Project ECHO®
Virginia Commonwealth University

VCU Palliative Care ECHO*

June 13, 2019

Mindfulness and Provider Self-Care

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*ECHO: Extension of Community Healthcare Outcomes

Continuing Medical Education

June 13, 2019| 12:00 PM | teleECHO Conference

Physicians: VCU Health Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. VCU Health Continuing Medical Education designates this live activity for a maximum of 1 ***AMA PRA Category 1 Credits™.***

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Continuing Nursing Education: 1.5 CE Contact Hours

VCUHealth is approved as a provider of continuing nursing education by the Virginia Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

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In compliance with the Accreditation Council for Continuing Medical Education (ACCME) *Standards for Commercial Support of CME*, VCU Health Continuing Medical Education discloses all relevant relationships which program faculty and planners report having with "any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients." VCU Health Continuing Medical Education has procedures to resolve any apparent conflicts of interest.

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Egidio Del FabbrDanielle Noreika, MD

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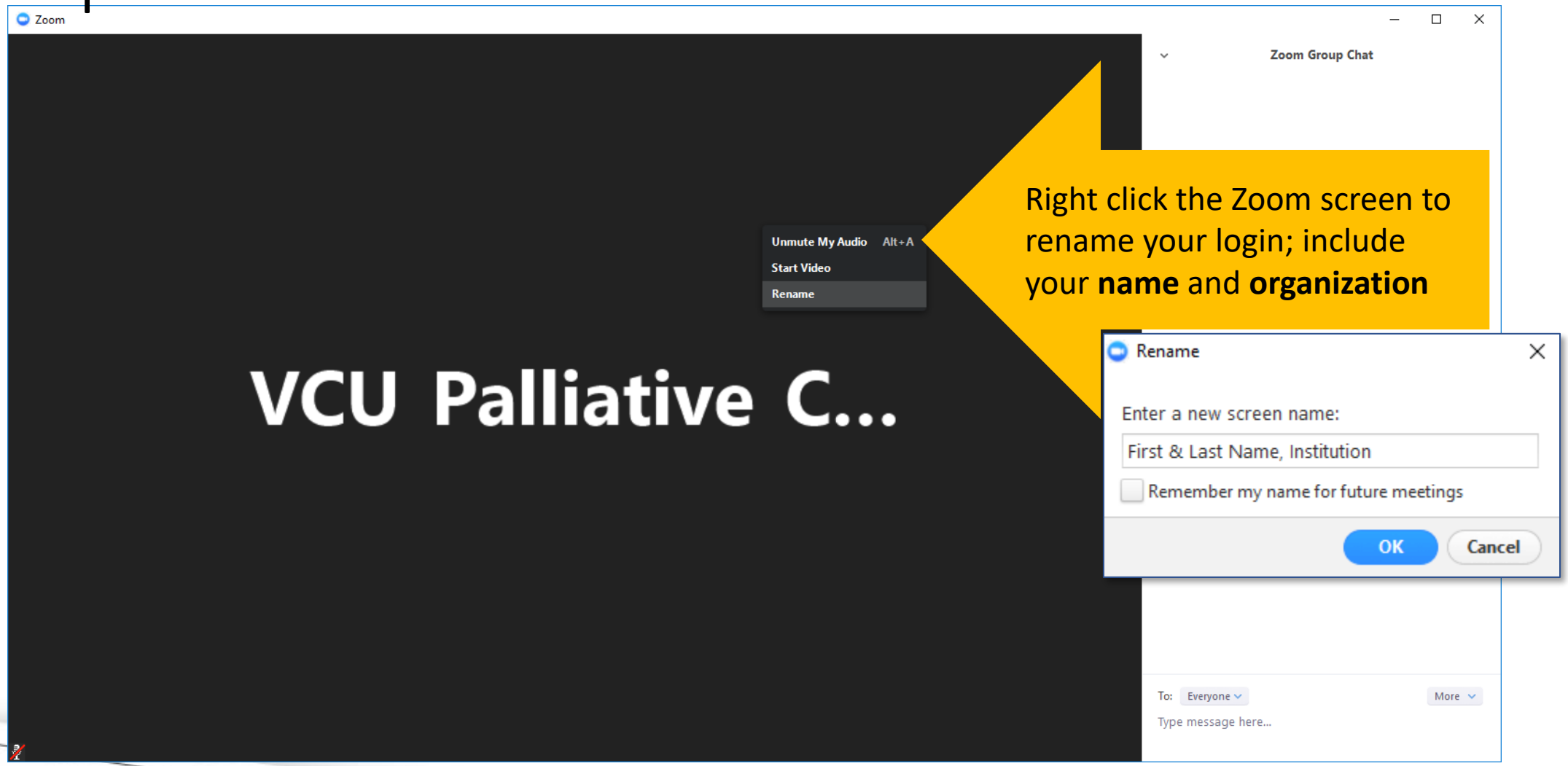

