

MINDFULNESS IN PARTICIPATORY MEDICINE

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The intention of both Tom Ferguson and Jon Kabat-Zinn to plant the seeds for a version of medicine that is truly participatory is undeniable. Their respective approaches come from different directions but at the heart they both acknowledged the hunger we all have to be personally and proactively engaged with our life during encounters with illness. Self-care, an engaged community of caregivers, attentive awareness, self-compassion, good communications, a transformation of attitudes and behaviors, and good information are all necessary ingredients for a successful model of Participatory Medicine.

Some points for us to consider and discuss in this presentation dialogue:

1. Proactive Self-Care (via the practice of mindfulness and in a participatory medicine) vs Disease Management (self-care's trajectory in the current model of medicine)
2. Long-term results infer that informal mindfulness practice goes hand-in-hand with self-care. Less so with formal practice. A transformation in the way of living as a consequence of MBSR.
3. Our study documents one community's model for the evolution of MBSR as a catalyst for the model of Participatory Medicine: a growing referral community, measuring and communicating tangibilities in forms patients and clinicians understand, training clinicians. [6, 7] Now law enforcement Mindfulness-Based Resilience program, local university's psychology PhD students' foundational course will be MBSR, ongoing local outreach to organizations, distance learning of MBSR.
4. Affordable Care Act and the evolution of Accountable Care Organizations (ACO's): Physician Hospital Organizations (PHO's) in Massachusetts, Coordinated Care Organizations (CCO's) in Oregon, others in Washington State, Vermont and growing. The place of mindfulness practice post-2014 with ACO's.

Selected Readings & Notations

1. Siegel DJ. *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being*. New York: W. W. Norton & Company. 2007.
2. Vago DR, Silbersweig DA. Self-awareness, self-regulation, and self-transcendence (S-ART): A framework for understanding the neurobiological mechanisms of mindfulness. *Front Hum Neurosci*. 2012;6(296):1-30. doi:10.3389/fnhum.2012.00296
3. Rogers B, Christopher M, Sunbay-Bilgen Z. Mindfulness, self-care and participatory medicine: A community's clinical evidence. *Jour Particat Med* 5, February 20, 2013.
4. Rogers B, et al. Mindfulness in Participatory Medicine: Context & Relevance. *J Participat Med* 5, February 14, 2013.
5. Santorelli, S. "Participatory Medicine: The Central Role of Mindfulness in this Emerging Field." Center for Mindfulness, University of Massachusetts Medical School 8th Annual Scientific Conference. Worcester, MA. 7 Apr. 2010.
6. Ferguson, T. (2007). e-Patients: How they can help us heal healthcare. Retrieved April 23, 2010, from http://www.e-patients.net/e-Patients_White_Paper.pdf.
7. Kabat-Zinn, J. (2000). Participatory Medicine. *Journal of the European Academy of Dermatology and Venereology*. 14 (4), 239-240.
8. The Stress Reduction Clinic at Yoga Hillsboro. Hillsboro, Oregon. <http://yogahillsboro.com>
9. The School of Professional Psychology, Pacific University. Hillsboro, Oregon. <http://www.pacificu.edu/spp/faculty/Christopher.cfm>

Summary:

Background: Therapeutic modalities involving the practice of mindfulness are gaining wide acceptance as effective interventions in medicine and psychotherapy. A growing library of well-designed research studies demonstrate significant and enduring improvements in a host of physical and mental health domains as a consequence of the practice. This effectiveness may be due in large part to the nature of mindfulness, which is an elemental dimension of proactive self-care. Further, there may be strong bio-neurological underpinnings that overlap and parallel the processes of self-care with the healing act of caring for one another within a community. [1, 2] Proactive patient self-care within a community is central to the model of Participatory Medicine. Our naturalistic study offers a clinical account for the value of mindfulness by measuring the enduring positive therapeutic outcomes, noting a transformation of self-care, and documenting a consistent referral community of clinicians, friends and family members. The study's principle quantitative findings are summarized in graphical form here and have been published in full elsewhere. [3,4]

Intention: We offer this as an example of the ecological validity of MBSR and the practice of mindfulness in the domain of health care in the context of the looming multidimensional changes forthcoming with the Affordable Care Act and the evolution of Accountable Care Organizations (ACO's).

