

Should I Meditate? Mindfulness and Meditation for the Pharmacy Professional

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Disclosures and Conflict of Interest

- No financial or significant relationships to disclose.

Pharmacist Objectives

At the conclusion of the program, pharmacists will be able to:

1. Define the terms “meditation” and “mindfulness”
2. Explain the usefulness of meditation and mindfulness in overall health and wellness
3. Describe and participate in five meditative techniques

Pharmacy Technician Objectives

At the conclusion of the program, pharmacy technicians will be able to:

1. Define the terms “meditation” and “mindfulness”
2. Explain the usefulness of meditation and mindfulness in overall health and wellness
3. Describe and participate in five meditative techniques

Pre-Test Questions

The terms “meditation” and “mindfulness” are synonymous.
True or False?

The meditation technique, dynamic breathing, helps to induce sleep. True or False?

The meditation technique, belly breathing, helps provide an immediate energy boost. True or False?

What is “mindfulness”?

“Mindfulness is paying attention, on purpose, in the present moment and non-judgmentally; in other words, knowing what you are doing while you are doing it”

-John Kabat-Zinn, PhD

What is “meditation”?

- A focused practice in which you are anchored in the present moment by the breath, bodily sensations, mantra, (or another point of focus).

Mindfulness Meditation Techniques

- Breathing
- Walking
- Eating
- Body Scan (Bodily Sensations)
- Sound (Gong, etc.)
- Postures (Yoga)
- Visualization
- Thoughts
- Feelings/Emotions

Four Elements of Mindfulness Meditation

- Quiet location, few distractions
- Comfortable posture (sitting, lying down)
- Focus of attention (breath, sounds, postures)
- Open & non-judgmental attitude

Mindfulness-Based Stress Reduction (MBSR)

- Formal eight-week program with a daylong intensive (retreat)
- Created by Jon Kabat-Zinn in 1979
- Participants meet weekly for 2.5 hrs.
- Classes: mindfulness meditation practices, yoga, stretching, group dialogue/discussions
- Daily home assignments
- Complementary/adjunctive therapy (does not replace standard of care therapies)
- MBSR Online option

Mindfulness-Based Stress Reduction (MBSR) for Chronic Illness-Evidence of Effectiveness

- Depression, anxiety, chronic pain, cancer, hypertension, diabetes mellitus, organ transplantation, vascular disease
- Role of MBSR: helped patients cope with a chronic illness (stress, symptoms, enhanced QOL, etc.)
- Research limitations: small sample size, lack of a control group, narrow study population, varying MBSR interventions
- More robust research needed

Niazi AK, Niazi SK. Mindfulness-based stress reduction: a non-pharmacological approach for chronic illnesses. North American Journal of Medical Sciences. 2011;3(1):20-23. doi:10.4297/najms.2011.320.

Abott R and et al. Effectiveness of mindfulness-based stress reduction and mindfulness based cognitive therapy in vascular disease: A systematic review and meta-analysis of randomised controlled trials. Journal of Psychosomatic Research. 2014; 76 (5): 341-351. doi.org/10.1016/j.jpsychores.2014.02.012

Stetka B. Where's the proof that mindfulness meditation works? Scientific American. October 11, 2017. <https://www.scientificamerican.com/article/wheres-the-proof-that-mindfulness-meditation-works1/> Accessed 5-25-2018.

MBSR as a Stress Management Intervention for Healthy Individuals: A Systematic Review (2014)

- Study populations: undergraduate students, general public, primary school teachers, health care students, health care professionals
- Articles published Jan 2009-Jan 2014
- Reviewed 17 articles, 16 articles + MBSR outcomes
- Role of MBSR: decline in perceived stress, increase perception of well being, increase in self-compassion
- Research limitations: small sample size, lack of a control group, narrow study population (white females), various study durations, lack of long-term follow up
- More robust research needed

A Systematic Review of the Impact of Mindfulness on the Well-Being of Healthcare Professionals (2017)

- Study populations: participants employed in a health care context (physicians, medical residents, nurses, mental health care professionals mostly) involved in any mindfulness intervention
- Reviewed 81 articles (thru Jan 2016), 3805 participants
- Outcomes: Any pertaining to mindfulness, well-being or job performance (mindfulness, stress, anxiety, burn-out, compassion/empathy, emotional intelligence, etc.)
- Results: ↑mindfulness, emotional intelligence, compassion/empathy; ↓stress, anxiety; ↔ burn-out
- Research limitations: small sample sizes, lack of a control group, lack of randomization, various mindfulness interventions
- “So what”?-Research strongly suggests that the value of MBI’s are strong, however more robust research needed

Mindfulness can only be learned
experientially.

**Please participate as much or as little as you feel comfortable*

Diaphragmatic Breathing

- AKA “Belly Breathing”
- Activates parasympathetic nervous system
- Induces calm and sleepiness
- Engaging the diaphragm to facilitate optimal oxygen exchange
- Decrease in BP and HR

Brief Debrief

Dynamic Breathing

AKA

That Chicken Breath Thing



Dynamic Breathing

- AKA “Chicken Breath Thing”
- Origins in yoga chaotic breathing
- Immediate tension release
- Increases energy levels
- KEEP YOUR MOUTH CLOSED! (prevent hyperventilation)
- We all may look funny-its ok 😊.

Brief Debrief

Body Scan

Brief Debrief

Walking Meditation

Walking Meditation

- Focused on the sensation in your feet and general movement of walking
- Pace is very SLOW
- May be more enjoyable if you take off your shoes/socks

Brief Debrief

Questions?

Post Test Question #1

The meditation technique, dynamic breathing, helps to induce sleep.
True or False?

Post Test Question #1

False. Dynamic breathing, AKA the “Chicken Breath Thing”, increases energy levels.

Post Test Question #2

The meditation technique, belly breathing, helps provide an immediate energy boost. True or False?

Post Test Question #2

False. Belly breathing, also called “Diaphragmatic Breathing”, helps to induce calm and sleepiness.

Post Test Question #3

“Meditation” and “mindfulness” are synonymous. True or False?

Post Test Question #3

False. “Mindfulness” is that state of being present, non-judgmentally, in the present moment. “Meditation” is a focused practice to achieving the state of mindfulness.

Tips to Beginning Mindfulness Practice

- Start small
- Incorporate your practice into another daily habit
- Make it easy
- Do what feels good
- Don't force it
- Get curious
- Let go of expectations

TAKE HOME POINTS

- What is your biggest take away from this session?
- Despite the current research on mindfulness/meditation, more robust research is needed.
- In order to reap the benefits of mindfulness/meditation, one should consider a sustained and consistent practice.
- So, “Should I meditate?”

Resources & References- APPS

- The Mindfulness App
- Headspace
- Calm
- MINDBODY
- Buddhify
- Insight Timer
- Smiling Mind
- Meditation Timer Pro
- Center for Koru Mindfulness

Resources & References- Books

- Kabat-Zinn, Jon. (1994) *Wherever you go there you are :mindfulness meditation in everyday life*. New York : Hyperion
- Salzburg, Sharon. (2011) *Real happiness, the power of meditation*. New York: Workman Publishing

Resources & References- Websites

- Palouse Mindfulness: Free Online MBSR (8 week course)
<https://palousemindfulness.com/>
- The Center for Koru Mindfulness (video-guided meditations)
<http://korumindfulness.org/guided-meditations/>
- YouTube-various guided meditations

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