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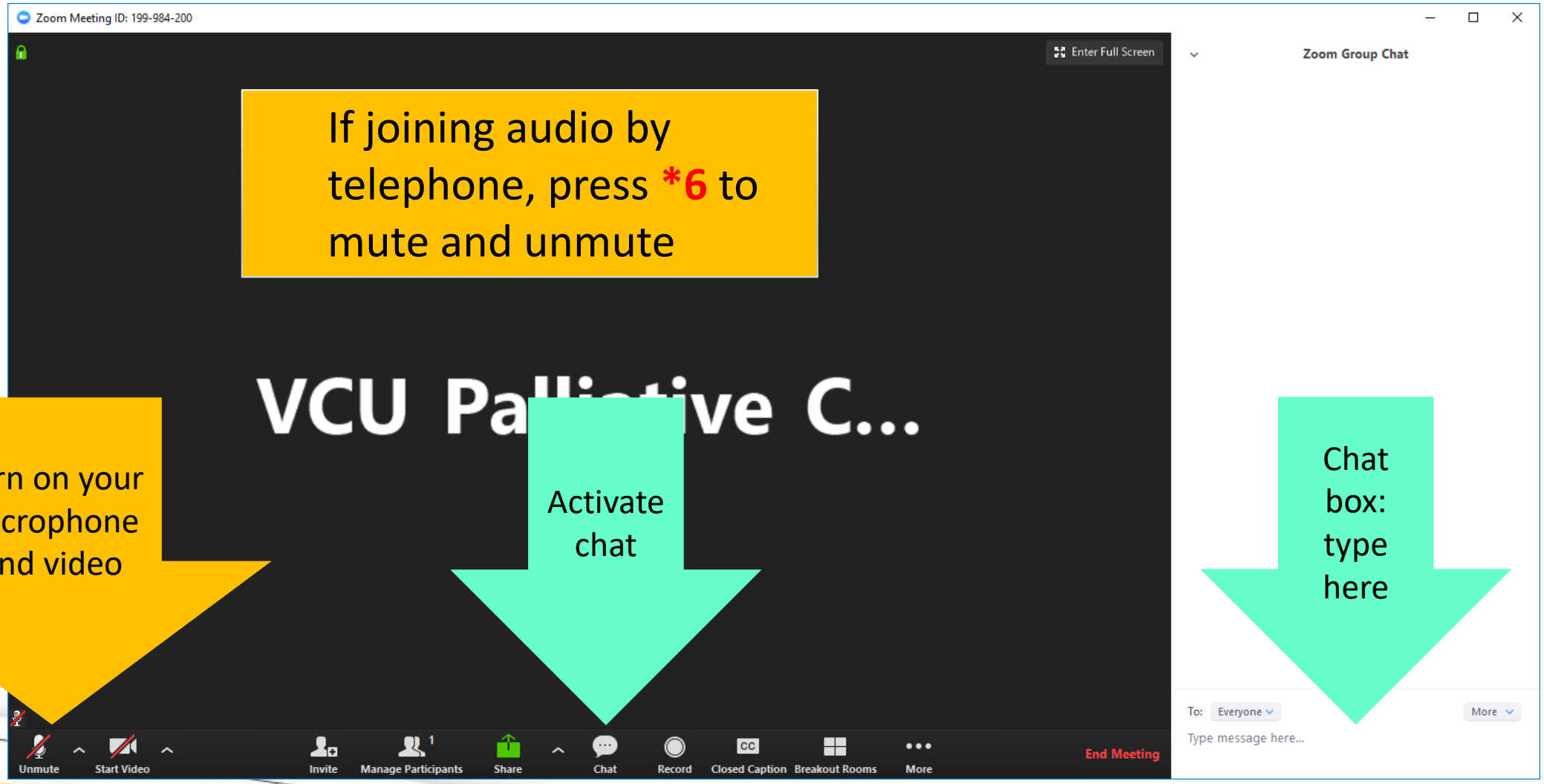

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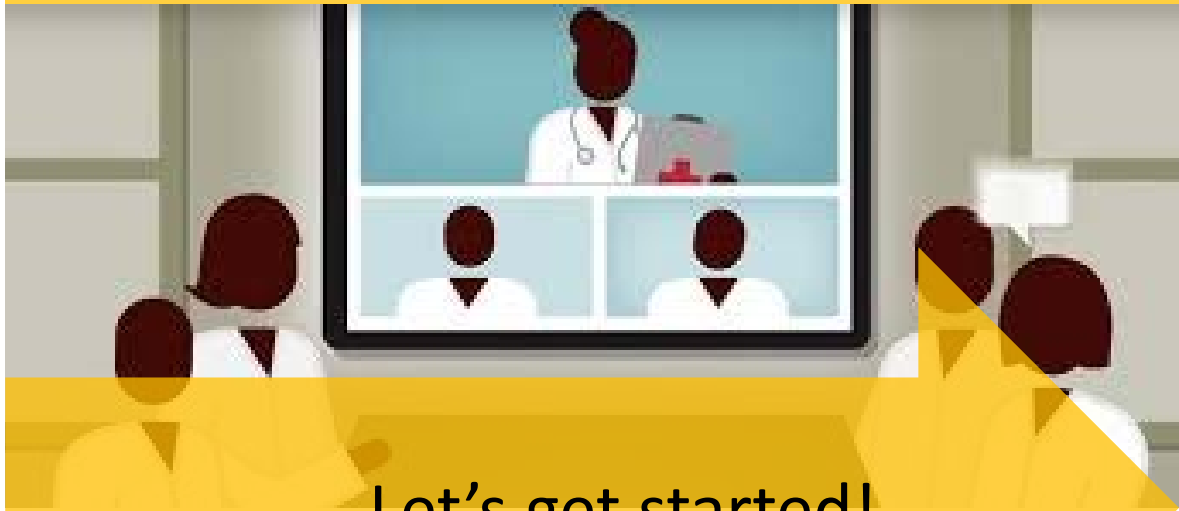
What to Expect

I. Didactic Presentation
   20 minutes + Q&A

II. Case Discussions
   - Case Presentation
     5 min.
   - Clarifying questions from spokes, then hub
     2 min. each
   - Recommendations from spokes, then hub
     2 min. each
   - Summary (hub)
     5 min.

III. Closing and Questions

- Bi-weekly tele-ECHO sessions (1.5 hours)
- Didactic presentations developed by inter-professional experts in palliative care
- Website: www.vcuhealth.org/pcecho
- Email: pcecho@vcuhealth.org



Let's get started!

Hub Introductions

VCU Team	
Clinical Directors	Egidio Del Fabbro, MD VCU Palliative Care Chair and Program Director Danielle Noreika, MD, FACP, FAAHPM Medical Director/Fellowship Director VCU Palliative Care
Clinical Experts	Candace Blades, JD, RN – Advance Care Planning Coordinator Brian Cassel, PhD – Palliative Care Outcomes Researcher Jason Callahan, MDiv – Palliative Care Specialty Certified Felicia Hope Coley, RN Diane Kane, LCSW – Palliative Care Specialty Certified Tamara Orr, PhD, LCP – Clinical Psychologist
Support Staff	
Program Manager	Teri Dulong-Rae & Bhakti Dave, MPH
Telemedicine Practice Administrator	David Collins, MHA
IT Support	Frank Green

Spoke Participant Introductions

Name and Institution

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Mindfulness and Provider Self-Care

Danielle Noreika, MD, FACP, FAAHPM

June 13, 2019

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Who Needs Self Care? ;)