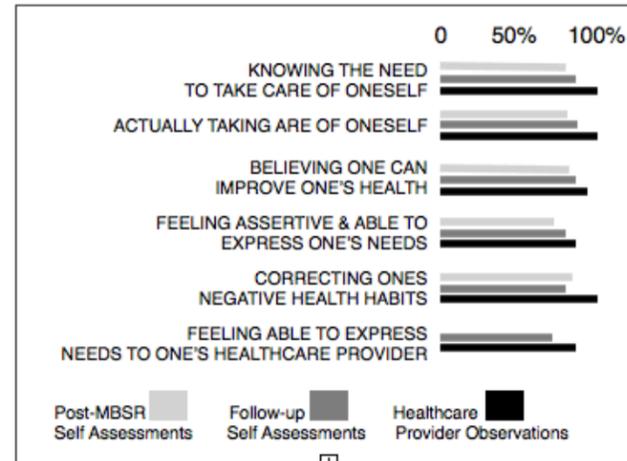
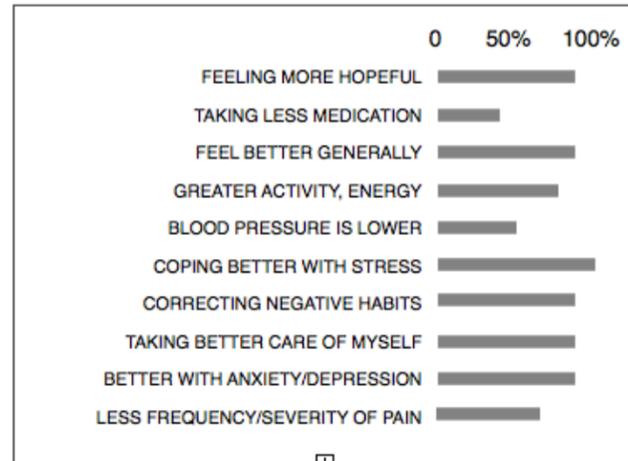
Findings: Our study expressed a community's clinical account of MBSR woven into the matrix of health care including physicians, psychologists, therapists, patients, family, friends and teachers. We found significant and enduring improvements in participants' perceived stress, self-care attitudes and behaviors, as well as physical, mental and social health status parallel to a long-term engagement in mindfulness practice. A survey of participants' health care providers indicated that they perceived a positive transformation of self-care in their patients.

For Discussion Today: We will suggest that MBSR is an educational intervention that is relevant to the times as the Affordable Care Act takes effect and implementation of ACO's become the norm in the years ahead. We document a model for weaving mindfulness into health care within one community. We postulate that proactive self-care in the realm of mindfulness and a participatory medicine is distinctly different from self-care in our general model of medicine which is primarily focussed on disease management. We also postulate that a transformation of MBSR participants' way of living that includes ongoing informal mindfulness is responsible for long-term health benefits.

Participatory Medicine: Saki Santorelli's inspiring talk expressed the breadth of relevance for mindfulness in the model of Participatory Medicine and inspired our work here. [5] If that talk could be expressed in a phrase it might simply note that the practice of mindfulness is a fundamental and radical act of caring for ourselves and one another, the heart of the intended dynamic of a participatory medicine. Tom Ferguson acknowledged patients, caregivers and their networks as powerful medical resources in the model of Participatory Medicine [6] Jon Kabat-Zinn also wrote about a participatory medicine, "As care-givers, we have to remind ourselves of what we of course already know, namely that all human beings, including ourselves and our patients have, to varying degrees but almost always far more than we suspect, deep and life-long inner resources for learning, growing, healing, and personal transformation." [7] While articulating this model of medicine differently they both acknowledged the immense value of self-care: patients and care givers proactively engaging their lives, the illnesses that emerge and via the communities they share.

