article w/ brief practices](#)

MINDFULNESS RESOURCES

[Mindfulness courses](#)

[Mindfulness in Medicine Courses](#)

[U's Wellness & Integrative Health Youtube Channel](#)

[HCI 's Wellness & Integrative Health Youtube Channel](#)

Apps: 10% Happier; *Calm*; Insight Timer; *Headspace*; *Liberate*

QUESTIONS & TAKE AWAYS



THANK YOU

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