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21. **Burnout**, mental health and 'wellness' in obstetricians and gynaecologists: Why these issues should matter to our patients - and our profession.
Robson S, Cukierman R.
Aust N Z J Obstet Gynaecol. 2019 Jun;59(3):331-334. doi: 10.1111/ajo.12987. No abstract available.
PMID: 31169317
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22. Descriptions of diabetes **burnout** from individuals with Type 1 diabetes: an analysis of YouTube videos.
Abdoli S, Hessler D, Vora A, Smither B, Stuckey H.
Diabet Med. 2019 Jun 5. doi: 10.1111/dme.14047. [Epub ahead of print]
PMID: 31168875
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23. Can Engagement Go Awry and Lead to **Burnout**? The Moderating Role of the Perceived Motivational Climate.
Nerstad CGL, Wong SI, Richardsen AM.
Int J Environ Res Public Health. 2019 Jun 4;16(11). pii: E1979. doi: 10.3390/ijerph16111979.
PMID: 31167418 **Free Article**
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24. Posttraumatic Stress Disorder and Job **Burnout** Among Jail Officers.
Jaegers LA, Matthieu MM, Vaughn MG, Werth P, Katz IM, Ahmad SO.
J Occup Environ Med. 2019 Jun;61(6):505-510. doi: 10.1097/JOM.0000000000001600.
PMID: 31167223
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25. Shift work of nursing professionals and blood pressure, **burnout** and common mental disorders.
Nascimento JOV, Santos JD, Meira KC, Pierin AMG, Souza-Talarico JN.
Rev Esc Enferm USP. 2019 May 30;53:e03443. doi: 10.1590/S1980-220X2018002103443. English, Portuguese.
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26. "National scientific production on the **Burnout** Syndrome in ICU physicians and nurses: a bibliometric study".
Perniciotti P.
Rev Assoc Med Bras (1992). 2019 Jun 3;65(5):730. doi: 10.1590/1806-9282.65.5.730. No abstract available.
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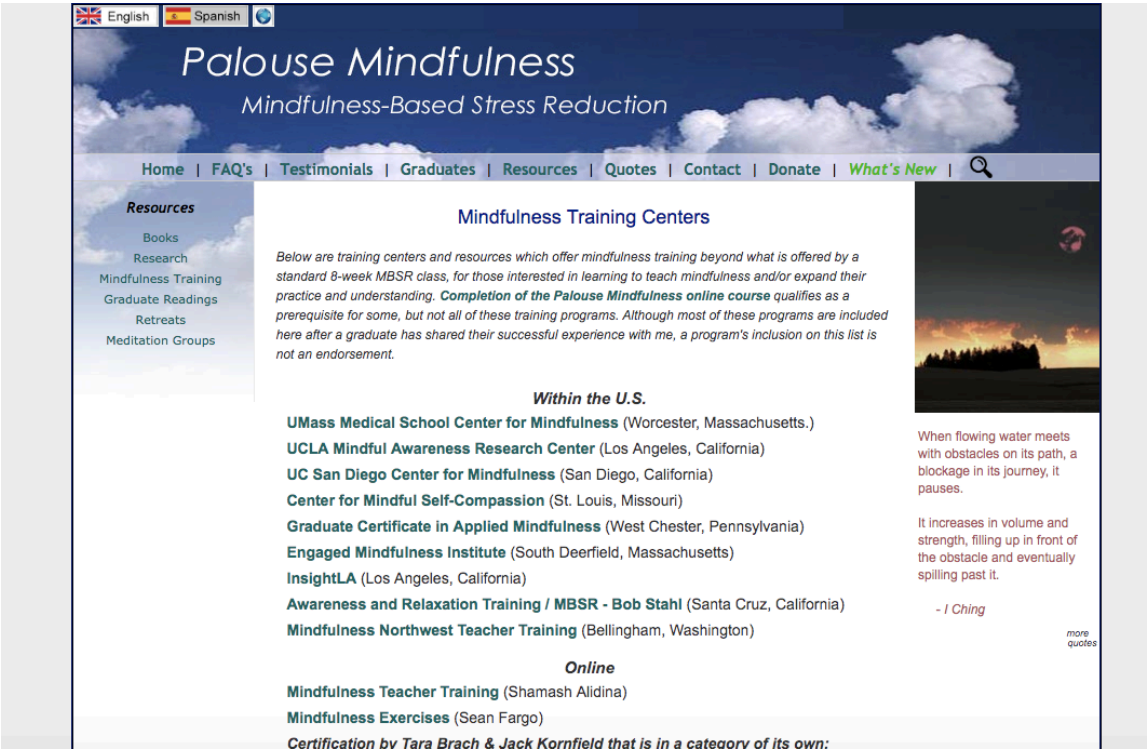

This is a little bit on a BIG topic

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Mind Full, or Mindful?

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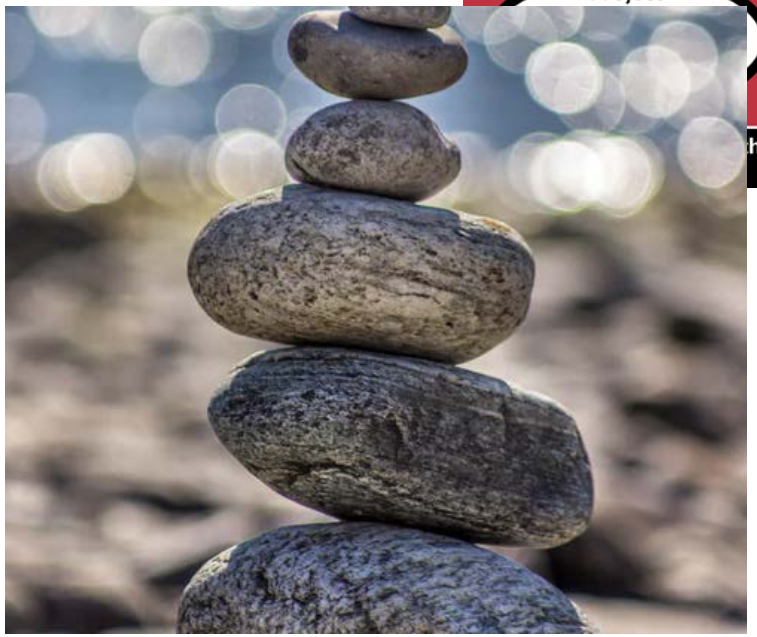

Look how great mindfulness is!
https://www.unsplash.com

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healthy mind, healthy life

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Jon Kabat-Zinn: Defining Mindfulness

What is mindfulness? The founder of Mindfulness-Based Stress Reduction explains.

BY MINDFUL STAFF | JANUARY 11, 2017 | WELL-BEING

The Definition of Mindfulness: Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally," says Kabat-Zinn. "And then I sometimes add, in the service of self-understanding and wisdom."