Addendum: Graphical Summaries

Graphical summaries of the data in the tables of Rogers, Christopher, Sunbay-Bilgen; Mindfulness, Self-Care, and Participatory Medicine: A Community's Clinical Evidence. *Journal of Participatory Medicine*, February 2013.



MBSR Participants' responses on a post-program self-assessment (FQ) ¹¹ as a percentage of the number of such responses for each experience. (n=137). From the data in Table 1.

MBSR participant self-assessment and healthcare provider observations in self-care surveys about the consequences of the program. Compilation of data from Tables 2 and 7.

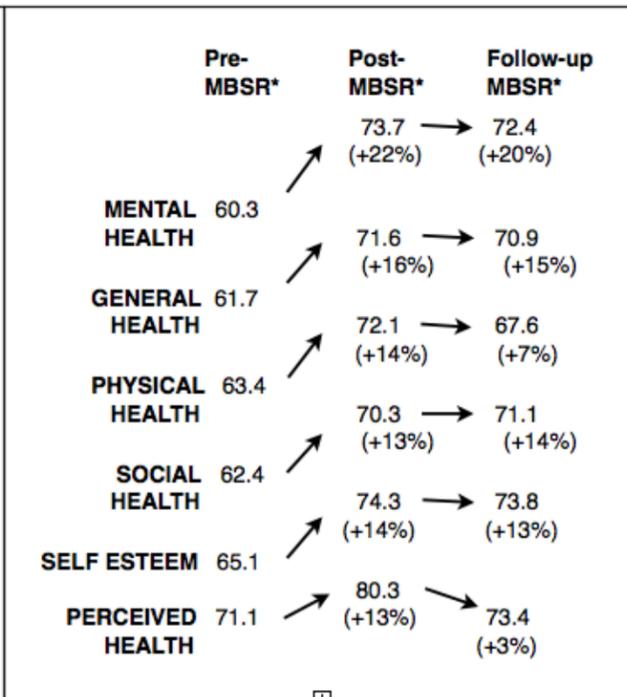
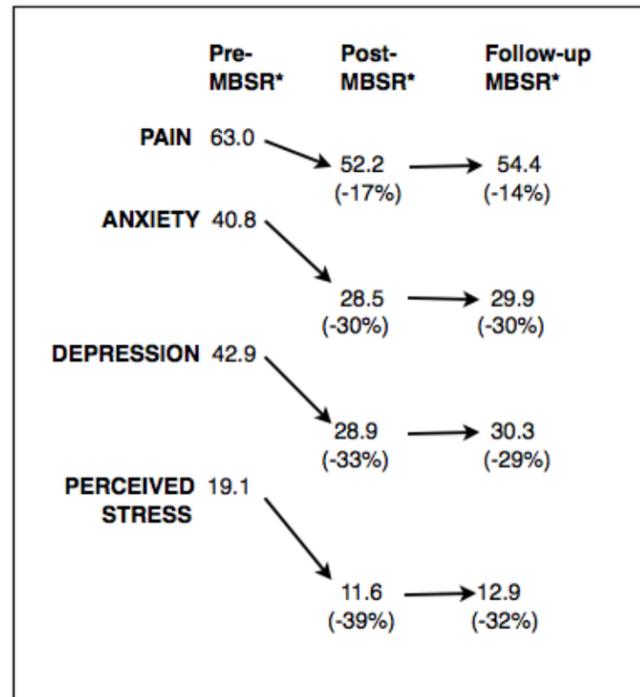
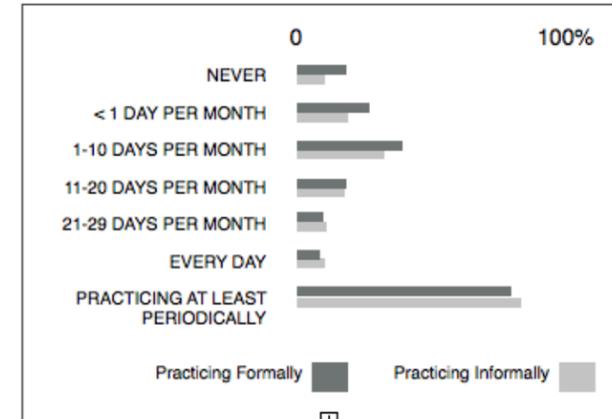
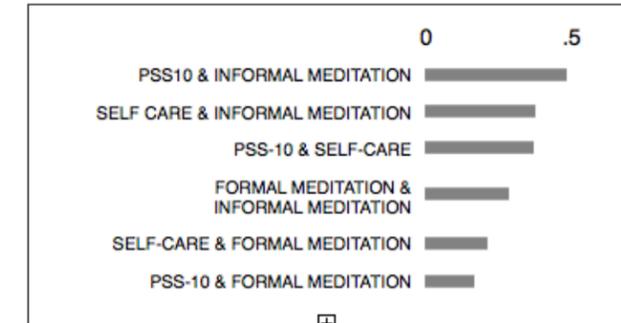