An Outpatient Program in Behavioral Medicine for Chronic Pain Patients Based on the Practice of Mindfulness Meditation:

Theoretical Considerations and Preliminary Results

Jon Kabat-Zinn, Ph.D.
Director, Stress Reduction and Relaxation Program
Ambulatory Services
University of Massachusetts Hospital
Instructor in Medicine
Department of Medicine
University of Massachusetts Medical School
Worcester, Massachusetts

Abstract: *The practice of mindfulness meditation was used in a 10-week Stress Reduction and Relaxation Program to train chronic pain patients in self-regulation. The meditation facilitates an attentional stance towards proprioception known as detached observation. This appears to cause an "uncoupling" of the sensory dimension of the pain experience from the affective/evaluative alarm reaction and reduce the experience of suffering via cognitive reappraisal. Data are presented on 51 chronic pain patients who had not improved with traditional medical care. The dominant pain categories were low back, neck and shoulder, and headache. Facial pain, angina pectoris, noncoronary chest pain, and GI pain were also represented. At 10 weeks, 65% of the patients showed a reduction of ≥33% in the mean total Pain Rating Index (Melzack) and 50% showed a reduction of ≥50%. Similar decreases were recorded on other pain indices and in the number of medical symptoms reported. Large and significant reductions in mood disturbance and psychiatric symptomatology accompanied these changes and were relatively stable on follow-up. These improvements were independent of the pain category. We conclude that this form of meditation can be used as the basis for an effective behavioral program in self-regulation for chronic pain patients. Key features of the program structure, and the limitations of the present uncontrolled study are discussed.*

piloted to explore the clinical effectiveness of meditation as a self-regulatory coping strategy for long-term chronic patients for whom the traditional medical treatments have been less than successful. In its first two years it has been attended by patients referred for a wide range of chronic conditions. This report presents only the summary outcome for the chronic pain patients; the complete outcome data for the pain patients, and the results with other classes of patients are presented elsewhere (1, 2). These results have recently been reported in abstract form (3).

The service, known as the Stress Reduction and Relaxation Program (SR&RP), utilizes training in a form of meditation known as mindfulness or awareness meditation as the major self-regulatory activity. All meditation practices used in the SR&RP were taught independent of the religious and cultural beliefs associated with them in their countries and traditions of origin.

Rationale

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Let's make our unsuspecting team members be mindful!

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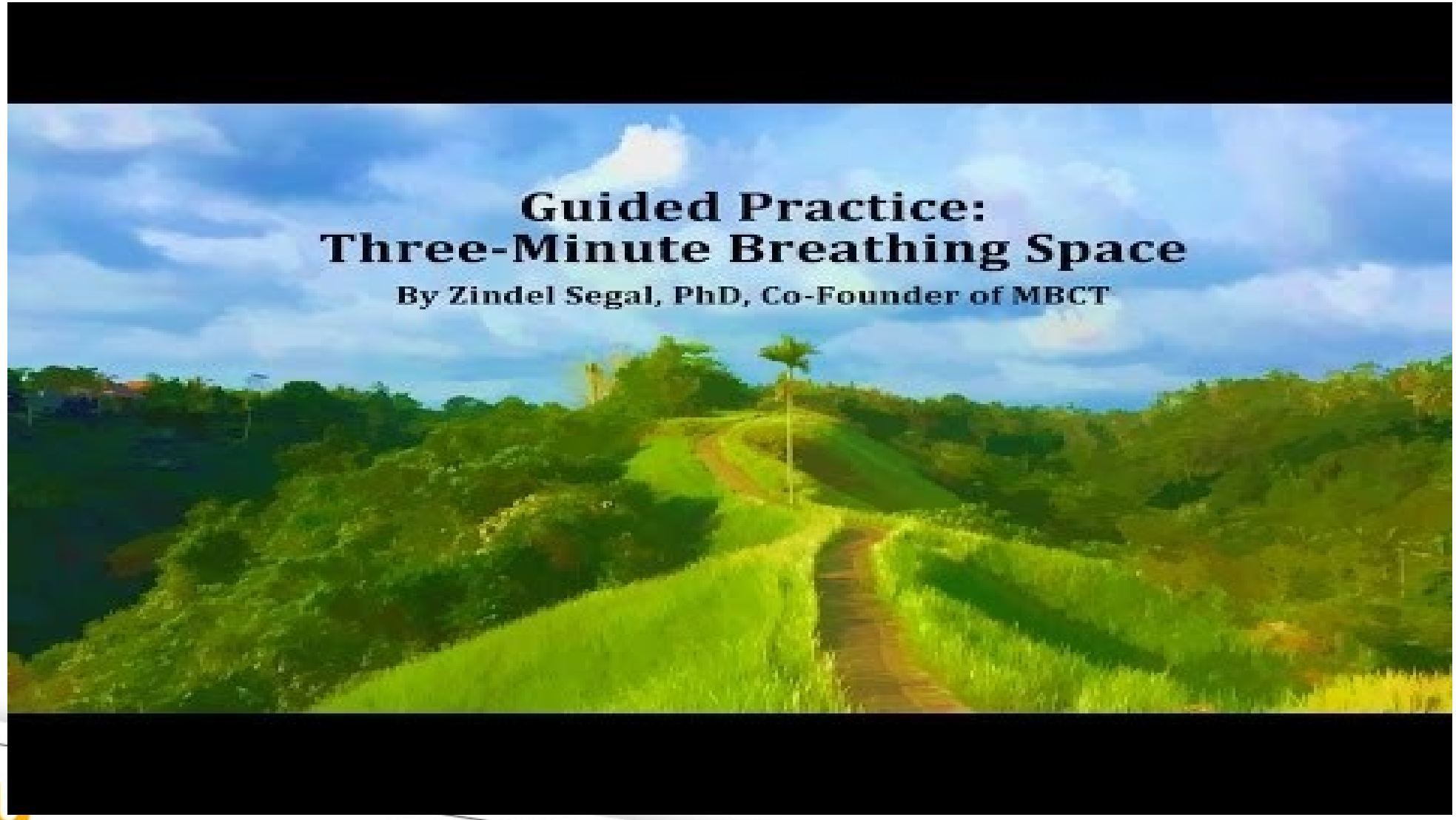
www.mindful.org

https://youtu.be/amX1IuYFv8A

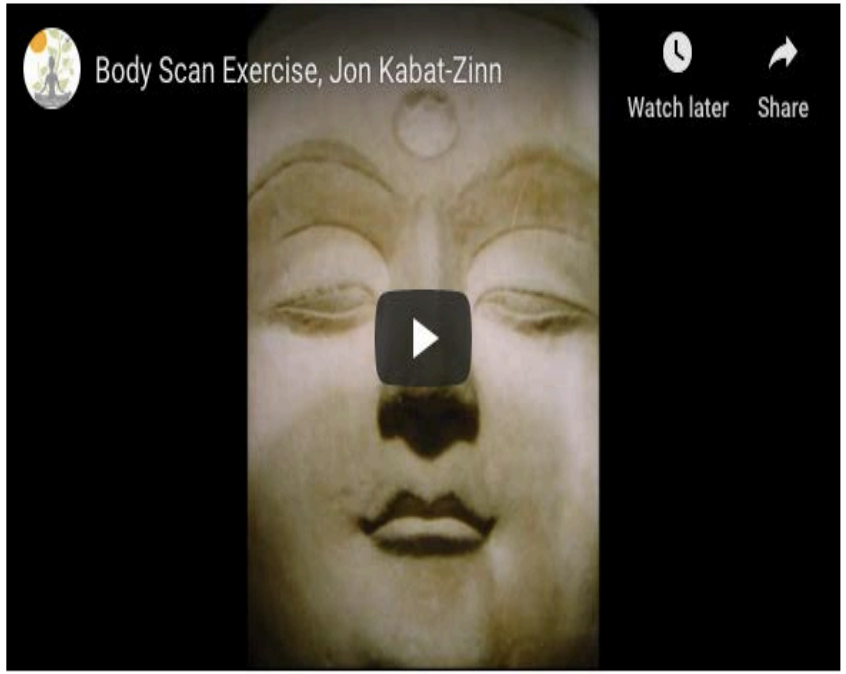


Step 1: the Body Scan begins with the participants lying on their backs with their palms facing up and their feet falling slightly apart. This exercise can also be done sitting on a comfortable chair with feet resting on the floor;
Step 2: the facilitator then asks the participants to lie very still for the duration of the exercise, and move with awareness if it becomes necessary to adjust their position;
Step 3: next, the facilitator begins guiding the Body Scan. Participants begin by bringing awareness to the breath, noticing the rhythm, the experience of breathing in and expelling out. The facilitator explains that nobody should try to change the way they are breathing but rather just hold gentle awareness on the breath;
Step 4: next, the facilitator guides attention to the body: how it feels, the texture of clothing against the skin, the contours of the surface on which the body is resting, the temperature of the body and the environment;
Step 5: the facilitator guides awareness to the parts of the body that are tingling, sore, or feeling particularly heavy or light, s/he asks the participants to note any areas of their body where they don't feel any sensations at all or are hypersensitive.
https://positivepsychologyprogram.com

2. The Body Scan

Another popular exercise for practitioners of mindfulness is called the Body Scan. It requires very little in the way of props or tools, and it is also **easily accessible for most beginners.**

Would you like to follow a Body Scan right now? Try this 30 minute guided narrative by expert and founder of Mindfulness-Based Stress Reduction **Jon Kabat Zinn**:



Mindful Listening

4. Mindful Listening

This last activity is extracted from the **Positive Psychology Toolkit** and introduces **mindful listening** as a group exercise.

Mindful listening is an important skill and can be a great group mindfulness exercise. In general, people thrive when they feel fully "heard" and "seen," and mindful listening offers a break from focusing on the self or our own response.

Instead, this form of listening can create an inner stillness where both parties feel free of preconceptions or judgments, and the listener is not distracted by inner chatter whilst learning **valuable positive communication skills**.

The Mindful Listening exercise involves these steps:

- **Step 1**: invite participants to think of one thing they are stressed about and one thing they look forward to;
- **Step 2**: once everyone is finished, each participant takes their turn in sharing their story with the group;
- **Step 3**: encourage each participant to direct attention to how it feels to speak, how it feels to talk about something stressful as well as how it feels to share something positive;
- **Step 4**: participants are instructed to observe their own thoughts, feelings, and body sensations both when talking and when listening;
- **Step 5**: after each participant has shared, you can break into small groups and answer the questions below. Next, regroup and have a discussion and debrief with the following questions.

Those questions are:

a. How did you feel when speaking during the exercise?
b. How did you feel when listening during the exercise?
c. Did you notice any mind-wandering?
d. If so, what was the distraction?
e. What helped you to bring your attention back to the present?
f. Did your mind judge while listening to others?
g. If so, how did "judging" feel in the body?
h. Were there times where you felt empathy?
i. If so, how did this feel in the body?
j. How did your body feel right before speaking?
k. How did your body feel right after speaking?
l. What are you feeling right now?
m. What would happen if you practiced mindful listening with each person that you spoke with?
n. Do you think mindful listening would change the way you interact and relate with others?
o. How would it feel if you set the intention to pay attention with curiosity, **kindness**, and acceptance to everything you said and everything you listened to?

What Is Self-Compassion?

Self-compassion involves treating yourself the way you would treat a friend who is having a hard time—even if your friend blew it or is feeling inadequate, or is just facing a tough life challenge. The more complete definition involves three core elements that we bring to bear when we are in pain: self-kindness, common humanity (the recognition that *everyone* make mistakes and feels pain), and mindfulness.

For example, imagine that your best friend calls you after she just got dumped by her partner, and this is how the conversation goes.

"Hey," you say, picking up the phone. "How are you?"

"Terrible," she says, choking back tears. "You know that guy Michael I've been dating? Well, he's the first man I've been really excited about since my divorce. Last night he told me that I was putting too much pressure on him and that he just wants to be friends. I'm devastated."

You sigh and say, "Well, to be perfectly honest, it's probably because you're old, ugly, and boring, not to mention needy and dependent. And you're at least 20 pounds overweight, your clothes don't fit, and your hair is turning gray. I'd just give up now, because there's really no hope of finding anyone who will ever love you. I mean, frankly, you don't deserve it!"

Would you ever talk this way to someone you cared about? Of course not. But strangely, this is precisely the type of thing we say to ourselves in such situations—or worse. With self-compassion, we learn to speak to ourselves like a good friend. "I'm so sorry. Are you OK? You must be so upset. Remember I'm here for you and I deeply appreciate you. Is there anything I can do to help?"

Mindfulness Self Compassion/Neff & Germer

Healthline Best Meditation Apps

buddhify

iPhone rating: 5 stars

Android rating: 4 stars

Price: $4.99 for iPhone, $2.99 for Android

With more than 200 meditations, the buddhify app teaches you how to reduce anxiety and stress, promote sleep, and manage difficult emotions. Practice mindfulness exercises with categories suitable for whatever you're doing — traveling, at work, waking up, eating, even when you're online. Sessions range from 3 to 40 minutes, making this a great option for beginners or experienced practitioners.

Headspace

iPhone rating: 5 stars

Android rating: 4 stars

Price: Free with optional in-app purchases

Find calmness, wellness, and balance in your life with this app's guided meditation and mindfulness techniques for daytime use. Before bed, try any of its 10 new sleep music tracks or 16 nature soundscapes. The app builds personalized plans based on a little input from you, so you can learn the essentials of meditation and build from there.