Table Graphics illustrating statistically significant and enduring changes in health status score testing from pre-MBSR through follow-up testing up to 4 years later (n=94) in Table 4. *All scores are DUKE Health Profile subscores with the exception of PERCEIVED STRESS which is the PSS-10.



Percentage of participants continuing formal and informal meditation practice at long term follow-up up to 4 years after the MBSR program from Table 5.



Size of correlations between participants' modes of meditation practice and the stress (PSS-10) and self-care (MSCI) indices at long-term follow-up after the MBSR program from Table 6. Note: some correlations were positive and some negative. See the original paper for details.

- "Mindfulness practice teaches my patients to dare to take their health and lives seriously. Carving out time to look within without judgment or agenda helps us all distinguish between the pain and loss that is an irreducible part of being human from the pain we volunteer for by living anywhere but the present, driven by the imperatives of our cultural programming." - MD, Psychiatrist, referring physician
- "I find that those of my patients who participated in the MBSR course had better awareness and attitude toward their symptoms. In their own personal ways, this positive internal shift of attention helped them gain new understanding of their symptoms (i.e., pain, anxiety, etc.) and even helped them in times of more severe symptomatology. In some cases, this skill has helped them become less dependent on pharmacologic therapy and more willing to adopt other self-care methods." - MD, Internist, referring physician
- "I find that my clients who participated in mindfulness training perceive their bodily sensations in a more healthy way. They have a much enhanced ability to distinguish between the "good" pain of therapeutic movement, and the "bad" pain of illness or injury. This enhances their ability to tolerate and participate fully in treatment, without the increased pain that tension and anxiety provoke." - Physical Therapist, referring clinician
- "Overall, I am calmer with my clients and sharing what I have learned with them is helping them to change their views of depression, anxiety, and other mental health challenges." - LCSW, MBSR graduate and referring clinician
- "The body aches and discomforts that the medical doctors couldn't even explain, much less fix, MBSR has alleviated." - MBSR graduate, public school teacher
- "I had just finished chemotherapy when the class began. Several months later I realized what an impact MBSR had made on my life. I was using so many of the principles as I went about my day to day experiences. I was accepting the limitations of my body and the frustrations. Rather than becoming sad and depressed, I was living in the moment. My job was stressful, but now I had ways to cope." - cancer survivor, MBSR graduate

Selected comments from referring clinicians and MBSR participants in Tables 1 & 2 of Rogers, et. al. Mindfulness in Participatory Medicine: Context and Relevance. *Journal of Participatory Medicine Vol. 5, February 14, 2013*