10% Happier

iPhone rating: 5 stars

Android rating: 5 stars

Price: Free with optional in-app purchases

This app was designed for skeptics to help you keep going, so new content added weekly keeps meditation from becoming a chore. Daily videos and guided meditations teach you what to do in the simplest way possible, while a range of content shows you how to cope with stressors like anxiety and political stress.

The Mindfulness App

iPhone rating: 5 stars

Android rating: 4 stars

Price: Free with optional in-app purchases

Meditation beginners and gurus alike will find lots of options with The Mindfulness App. A five-day guided practice and introduction to mindfulness helps you get started, and timed guided or silent meditations from 3 to 30 minutes will suit your busy lifestyle. The app also offers personalized meditation options, reminders to keep you mindful throughout the day, and statistics to track in your meditation journal.

Calm

iPhone rating: 5 stars

Android rating: 5 stars

Price: Free with optional in-app purchases

This award-winning app has calming exercises, breathing techniques to help you relax, and even a Calm Kids section with meditations for kids between 3 and 17. The new Sleep Stories section features a great mix of voice talent — you may recognize actors Matthew McConaughey or Jerome Flynn — to lull you to sleep. A recent update to the Calm app makes for a mindful experience through the Apple Watch, with three new breathing exercises, a mindful walking meditation, and calming exercises you can all access right from your watch.

Insight Timer

iPhone rating: 5 stars

Android rating: 5 stars

Price: Free with optional in-app purchases

More meditation is practiced on Insight Timer than anywhere else, and the app has 10 or more free guided meditations added every day. Browse thousands of guided meditations to begin building a simple daily habit, jump into discussion groups and the community features, and use the music tracks and ambient sounds to calm the mind and promote sleep.

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Mikolasek M et al. Effectiveness of Mindfulness and Relaxation based eHealth interventions for patients with medical conditions: a systematic review. *Int J Behav Med.* 2018Feb;25(1):1-16.

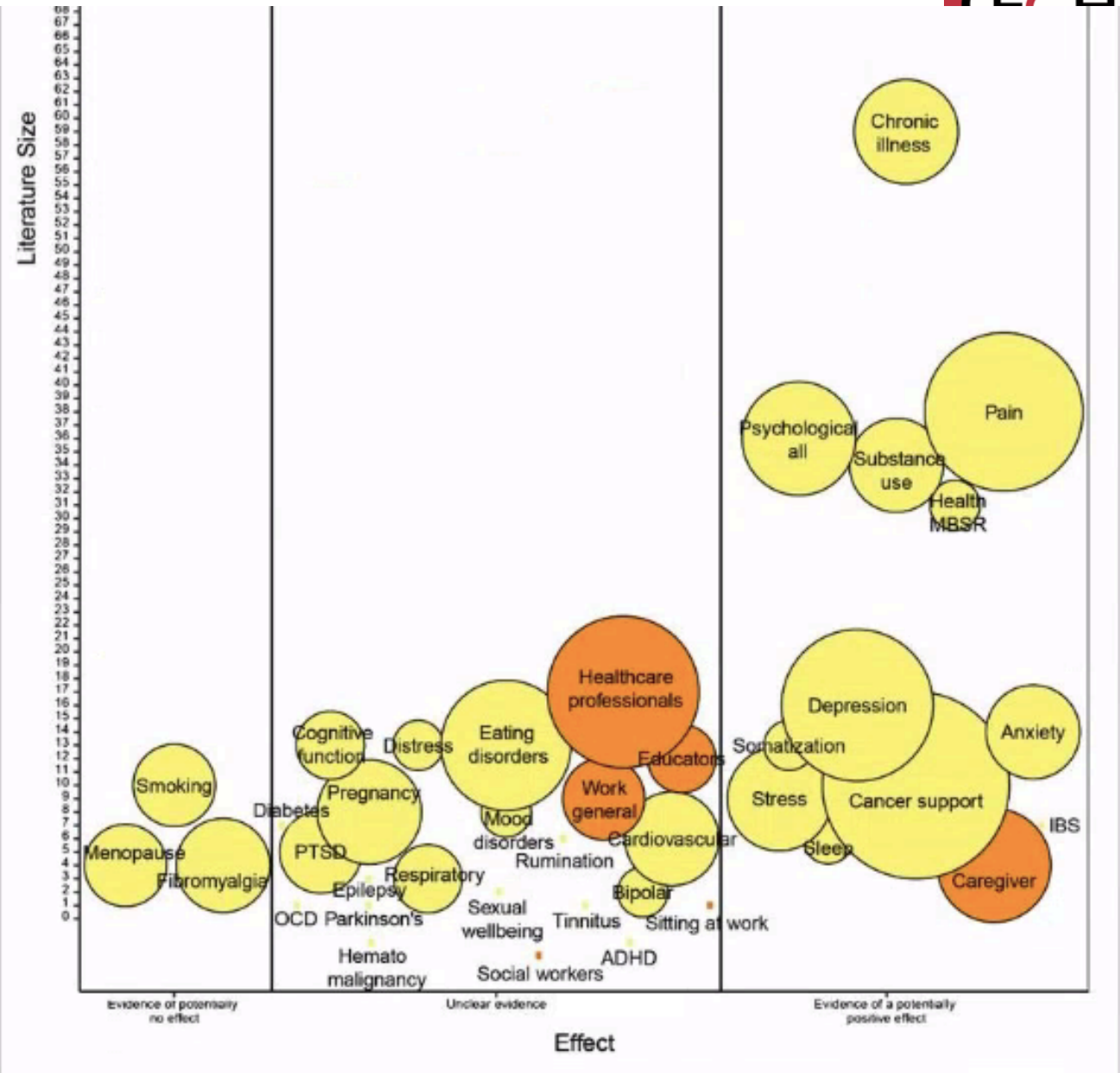
Table 6
Effectiveness of studies with an inactive or active control group

	vs. inactive control			vs. active control			Total
	+	o	–	+	o	–	+/o/–
General health	0	4	0	5	1	0	5/5/0
Depression or anxiety	1	3	0	3	2	0	4/5/0
Pain	1	3	0	2	2	0	3/5/0
Self-efficacy or self-care	2	2	0	1	0	0	3/2/0
Stress	0	0	0	0	2	0	0/2/0
Mindfulness	0	0	0	0	1	0	0/1/0

Study S2 [36] and S15 [49] were excluded since the eHealth intervention must be considered as control condition, which was compared to an active comparator with a more comprehensive intervention strategy

+ superior effectiveness of eHealth intervention, *o* equal effectiveness, – inferior effectiveness of eHealth intervention

Hilton et al, Mindfulness meditation for workplace wellness: an evidence map. *Work*. 2019.



I think mindfulness has helped make me more empathetic, I wasn't ever nasty before, I was very sympathetic, but I probably couldn't actually relate to what somebody was saying as much, whereas now I notice more, I think becoming more aware of how I think about things has made me more aware of how other people might think about things, I guess that would make me a better practitioner. (Yr3, IJ)

I understand that you can have separation from your thoughts, they aren't certainties, they don't run your life and maybe they aren't always helping you. (Yr2, S24)

I feel more in control now, like I have a resource to fall back on, something to help me. (Yr2, S30)

I realised I was always exploding everything into a global thought, creating a big story and stressing myself out. ... the course has changed my mindset, how I think of myself, how I react to situations, before I would be sitting doing some work, thinking "oh my god this is so hard, I don't understand it, I'm not going to do well, I'm going to fail my exams." [Now] as soon as those thoughts start, I recognise them, and can cut them off, instead of wasting my time stressing, I just think, "look, its not going to happen (failure)," I think "ok, what can I do differently"? if I don't understand, get another text book, I recognise when I'm starting on that downward spiral [of negative thoughts] ... (Yr1, IN)

I hear a lot of doctors say things like, "oh you know one of those typical middle aged, overweight, chronic fatigue type patients" and now when I hear someone say that I'm "ok well you might have that sort of judgement about that person" but that person is still living with an illness that's affecting them, so that's probably the important bit right now, it's just made me a bit more aware. (Yr3, IJ)

I was very scared about changing how I worked, [mindfulness] gave me the flexibility to try something different, so I did stuff like not working in the evenings, and not working in the mornings [before lectures] and I found that (a) I was happier, (b) I did better academically and (c) I had time to do other stuff with my life ... the neuro exam was the first test of doing things differently and that was the best exam result I've had in medicine, I worked hard for it but a realistic level of hard. (Yr3, IJ)

Malpass et al, Medical students experience of mindfulness training in the UK. *Educ Res Int.* 2019 Feb.

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Chung et al, A targeted mindfulness curriculum for medical students during their emergency medicine clerkship experience. *West J Emerg Med.* 2018 Jul;19(4):762-766

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Table 2. Survey responses at baseline (prior to the curriculum), four weeks (immediately following the curriculum), and six months after completing the curriculum. Statistical significance ($p<0.05$) comparing values at baseline vs. four weeks and again comparing baseline versus six months has been denoted with an (*).

Question	Baseline	4 wk	6 mo
I believe in the importance of wellness for medical students and residents.	3.35	3.65*	3.45
I feel confident that I can explain to another person how to meditate.	1.85	2.95*	2.90*
I feel confident in my own ability to meditate.	2.00	2.80*	2.65*
On average, I meditate ____.	1.45	2.80*	2.15*
How likely are you to recommend meditation to another person?	2.10	2.80*	2.65*
I feel confident that I can explain to another person how to be mindful.	2.00	3.20*	2.85*
I feel confident in my own ability to be mindful.	2.35	3.10*	2.95*
On average, I practice mindfulness ____.	1.95	3.15*	2.65*
How likely are you to recommend mindfulness to another person?	2.30	3.35*	2.70*

Objectives	Define foundational concepts relevant to wellness and mindfulness Identify personal stressors or stressful situations Practice meditation using breath technique	Summarize evidence supporting benefits of mindfulness Persuade a (role-play) patient to try meditation as a stress-reduction technique Practice meditation using the body scan	Discuss different strategies to incorporate mindfulness into daily activities Identify barriers to mindfulness Practice mindful eating	Reflect on changes associated with regular meditation Illustrate how mindfulness can improve personal life and patient care Select a preferred method of mindful meditation
Classroom methods	Formal Presentation Foundational concepts, including wellness, stress, burnout, meditation, mindfulness, and the MBSR program Group Discussion Identify commonly occurring situations in their personal and professional life that trigger stressful thoughts or feelings In-Session Activity "Museum Tour" to explore the different interpretations of wellness, burnout, and mindfulness 2-Minute Meditation Breath technique	Formal Presentation Evidence supporting effectiveness of meditation and mindfulness, including physiologic as well as mental health changes Group Discussion Share experiences with meditation practice over the past week, both positive and negative In-Session Activity Role-play scenarios in which the student promotes mindfulness as a stress reduction technique to a patient 2-Minute Meditation Body scan technique	Formal Presentation Methods to incorporate mindfulness into daily activities Group Discussion Share mindful experiences from both the clinical setting and in personal life In-Session Activity Think-pair-share to brainstorm barriers to practicing mindfulness in both clinical practice and in daily activities 2-Minute Meditation Mindful eating	Formal Presentation Relationship between reflection, mindfulness, and life-long learning Group Discussion Reflect on any changes that have occurred following a regular meditation practice In-Session Activity In teams, create a concept map to illustrate how mindfulness can enhance both personal wellness and patient care 2-Minute Meditation Meditation of choice
Weekly assignment (due on day of session)	Identify at least 3 specific stressors or stressful situations that the student has personally experienced.	Summarize the first week of meditation practice using either bullet points or prose.	Describe a case in which mindfulness was used during a clinical encounter, preferably during the previous week.	Short reflection any changes noted after implementing a regular schedule of meditation or on incorporating

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Our VCU Health Palliative Care ECHO program partners with community practices caring for patients with serious illness and applies our interdisciplinary care team - a mix of physicians, nurses, social workers, psychologists, chaplains and more - to provide patient care support and education throughout Virginia.

We have a long-standing palliative care program with an inpatient unit, consult service and supportive care clinic to provide serious illness care. Many communities in Virginia do not have access to palliative care and we're here to help.

- View Palliative Care ECHO sessions (CME/CEU available).
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- Submit a case study (registered participants only).
- Live Session Participants: Claim CME/CEU.

Contact us for more information or help with any questions about our program.

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  - VCU Health Palliative Care ECHO
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VCU Health Palliative Care ECHO Survey

Please complete the survey below.

Thank you!

Name
* must provide value

Credentials (MD, DO, NP, RN, ...)
* must provide value

Email Address
* must provide value

I attest that I have successfully attended the Virginia Palliative Care ECHO Clinic.
* must provide value

- Yes
- No

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- View Palliative Care ECHO sessions (CME/CEU available).
- Register now for an upcoming clinic.
- Submit a case study (registered participants only).
- Live Session Participants: Claim CME/CEU.

Contact us for more information or help with any questions about our program.

About Palliative Care

Telehealth

- About Telehealth at VCU Health
- For Patients
- For Providers
  - Virginia Opioid Addiction ECHO
  - VCU Health Palliative Care ECHO
    - Curriculum
    - Register Now!
    - Submit Your Case Study
  - Virginia Sickle Cell Disease ECHO
  - Telehealth Programs

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Curriculum

Register now for an upcoming clinic on palliative care.

Upcoming Clinics

Mindfulness and Provider Self Care

June 13, 2019

Previous Clinics

Introduction to Palliative and Supportive Care

Feb. 14, 2019

View session for CME

Presented by Danielle Noreika, MD

Learning Objectives:

- Define palliative care and differentiate from hospice.
- Describe reasons for referral to palliative care.
- Describe basic structure of palliative care team.

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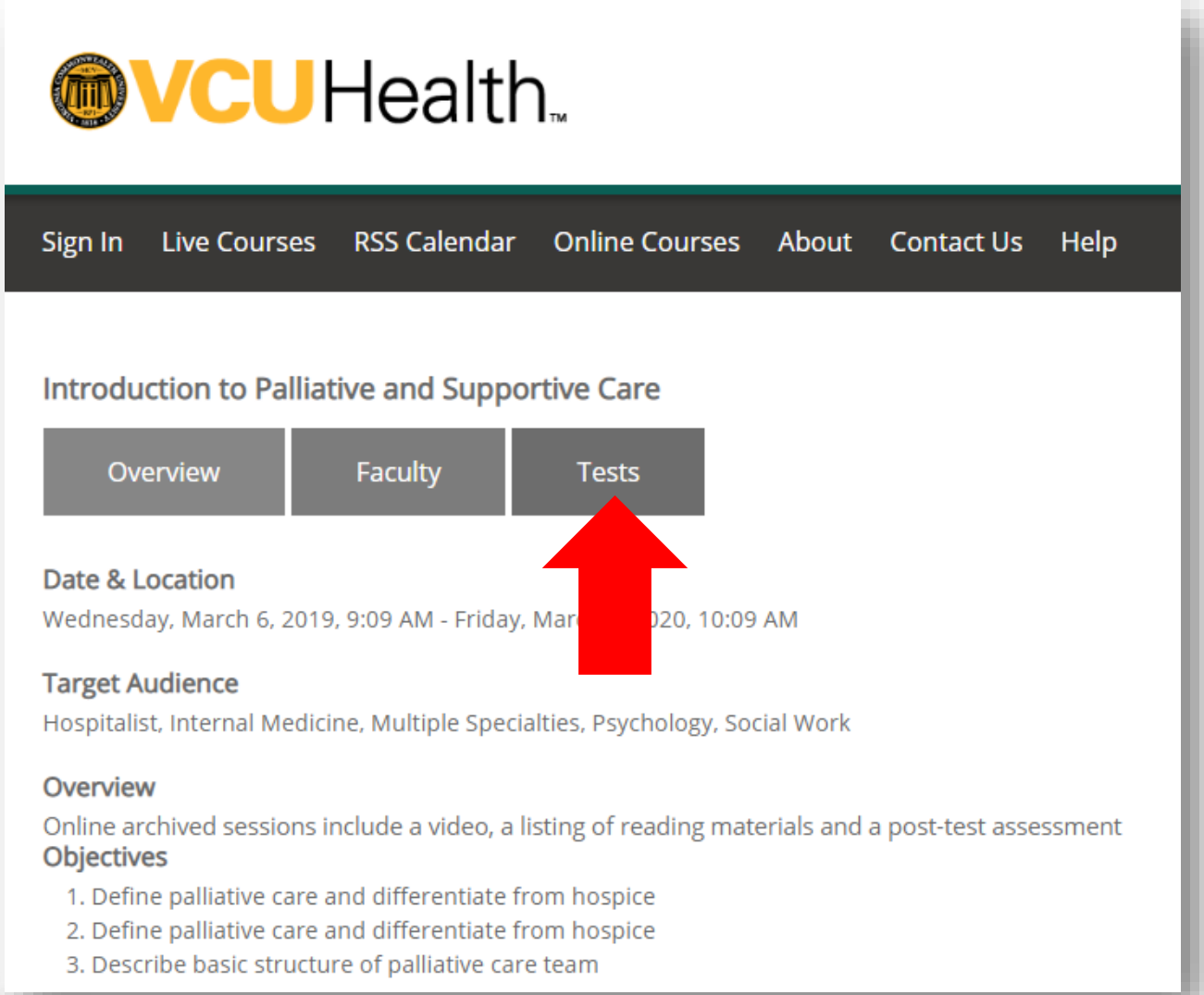
VCU

View previously recorded ECHOs for CME

Click “Tests” to view video of the session and take a short quiz for continuing education credit



THANK YOU!

We hope to see you at our next ECHO

VCUHealth Palliative Care ECHO
6/13/2019

Mindfulness and Provider Self-Care
Danielle Noreika, MD, FACP, FAAHPM

Additional Resources

- Mindful
  https://www.mindful.org
- MBSR, Palouse Mindfulness
  https://palousemindfulness.com/
- Guided Practice: Three-Minute Breathing Space (video). Zindel Segal, PhD
  https://youtu.be/amX1IuYFv8A
- Body Scan Exercise, Jon Kabat-Zinn (video)
  https://www.youtube.com/watch?v=15q-N-_kkrU
- Unyte (formerly called *The Wild Divine*) biofeedback meditation
  https://unyte.com/

Further Reading

- Kabat-Zinn J. An outpatient program in behavioral medicine for chronic pain patients based on the practice of mindfulness meditation: Theoretical considerations and preliminary results. Gen Hosp Psychiatry. 1982 Apr;4(1):33-47.
  Abstract https://www.ncbi.nlm.nih.gov/pubmed/7042457
- Body Scan Meditation, Jon Kabat-Zinn
  https://palousemindfulness.com/docs/bodyscan.pdf

Apps

- Healing Buddies Comfort Kit (iOS)
  http://www.healingbuddiescomfort.org/
- Camp Pain Retreat (iOS)
  https://apps.apple.com/app/id445292078#?
- Buddhify (iOS & Android)
  https://buddhify.com/
- Calm(iOS & Android)
  https://www.calm.com/
- Headspace (iOS & Android)
  https://www.headspace.com/headspace-meditation-app
- Insight timer (iOS & Android)
  https://insighttimer.com/
- The Mindfulness App
  https://apps.apple.com/us/app/the-mindfulness-app-meditate/id417071430
- 10% Happier (book and app)
  https://www.tenpercent.com/dan-harris-books